



**BRITISH
CYCLING**



HANDBOOK
2022



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BRITISH CYCLING DIRECTORY

British Cycling Directory

British Cycling Board of Directors



Frank Slevin
Independent Chair



Marian Lauder MBE
Senior Independent
Director



Sharon Bridgland-Gough
Independent Director



Leah Davis
Independent Director



Richard Lodge
Vice Chair



Andy Cook
Appointed Director
(England)



Kathy Gilchrist
Appointed Director
(Scotland)



Chris Landon
Appointed Director
(Wales)



Nick Lumb
Elected Director



Tabitha Rendall
Elected Director



Julie Watts
Elected Director



Brian Facer
Chief Executive

President



Bob Howden OBE



Rod Findlay

Company Secretary

Board Enquiries

Telephone:

0161 274 2016

Email:

board@britishcycling.org.uk

Postal address:

British Cycling, Stuart Street,

Manchester M11 4DQ

britishcycling.org.uk/board

Website:

British Cycling Events – Board of Directors



Frank Slevin
Independent Chair,
British Cycling



Brian Facer
Chief Executive,
British Cycling



Stephen Nelson
Independent Director



Paul Williamson
Independent Director



Ross Muir
Independent Director



Anna Davison
Independent Director



Kathy Gilchrist
Independent Director

Company Secretary



Rod Findlay

BRITISH CYCLING DIRECTORY

British Cycling Leadership



Brian Facer
Chief Executive



Danielle Every
Cycling Delivery
Director



Rod Findlay
Business Services
Director



Darren Henry
Commercial Director



Stephen Park CBE
Performance Director



Chris McAtee
Finance Director

The British Cycling Federation, trading as “British Cycling”, is the governing Body of Cycle Sport in Great Britain as recognised by the Union Cyclists Internationale (UCI) and the Sports Councils.

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General Enquiries

Telephone: **0161 274 2000**
 Email: **info@britishcycling.org.uk**
 Postal address: **British Cycling, Stuart Street, Manchester M11 4DQ**
 Website: **britishcycling.org.uk**

Membership

For membership queries, please get in touch with our membership team or visit us online

0161 274 2010
membership@britishcycling.org.uk
britishcycling.org.uk/membership

Cycle sport

For all information on cycling events, sportives and other cycle sport matters, plus advice and support for event organisers, contact us on:

0161 274 2020
events@britishcycling.org.uk

Find event support from our regional event staff:
britishcycling.org.uk/regionaleventofficers

Register and build your event online:
britishcycling.org.uk/eventmanagement

If you're interested in becoming a Race Official, Commissaire or Referee:
britishcycling.org.uk/officials

Recreation

For all queries on recreational cycling, HSBC UK Let's Ride, HSBC UK Breeze and other British Cycling projects to get people riding a bike:

0161 274 2030
lovecycling@britishcycling.org.uk
letsride.co.uk

Coaching, Education and Development

For coaching courses, qualifications, mountain bike leadership or cycle training, contact one of the following:

Coaching & Education (inc. courses):
0161 274 2060
education@britishcycling.org.uk
britishcycling.org.uk/education

Directory of Coaches:

britishcycling.org.uk/coachingdirectory

Mountain Bike Leadership:

0161 274 2060
mtbleadership@britishcycling.org.uk
britishcycling.org.uk/mtbleadership

Cycle training:

0161 274 2060
cycletraining@britishcycling.org.uk
britishcycling.org.uk/cycletraining

Go-Ride & Club Development:

0161 274 2070
go-ride@britishcycling.org.uk
britishcycling.org.uk/go-ride

Anti-Doping

For information on British Cycling's Anti-Doping policies, including advice and disclosure, contact:

0161 274 2082
compliance@britishcycling.org.uk
Out of hours: 0161 274 2002

Safeguarding

For any safeguarding queries relating to children or adults, contact:

0161 274 2000 and ask to speak to our Lead Safeguarding Officer
compliance@britishcycling.org.uk

In the case of an out of hours emergency situation, contact:

Police: 999
Your Local Social Care Emergency Duty Team
NSPCC Helpline: 0800 800 5000

BRITISH CYCLING DIRECTORY

Central

Regional President

Trevor Smith

Regional Chair

Kelvin Hoy

Regional Secretary

VACANT

Regional Treasurer

John Jones

Regional Vice-Chair

Anthony Gibb

Regional Board Members

Saffron Small	Gary Baker
Colin Mann	Matt Carey
Maurice Joyce	Patrick Kavanagh

National Councillors

Kelvin Hoy	Anthony Gibb
John Jones	Saffron Small
Gary Baker	Trevor Smith

Eastern

Regional Chair

Phil Townsend

Regional Secretary

Daniel Tzabar

Regional Treasurer

To be co-opted

Regional Vice-Chair

David Hales

Regional Competition Administrator

Andy Blower

Regional Board Members

Trevor Mills	Geoff Bouttell
Ian Poole	Darren Steward
Willi Tarran	Katie Bonnar
Neil Irons	

National Councillors

Graham Elliot	Daniel Tzabar
Willi Tarran	Phil Townsend
Trevor Mills	TBC

East Midlands

Regional Chair

Clive Gill

Regional Secretary

Chris Lawrence

Regional Treasurer

Simon Cocker

Regional Vice-Chair

Dennis Owen

Regional Competition Administrator

Theresa Coltman

Regional Board Members

Libby Hawkins	Patrick Warren
Lesley Linley	John Pearson
Malcolm Smith	Peter Lifford
Guy Marsh	

National Councillors

Clive Gill	Chris Lawrence
Peter Lifford	

North East**Regional Chair**

Stephen Tunmore

Regional Vice-Chair

Kevin Fox

Regional Secretary

Peter Reynolds

Regional Treasurer

Caroline Reynolds

Regional Competition Administrator

Phil Jack

Regional Board Members

Ben Dobson	Ian Jones
Audrey Christie	Sara Bateman
Richard Smith	Kevin Brennan
Phil Metcalfe	John Byrne
Andy Cosgrove	

National Councillors

Kevin Fox	Stephen Tunmore
-----------	-----------------

North West**Regional Chair**

Alan Gornall

Regional Secretary

Carole Leigh

Regional Treasurer

Ian Roberts

Regional Vice-Chair

Heather Bamforth

Regional Competition Administrator

Phil Braybrooke

Regional Board Members

Ayitsu Emore	Gary Scott
Len Woffindin	

National Councillors

Alan Gornall	Carole Leigh
Claire Whitworth	Ian Roberts
Len Woffindin	

South**Regional Chair**

Andy Cook

Regional Secretary

Michele Murphy

Regional Treasurer

Norman Webb

Regional Vice-Chair

Len Hay

Regional Competition Administrator

Grant Bayton

Regional Board Members

Mark Adams	Linda Cantelo
Tim Knight	Pete Deamer

National Councillors

Andy Cook	Len Hay
Michele Murphy	Norman Webb
Linda Cantelo	Peter Deamer

BRITISH CYCLING DIRECTORY

South East

Regional Chair

Nasser Al-Tell

Regional Secretary

Maryka Sennema

Regional Treasurer

Lee Travers

Regional Vice-Chair

Jon Lewis

Regional Competition Administrator

Ian Terry

Regional Board Members

Jonathan Goodge

Tabitha Rendall

Paul Tunnell

Jemma Adams

Jason Ginn

David Evans

Tom Morton

National Councillors

Phillip Jemmison

Paul Tunnell

Jason Ginn

Jonathan Goodge

Nicholas Turnbull

Maryka Sennema

Lee Travers

Jon Lewis

Nasser Al-Tell

South West

Regional Chair

Brian Johnston

Regional Secretary

Brandon Ellis

Regional Treasurer

William Hornby

Regional Vice-Chair

Andy Southcott

Regional Competition Administrator

Graham Morgan

Regional Board Members

Charlie Revell

James Berry

Sharon Avery

Jenny Bolsom

Diana Towers

Paula Hallett

Nick Crawley

National Councillors

Brandon Ellis

Andy Southcott

Brian Johnston

West Midlands

Regional Chair

John Ireson

Regional Secretary

Andy Robson

Regional Treasurer

Mark Fardon

Regional Vice-Chair

David Feiven

Regional Competition Administrator

Keith Evans

Regional Board Members

William Fotheringham

Kirsti Tinsley

Michelle Paget

Mark Sinden

Sam Henry

Phillip Eddington

Paul Bullock

National Councillors

Mark Fardon

Kirsti Tinsley

Phillip Eddington

Sam Henry

Yorkshire

Regional Chair

Bob Howden OBE

Regional Secretary

Peter Root

Regional Treasurer

Martin Gamble

Regional Vice Chair

Ian Hirst

Marc Etches

Regional Competition Administrator

Tim Leleux

Regional Board Members

Joe Parker	Trevor Tennick
Kevin Brown	Zuby Hamard
Ian O'Brien	Chris Habershon
Phil Makinson	Mandy Parker

National Councillors

Marc Etches	Ian Hirst
Phil Makinson	

Scotland

President

Kathy Gilchrist

Chair

Martin Cooke

Chief Executive Officer

Nick Rennie

Company Secretary

Liam Balloch

Events

Julie Erskine & Hamish Cowton

Regional Board Members

Colin Albannach	Tom Bishop
Diane Clayton-Chisholm	Fiona Cockburn
Kathy Gilchrist	Nigel Holl
Scott Hutchinson	James McCallum
John Watt	

National Councillors

Nick Rennie	Liam Balloch
John Watt	Tom Bishop
Scott Hutchinson	

Wales

Chair

Chris Landon

Chief Executive Officer

Anne Adam-Kings

Finance & Office Manager

Beverley Kibble

Events Officers

Courtney Newman & Catrin Rowlands

Company Secretary

Liam Balloch

Events

Julie Erskine & Hamish Cowton

Federation Member

Suzanne Warren

Regional Board Members

Graham Barker	Iwan Doull
Simon Nurse	Hannah Poulton
Tony Price	Gerry Stacey
Simon Tee	Suzanne Warren

National Councillors

Anne Adams-King	Suzanne Warren
Hugh Copping	

MEMORANDUM & ARTICLES OF ASSOCIATION

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MEMORANDUM & ARTICLES OF ASSOCIATION

Memorandum of Association

1. The name of the Company is The British Cycling Federation ("the BCF").
2. The BCF's registered office is the National Cycling Centre, Stuart Street, Manchester M11 4DQ.
3. The BCF's objects are:
 - (a) to encourage, promote, develop and control the sport and pastime of cycling in all its forms amongst all sections of the community in Great Britain, the Isle of Man and the Channel Islands;
 - (b) to support and protect the interests of their members, by all such lawful means as the Board and National Council of the BCF may from time to time think fit;
 - (c) to represent in the Congress of the Union Cycliste Internationale the BCF and cycling associations of such members of Commonwealth Associations as are not directly affiliated to that organisation and
 - (d) to issue licences for the purposes of international cycle racing to BCF Members and the individual members of Commonwealth Associations.

In furtherance of the BCF's objects the BCF shall have power:

- 1) to acquire by any means any property or rights whatsoever;
 - 2) to maintain, manage, improve, develop, turn to account, grant rights and privileges in respect of and otherwise deal with all or any part of the property and rights of the BCF;
 - 3) to dispose of by any means the whole or any part of any undertaking, property and rights of the BCF;
 - 4) to lend money or give credit to such persons and on such terms as may seem expedient and otherwise to invest and deal with the moneys of the BCF;
 - 5) to borrow money and to secure by mortgage, charge or lien upon the whole or any part of the BCF's undertaking and property (whether present or future) the discharge of any obligation of the BCF or any other person;
 - 6) to give such indemnities as may seem expedient and to guarantee the performance of any obligation of any person;
 - 7) to draw, make, accept, endorse, discount, execute and issue promissory notes, bills of exchange, bills of lading, warrants, debentures and other negotiable or transferable instruments;
 - 8) to establish and subsidise or support any other association, and to subscribe or guarantee money or make payments for any charitable, benevolent, public, general or useful object;
 - 9) to pay out of the funds of the BCF all expenses which it may lawfully pay with respect to its formation and registration;
 - 10) to acquire and undertake the whole or any part of the assets and liabilities of any other body or person, and to amalgamate with any other body.
 - 11) to do all things as are necessary to the attainment of the above objects or any of them.
4. The liability of the members is limited.
 5. Every member of the BCF undertakes to contribute such amount as may be required (not exceeding £1.00) to the BCF's assets if it should be wound-up while they are a member or within one year after they cease to be a member, for payment of the BCF's debts and liabilities contracted before they cease to be a member, and of the costs, charges and expenses of winding-up, and for the adjustment of the rights of the contributories among themselves.
 6. The profits or other income of the BCF shall be applied in promoting its objects, and no dividends shall be paid to its members.
 7. On a winding-up of the BCF all its assets which would otherwise be available to its members generally shall be transferred either to another body with objects similar to its own or to another body the objects of which are the promotion of charity and anything incidental or conducive thereto (whether or not the body is a member of the BCF).

Signed on behalf of the British Cycling Federation

Brian Cookson – President
Jim Hendry – General Secretary
9th March 2000

MEMORANDUM & ARTICLES OF ASSOCIATION

ARTICLES OF ASSOCIATION

1 DEFINITIONS AND INTERPRETATION

1.1 Definitions

The following terms shall, for the purposes of these Articles, bear the meaning set opposite them.

Act	The Companies Act 2006 and as further modified by any statutory modification or re-enactment for the time being in force.
Affiliated Organisation	Clubs, teams, groups, leagues and any other organisations affiliated to the Federation.
Board	The Board of the Federation established in accordance with Article 8, the members of which are the Directors of the Federation for the purposes of the Act.
Chair	A Non-Executive Director and Chair of the Board appointed in accordance with Articles 8.2, 11.1 and 12.2.
Chief Executive	The most senior executive in charge of managing the Federation appointed by the Board.
Company Secretary	The Company Secretary of the Federation appointed in accordance with Article 16.
Elected Director	A Non-Executive Director elected in accordance with Articles 8.2, 9.1 to 9.8, 12.3, 12.4, 12.7 and 12.8.
Federation	The British Cycling Federation, trading as British Cycling.
General Meeting	An Annual or Extraordinary General Meeting of the Federation.
in writing	Hand-written in ink, printed or any form of electronic or mechanical writing, including partly one and partly another.
Member	An individual who has been granted membership of the Federation.
National Council	The collective term for National Councillors who are entitled to attend AGMs of National Council pursuant to the Bye Laws.
National Councillor	Representatives selected to attend General Meetings pursuant to the Bye Laws
Nominated Director	A Non-executive Director appointed to the Board in accordance with Articles 8.2, 10.1, 10.2 and 12.5 to 12.8.
Nomination and Remuneration Committee	A committee of the Board whose Terms of Reference shall be set by the Board, but which shall include the recruitment and appointment of Independent Directors and the recruitment and re-muneration of the Chief Executive.
Non-Executive Director	A Non-Executive Director appointed in accordance with Articles 8.2, 11.1, 12.2, 12.7 and 12.8.
Office	The registered office of the Federation.
President	The President of the Federation elected in accordance with Articles 9.1 to 9.6 and 12.1 and whose role shall be as defined by the Board and endorsed by National Council.
Proxy	A person appointed to exercise all or any of a National Councillors rights to attend and vote at a General Meeting in accordance with sections 324 to 331 of the Act.
Regional Council	The council of each Region as specified in Article 7.1, being a formal assembly of members in a Region, whose purpose shall be to review and comment upon the performance of the Region, to elect members to the Regional Board, to elect National Councillors, to represent their Region at AGMs of Regional Council and to decide upon proposals placed before it.
Regional Councillor	A member of a Regional Council appointed in accordance with the Regulatory Documents.
Region	A territory as established by the Board.

MEMORANDUM & ARTICLES OF ASSOCIATION

Senior Independent Non-Executive Director	The Director elected to hold this office by the Independent Directors from among their number at the first meeting of the Board after each AGM.
Minute Book	the official written record of the business conducted by the Board and at General Meetings in accordance with sections 248 and 355 respectively of the Act.
Ordinary Resolution	Any resolution, other than a Special Resolution, and which may be passed by Members with a simple majority – more than 50% – of the votes cast.
Special Resolution	a resolution of the Members which under the Act requires at least 75% of the votes cast in favour of it in order to pass.
Regulatory Documents	The Memorandum of Association, these Articles of Association, and Bye Laws of the Federation from time to time in force.
Vice Chair	The Director elected to hold this office by the Elected and Nominated Directors from among their number at the first meeting of the Board after each AGM.

- 1.2 Words importing the singular number only shall include the plural number, and vice versa. Words importing persons shall include corporations.
- 1.3 Unless the context otherwise requires, other words or expressions contained in the Articles bear the same meaning as in the Act as in force on the date when the Articles become binding on the Federation.
- 1.4 The number of Members is unlimited.
- 1.5 The provisions of Section 113 of the Act shall be observed by the Federation and every member of the Federation shall either sign a written consent to become a Member or sign the Register of Members on becoming a Member.

2 MEMBERSHIP AND AFFILIATION

- 2.1 All members of the unincorporated body known as the British Cycling Federation immediately prior to the adoption of the Memorandum of Association and Articles of Association shall become members of the Federation at the date of the adoption of these Regulatory Documents. The Board shall, at its sole discretion but in accordance with the Regulatory Documents, admit other persons to be members of the Federation, and their names shall be entered in the Register of Members accordingly. No person shall be admitted as a Member unless approved by the Board.
- 2.2 Members shall be admitted from time to time by the Board in accordance with the classes of membership decided by the Board. To qualify to vote through an Affiliated Organisation or for an individual to represent them at the relevant Region as their Regional Councillor, a Member must be a member of that Affiliated

Organisation. All Members may vote as individuals in accordance with Article 6.1.

- 2.3 Applications for membership of the Federation shall be made to the Office on such terms as the Board shall require from time to time and in such a manner as the Board deems to be appropriate. The Board shall, in its absolute discretion, decide whether to accept or decline the application in accordance with the Bye Laws.
- 2.4 Classes of membership shall include Life Membership, the benefits, rights and privileges of which shall be as determined by the Board from time to time.
- 2.5 Applications by a prospective Affiliated Organisation to affiliate to the Federation shall be made to the Office on such terms as the Board shall require from time to time and in such a manner as the Board deems to be appropriate. The Board shall, in its absolute discretion, decide whether to accept or decline the application in accordance with the Bye Laws.
- 2.6 Each Affiliated Organisation, in accordance with the Bye Laws, may nominate a Member as their Regional Councillor and/or withdraw such nomination and substitute such Regional Councillor by notice in writing to the Regional Secretary signed by an officer of the Affiliated Organisation.
- 2.7 Each Regional Councillor shall sit on the Regional Council representing the Region in which their Affiliated Organisation is registered. The Regional Council shall administer the business of the Federation within its Region in accordance with the Bye Laws.

MEMORANDUM & ARTICLES OF ASSOCIATION

- 2.8 Each Regional Council shall be entitled to nominate, elect and remove from office one or more National Councillor(s) in accordance with the Regulatory Documents.
- 2.9 The Scottish Cyclists' Union and the Welsh Cycling Union shall by 30 September each year each nominate from the Members in Scotland and Wales respectively
- 2.9.1 one National Councillor and
- 2.9.2 one further National Councillor for each two complete percentage points of the total membership represented by Members from Scotland and Wales respectively as counted on 31 July in that year.
- 2.10 Each Region shall by 30 September each year nominate from the total number of Members in that Region:
- 2.10.1 one National Councillor; and
- 2.10.2 one further National Councillor for each two complete percentage points of the total membership represented by members from the Region as counted on 31 July in that year.
- 2.11 British Universities & Colleges Sport and the British Schools Cycling Association shall by 30 September each year each nominate one National Councillor.
- 2.12 Past Presidents of the Federation shall be National Councillors for the period of their lifetime.
- 2.13 Past Chairs of the Federation who have served a minimum of 6 years in that office shall be National Councillors for the period of their lifetime.
- 2.14 Every Member agrees to be bound by the Regulatory Documents, the Disciplinary Regulations, the UK Anti-Doping Regulations and any applicable policies or similar adopted by the Federation.
- 2.15 Any Member may resign at any time by giving not less than seven days' notice in writing to the Office or by failing to renew their annual membership and pay the annual subscription by the due date. Resignation shall not affect any liability of such Member arising prior to the date of such resignation.
- 2.16 Any Affiliated Organisation may resign at any time by giving not less than seven days' notice in writing to the Office or by failing to renew their annual affiliation and pay the annual subscription. Resignation shall not affect any liability of such Affiliated Organisation arising prior to the date of such resignation.
- 2.17 The Board may resolve by a simple majority to remove a Member from membership or an Affiliated Organisation from affiliation, or suspend such membership or affiliation, provided they have been given reasonable notice of any motion to remove them and been given a reasonable opportunity of presenting their case, which resolution shall take effect at such time as the Board shall determine. The Board may refer any Member or Affiliated Organisation to a Disciplinary Panel under the Disciplinary Regulations, which shall contain the powers of any Disciplinary Panel, which may include any sanction up to and including suspension and removal of membership.
- 2.18 The Board shall have power to make, vary and repeal the terms and conditions and the appropriate subscriptions for membership.

3 GENERAL MEETINGS

- 3.1 The AGM of National Council shall be held in November or December each year. Individuals may only attend, speak and/or vote as provided for in the Bye Laws.
- 3.2 All General Meetings, other than AGMs, shall be called Extraordinary General Meetings.
- 3.3 The Company Secretary shall, on
- 3.3.1 an order of the Board; or
- 3.3.2 a written request of
- 3.3.2.1 not less than 20 per cent of the total number of National Councillors and
- 3.3.2.2 representing any two of the Regions, the Scottish Cyclists' Union or the Welsh Cycling Union;
- convene an Extraordinary General Meeting within 35 days of the receipt of such an order or request.

MEMORANDUM & ARTICLES OF ASSOCIATION

4 NOTICE OF GENERAL MEETINGS

- 4.1 At least 21 days' notice (excluding the day of service or deemed service and the day of the meeting) shall be given to National Councillors and the Auditors for every General Meeting in the manner set out below. The accidental omission to give notice, or the non-receipt of such notice, shall not invalidate any resolution passed or proceedings held.
- 4.2 Every notice calling a General Meeting shall specify the place and the day and time of the meeting. If any business other than that set out in Articles 4.3.1 to 4.3.3 is to be transacted, the notice shall specify the general nature of such business. If any resolution is to be proposed as a Special Resolution, the notice shall contain a statement to that effect.
- 4.3 The AGM shall be held for the following purposes:-
- 4.3.1 Considering the income and expenditure account and balance sheet and the reports of the Board and of the Auditors;
- 4.3.2 Electing the President and Elected Directors in place of those retiring;
- 4.3.3 Appointing Auditors; and
- 4.3.4 Transacting such other business as may be properly brought before it pursuant to Article 4.2.

5 PROCEEDINGS AT GENERAL MEETINGS

- 5.1 A quorum must be present before any General Meeting shall commence. Unless otherwise stated, 50% of National Councillors entitled to be present and to vote shall be a quorum.
- 5.2 If within half an hour from the time appointed for the holding of a General Meeting a quorum is not present, the meeting shall be adjourned and shall be reconvened by the Company Secretary between 7 and 21 days of the original meeting. If at such adjourned meeting a quorum is not present within half an hour from the time appointed for holding the meeting, the Members present shall be a quorum.
- 5.3 Every General Meeting shall be chaired by (in priority order) the President, the Chair of the Board, the Chief Executive, or the Company Secretary. If none of these are present and

willing to preside within 15 minutes after the time appointed for holding the General Meeting, the National Councillors present shall choose (in priority order) a member of the Board or a National Councillor who is present to chair the meeting.

- 5.4 The Chair of the General Meeting may, with the consent of any meeting at which a quorum is present (and shall, if so directed by the meeting), adjourn a meeting from time to time and from place to place, but no business shall be transacted at any adjourned meeting other than business which might have been transacted at the meeting from which the adjournment took place. Whenever a meeting is adjourned for 30 days or more, notice of the adjourned meeting shall be given in the same manner as of the original meeting.
- 5.5 At all General Meetings any Ordinary Resolution or Special Resolution shall be decided by the votes the persons present or represented by proxy and entitled to vote, which shall be cast in such manner as provided for by the Chair of the General Meeting. Unless a poll be demanded on or before the declaration by at least two National Councillors present, a declaration by the Chair of the meeting that a resolution has been carried or not and in either case whether this was unanimous or by a particular majority, will be made and an entry to that effect in the Minute Book of the Federation shall be conclusive evidence thereof, without proof of the number or proportion of the votes recorded in favour of or against a resolution.
- 5.6 If a poll be demanded in the manner aforesaid, it shall be taken at such time, place and in such manner as the Chair of the meeting shall direct. The result of the poll shall be deemed to be the resolution of the meeting at which the poll was demanded.
- 5.7 No poll shall be demanded on the election of a Chair of a meeting, or on any question of adjournment.
- 5.8 In the case of an equality of votes, whether on a show of hands or on a poll, the Chair of the meeting shall, with the exception of Article 9.6, be entitled to a casting vote.
- 5.9 The demand of a poll shall not prevent the continuance of a General Meeting for the transaction of any business other than the question on which a poll has been demanded.

MEMORANDUM & ARTICLES OF ASSOCIATION

6 VOTES OF MEMBERS

- 6.1 Members shall not be entitled to receive notice of or to vote at a General Meeting save in respect only of:
- 6.1.1 a resolution to remove a Director from office; or
- 6.1.2 such business of the meeting as concerns the winding-up of the Federation.
- 6.2 Every National Councillor shall be entitled to be present and to speak and to have one vote at any General Meeting. For the avoidance of doubt, the President only has the right to vote in the event that a casting vote is needed. A National Councillor unable to be present at a General Meeting may appoint a Proxy.

7 ENGLISH REGIONS

- 7.1 The Board shall establish Regions. Each Region shall have a Regional Board and Regional Council, whose role and how they shall conduct themselves shall be set out in the Bye Laws and Regional Terms of Reference and amended from time to time. Regional Boards and Regional Councils shall not be permitted to create their own Bye Laws.
- 7.2 These Regions shall:-
- 7.2.1 perform such powers and duties as set out in the Regulatory Documents as may from time to time be delegated to them by the Board;
- 7.2.2 deal with matters of common interest to their members including all such matters as may be referred to them by the Board; and
- 7.2.3 nominate National Councillors in accordance with Article 2.8 to act on their behalf and vote at General Meetings.
- 7.3 The composition of Regional Councils shall be as defined in the Bye Laws.

8 BOARD OF DIRECTORS

- 8.1 The number of members of the Board, unless otherwise determined by a General Meeting, shall not be less than 4 and shall be subject to a maximum of 12.
- 8.2 The members of the Board shall, with effect from the AGM in November 2017, be:
- 8.2.1 The Chair of the Board who shall be an independent appointment as defined in Article 11.1;
- 8.2.2 Four Elected Directors nominated and elected in accordance with Articles 9.1 to 9.7;
- 8.2.3 Up to three Independent Directors appointed in accordance with Article 11.1;
- 8.2.4 A Nominated Director nominated by the Scottish Cyclists' Union;
- 8.2.5 A Nominated Director nominated by the Welsh Cycling Union;
- 8.2.6 A Nominated Director nominated by the Regions; and
- 8.2.7 The Chief Executive (ex-officio) appointed by the Board and who shall be a Director within the meaning of the Act.
- 8.3 Board Directors shall be members of National Council with the right to speak but not to vote at a General Meeting and each of the Chief Executive, the Independent Directors, including the Chair, and the Nominated Directors shall be required to be Members.
- 8.4 When considering whether a person is suitable to be a Director, the Nomination and Remuneration Committee shall assess the individual as if they had been a Member and bound by the applicable UCI rules (including the UCI Code of Ethics) for the 12 months prior to the date of the proposed appointment, even where they were not a Member for part or all of that time.
- 8.5 The composition of the Board shall be in accordance with Article 8.2 and shall be varied only when as a temporary consequence of a member vacating office within the period of their term and until such time as a replacement is appointed, elected or nominated.

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8.6 Where amendment is made to the size and/or composition of the Board the remaining term of office for those members retained shall be as if no amendment has been made.

8.7 At the first meeting of the Board after each AGM the appointed Independent Directors shall elect a Senior Independent Non-Executive Director from among their number and the Elected and Nominated Directors shall elect a Vice Chair from their number.

9 PRESIDENT AND ELECTED DIRECTORS

9.1 Nominations for the position of President or Elected Director together with the consent of each such person to serve shall be sent in writing to the Company Secretary at least 45 days if made in accordance with Article 9.5.1 and 9.5.2, or 28 days if made in accordance with Article 9.5.3, before the AGM at which election is proposed. Only Members may be nominated.

9.2 All nominations for election to the office of President or Elected Director shall require the following information:

9.2.1 Name;

9.2.2 Confirmation of being a Member and membership number;

9.2.3 Experience of working at a senior management level or as a Company Director or other relevant experience (including details of business interests and Directorships); and

9.2.4 Experience of Cycling:

9.2.4.1 as a volunteer (including event promotion, officiating at club, region and national level with dates);

9.2.4.2 as a participant (including competitive experience & number of years as a club and/or Member) their relevant experience; and

9.2.5 Statement of Policy (to demonstrate a knowledge of and commitment to the Federation and its objectives) not exceeding 200 words.

9.3 All candidates for President and Elected Director will have the opportunity to address National Council in support of their candidature for up to five minutes.

9.4 It shall be the responsibility of both the proposer and the nominated person to ensure that the information, dated and duly signed as a true record, is submitted within the time limit specified in Article 9.1 and failure to do so shall invalidate the nomination.

9.5 The President and Elected Directors shall be nominated and elected in the following manner:

9.5.1 A candidate for the position of President may be nominated by any of a Regional Council, the Scottish Cyclists' Union, the Welsh Cycling Union, British Universities & Colleges Sport or the British Schools Cycling Association and shall be elected at an AGM by National Councillors who have the right to vote.

9.5.2 A candidate for the position of Elected Director may be nominated by any of a Regional Council, the Scottish Cyclists' Union or the Welsh Cycling Union and shall be elected at an AGM by National Councillors who have the right to vote.

9.5.3 The Board may also make nominations which shall not take precedence over but shall rank *pari passu* with those made by a Regional Council or any organisation with direct representation at a General Meeting.

9.6 If more than one candidate is nominated for the office of President or if the number of persons nominated as Elected Directors shall exceed the number of vacancies, a ballot shall be held at the AGM for the election of such position(s), by such recognised voting system as the Board shall determine. Balloting lists shall show the candidates' names in alphabetical order, with the names of their nominators.

9.7 Where the number of Directors is less than four, the Board may co-opt a Member or Members to serve until the Board is able to appoint one or more Independent Directors to bring the number on the Board up to four or until the next AGM, whichever is the sooner. Such co-opted Director shall serve as if an Elected Director.

9.8 The Board shall have power at any time and from time to time to co-opt a National Councillor as a replacement for an Elected Director who has resigned or otherwise removed from office. Any person appointed under this Article shall serve the remainder of the term of the Elected Director who they are replacing.

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- 9.9 The Board shall have power at any time and from time to time to co-opt a National Councillor as President where no President has been elected, where the President has resigned or otherwise been removed from office or where other circumstances prevent the President continuing in this role. Such co-opted President shall serve until the next AGM.

10 NOMINATED DIRECTORS

- 10.1 One Nominated Director may be nominated by the Regions and one Nominated Director may be nominated by each of the Scottish Cyclists' Union and the Welsh Cycling Union. Such Nominated Director shall be appointed with effect from the AGM following their nomination which shall be subject to approval by the Board prior to appointment.
- 10.2 Nominations together with the consent of each such person to serve and information as set out in Article 9.2 shall be sent in writing to the Company Secretary at least 45 days before the AGM. Nominees will be provided with an opportunity to address National Council for up to five minutes.

11 INDEPENDENT DIRECTORS

- 11.1 The Board shall appoint persons to become Independent Directors, including the Chair, by a process of openly advertised recruitment conducted by the Nomination and Remuneration Committee. A person is independent if, when first appointed, they are free from any close connection to the organisation and if, from the perspective of an objective outsider, they would be viewed as independent. A person may still be deemed to be 'independent' even if they are a member of the organisation and/or play the sport.
- 11.2 Any Independent Director removed from the Board pursuant to Article 13.1.6 shall have no claim against the Federation for loss of office.
- 11.3 The Chief Executive may from time to time appoint senior staff whose titles might include the word 'Director' but, for the avoidance of doubt, their roles within the Federation shall not encompass being Directors within the meaning of the Act. For the further avoidance of doubt, such persons shall not be entitled to attend, speak or vote at Board meetings and the

appointment of such persons shall not require the Company Secretary to inform Companies House of such appointment pursuant to the terms of the Act.

12 TERMS OF OFFICE

- 12.1 The President elected in accordance with Articles 9.1 to 9.6 shall, with inclusive effect from November 2017, serve for a three year term (commencing at the end of the AGM at which they are so elected and concluding at the end of the AGM in the last year of their term) and shall be eligible for election as President for a further two terms, following which at least four years must elapse before they can become eligible to be President again.
- 12.1.1 National Council may resolve to remove a President by simple majority.
- 12.2 The Chair and Independent Directors shall serve for a three-year term.
- 12.3 Elected Directors shall serve for a three-year term.
- 12.4 Elected Directors shall commence their term of office at the end of the AGM at which they are elected and conclude their term of office at the end of the AGM in the last year of their term.
- 12.5 Nominated Directors shall serve a three-year term which shall commence at the end of the AGM at which they are appointed and conclude at the end of the AGM in the last year of their term. The relevant nominating body or bodies shall have power to nominate a replacement for a Nominated Director who has resigned or otherwise removed from office. Any replacement shall serve the remainder of the term of the Nominated Director who they are replacing.
- 12.6 The terms of office for the Nominated Directors appointed at the 2021 AGM shall be four years for the Nominated Director nominated by the Regions, two years for the Nominated Director nominated by the Scottish Cyclists' Union and three years for the Nominated Director nominated by the Welsh Cycling Union for that term only and thereafter shall revert to three-year terms.

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12.7 Directors shall be entitled to serve a maximum of 9 years which, for the avoidance of doubt, need not be served in 3 consecutive terms.

12.8 Notwithstanding Article 12.7, Directors may serve:

12.8.1 for a maximum 12 years if at the end of their 9-year maximum term, they are then serving in a senior position within the UCI; or

12.8.2 for a maximum of 10 years for a Nominated Director nominated by the Regions in 2021; or

12.8.3 for a maximum of 11 years for a Nominated Director nominated by the Scottish Cyclists' Union in 2021.

13 VACATION OF THE OFFICE OF DIRECTORS

13.1 Without prejudice to any other provisions of these Articles, the office of a member of the Board shall be vacated:-

13.1.1 If a receiving order is made against them or they make any arrangement or composition with their creditors;

13.1.2 If a registered medical practitioner who is treating that person gives a written opinion to the company stating that that person has become physically or mentally incapable of acting as a Director and may remain so for more than three months.

13.1.3 If they cease to be eligible in accordance with the Regulatory Documents or cease to be a Member;

13.1.4 If, by notice in writing to the Company Secretary, they resign their office;

13.1.5 If they cease to hold office by reason of any order made under the Company Directors Disqualification Act 1986;

13.1.6 If they are removed from office by resolution duly passed pursuant to section 168 of the Companies Act 2006;

13.1.7 If the Board at any time resolves that they should be removed as a member of the Board provided that no resolution shall be effective unless approved by at least 75% of the Board; or

13.1.8 If they have been absent from three consecutive Board meetings without special leave of absence being granted by the Board or where the Board, by simple majority, resolve that this provision shall not apply in any specific instance.

13.2 The minimum age of a Director shall be as set out in the Companies Act. There shall be no upper age limit.

14 DUTIES AND POWERS OF THE BOARD

14.1 Governance - The business of the Federation shall be governed by the Board who may exercise all such powers of the Federation and do on behalf of the Federation all acts as may be exercised and done by the Federation, save for those acts required by the Act or the Regulatory Documents to be exercised or done by the Federation in a General Meeting. No regulation made by the Federation in a General Meeting shall invalidate any prior act of the Board which would have been valid if such regulation had not been made.

14.2 The Board shall have the power to make, vary and revoke the Bye Laws and rules, regulations, policies or similar for the administration of the sport and the Federation including (without limitation):

14.2.1 competition rules;

14.2.2 technical regulations;

14.2.3 rules for the selection of teams or competitors to represent Great Britain in international events and competitions and the management of any team or competitors so selected;

14.2.4 rules for the selection of teams or competitors to represent England in international events and competitions and the management of any team or competitors so selected;

14.2.5 rules to combat doping in cycling or sport and to ensure compliance with national and international rules relating to anti-doping;

14.2.6 disciplinary regulations;

14.2.7 appeals procedure;

14.2.8 rules for the promotion and organisation of competitions, championships and selection trials;

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- 14.2.9 mechanisms for co-ordinating the arrangement of and the date of fixtures of cycling competitions; and
- 14.2.10 mechanisms for co-ordinating the commercial activities of the sport of cycling and any televising or broadcasting of cycling competitions.

- 14.3 The Board may act notwithstanding any vacancy in their body; provided that if it shall at any time be reduced in number to less than four, it shall be lawful for them to act as the Board for the purpose of filling vacancies in their body or of summoning a General Meeting, but not for any other purpose.

15 COMMITTEES AND COMMISSIONS

- 15.1 The Board may from time to time establish and appoint such committees and commissions as they may think fit for the better and more effective conduct of the affairs of the Federation. No such committee or commission shall have any powers, except where expressly instructed by the Board and stated within its terms of reference, and its function shall be confined solely to reporting to the Board, on the matters entrusted to it by the Board. Such committees and commissions may consist of such persons as the Board may appoint.
- 15.2 All acts and proceedings of such committees, commissions and the Regions shall be reported at regular intervals to the Board.

16 COMPANY SECRETARY

- 16.1 The Chair shall appoint a Company Secretary of the Federation. The Company Secretary, with the agreement of the Chair may from time to time appoint an Assistant Company Secretary who may act in place of the Company Secretary if there is no Company Secretary or no Company Secretary available or capable of acting.

17 PROCEEDINGS OF THE BOARD

- 17.1 The Board shall be chaired by the Independent Chair, or, in their absence, by the Vice Chair or the Senior Independent Director in that order as available. If any of these are not present within 5 minutes of the time appointed for holding the meeting then the Directors present shall appoint by vote a chair for the meeting.
- 17.1.1 Notice of a Board meeting shall be a minimum of 24 hours, and in writing, save where the Board resolves by a simple majority to dispense with such notice requirement.
- 17.1.2 On the request of the Chair or not less than four members of the Board, the Company Secretary shall, at any time, summon a meeting of the Board.
- 17.2 The Board may meet, adjourn and otherwise regulate their meetings as they think fit. Seven members of the Board shall be a quorum. Any matter requiring a vote shall be decided by a simple majority. In a case of an equality of votes, the Chair shall have a second or casting vote.
- 17.3 A meeting of the Board at which a quorum is present shall be competent to exercise all authorities, powers and discretions vested in it by or under the Regulatory Documents.
- 17.4 All acts bona fide done by any meeting of the Board or any committee of the Board or by any person acting with the authority of the Board shall, notwithstanding it being afterwards discovered that there was some defect in the appointment or continuance in office of any such member or person acting as aforesaid or that they or any of them were disqualified, be as valid as if every such person had been duly appointed or had duly continued in office and was qualified to be a member of the Board.
- 17.5 The Board shall keep proper minutes of all appointments of officers made by the Board and of the proceedings of and business transacted at all meetings of the Federation, Board and any committees of the Board. Any such minutes, if purporting to be signed by the Chair of such meeting or by the Chair of the next succeeding meeting, shall be sufficient evidence without any further approval required.

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- 17.6 A resolution in writing signed by all the members of the Board or of any committee of the Board shall be as valid and effectual as if it had been passed at a meeting of the Board or of such committee.

18 APPOINTMENTS AND INTERESTS OF MEMBERS OF THE BOARD

- 18.1 Each of the Directors and the President are entitled to remuneration, on a scale consistent with Sports Council rates, for their services to the Federation as Directors or as the President and for any reasonable expenses which they properly incur. Save for the Chief Executive, no Director nor the President may enter any agreement or arrangement for their employment by the Federation and no Director nor the President may be remunerated for any other service which they undertake for the Federation beyond their services to the Federation as Directors or as the President.

19 ACCOUNTS

- 19.1 The Board shall cause proper books of account to be kept in accordance with Section 221 and 222 of the Act.
- 19.2 The Board shall publish its annual accounts and reports for each financial year. Members are entitled to be provided without charge, by request to the Company Secretary, with a copy of the Federation's last annual accounts, the last Directors' report and any auditor's report on those accounts (together with any statement on the auditor's report). Except as provided by law or authorised by the members of the Board or an Ordinary Resolution, no person is entitled to inspect any of the Federation's previous accounts or other records or documents merely by virtue of being a Member.
- 19.3 The Board shall cause accounting records of the Federation to be kept in accordance with the Act. Accounting records shall be kept at the registered office of the Federation or, subject to the Act, at such other place or places as the Board shall think fit and shall always be open to the inspection of any Director. The Board shall lay before the AGM in every year financial statements for the period since the last preceding financial statements. All financial statements shall be accompanied by reports of the Board and the auditors of the Company, and

copies of such financial statements and of any other documents required by law shall be annexed or attached thereto or shall accompany the same. Service of such accounting records shall not be less than 21 clear days before the date of the meeting, subject nevertheless to the provisions of the Act, and shall be sent to the auditors and to all other persons entitled to receive notices of General Meetings.

20 AUDIT

- 20.1 Once at least in every year the financial statements shall be examined by one or more appropriately qualified auditor or auditors, who shall report to the Board and National Council in accordance with the Act.
- 20.2 Auditors shall be appointed and their duties regulated in accordance with the Act.

21 NOTICES

- 21.1 A notice may be served by the Federation upon any Director, National Councillor or Member, either personally or by sending it through the post in pre-paid letter, addressed to such person at their registered address or served by electronic communications to their email address, as appearing in the Register of Members.
- 21.2 Any National Councillor described in the Register of Members by an address not within the United Kingdom, who shall from time to time give the Federation an address within the United Kingdom at which notices may be served upon them, shall be entitled to have notices served upon them at such address, but, save as aforesaid, only those National Councillors who are described in the Register of Members by an address within the United Kingdom shall be entitled to receive notices from the Federation.
- 21.3 Any notice, if served by post, shall be deemed to have been served on the second day following that on which the letter containing the Notice was put into the post and in proving such service it shall be sufficient to prove that the letter contained the notice and was properly addressed and put into the post office as a pre-paid letter. Where a notice or document is sent to an electronic address, service or delivery is deemed to be effected at the expiration of 48 hours after it was sent and in proving such

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service or delivery, it shall be sufficient to show that the sender's equipment indicates successful transmission within such period. Where a notice or document is sent by reference to a particular website, service or delivery is deemed to be effected when the recipient is notified of its availability on the website.

- 21.4 The notice shall state with reasonable prominence that a National Councillor entitled to attend and vote at the meeting being called is entitled to appoint a proxy to attend and vote on their behalf and that a proxy need not also be a National Councillor.

22 AMENDMENTS TO ARTICLES

- 22.1 These Articles may only be amended by a Special Resolution at a duly convened General Meeting.

23 INDEMNITY

- 23.1 Subject to the provisions of the Act, the Memorandum and these Articles every member of the Board, the President, every member of the Board Committees or Commissions, every member of the Executive, and the holder of any office of the Federation shall be entitled to be indemnified by the Federation against all charges, costs, losses, expenses and liabilities incurred by them in good faith in the execution of their responsibilities relating to the Federation.

24 DISSOLUTION

- 24.1 Clause 7 of the Memorandum of Association of the Federation relating to the winding-up and dissolution of the Federation shall have effect as if the provisions thereof were repeated in these Articles of Association.

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BYE LAWS

1. ENGLISH REGIONS

- 1.1. Organisations may be affiliated to a Region:
 - 1.1.1. if their registered office is situated in that Region; or
 - 1.1.2. if there is no registered office, where the majority of its members reside.
- 1.2. Affiliated Organisations may not transfer to another Region, except with the prior approval of both Regions concerned.

1.3. Reconfiguration of the Regional Structure

- 1.3.1. In the event that the Regions need to be reconfigured, the National Board shall devise a process in consultation with the affected Regional Boards.

2. REGIONAL FINANCES

- 2.1. The National Board may adopt, vary and rescind Regional Financial Regulations which shall determine how a Region may manage any finances allocated to the Region and/or any financial or legal controls on regional finances.

3. REGIONAL BOARDS

- 3.1. Full details of the Regional Boards' structure, rights and responsibilities are detailed in the Terms of Reference.
- 3.2. Regional Board members must be at least 18 years of age.
- 3.3. Structure**
 - 3.3.1. The minimum number of Regional Board members shall be 8 and the maximum shall be 15.
 - 3.3.2. Each Regional Board shall include the following key positions:
 - 3.3.2.1. Chair
 - 3.3.2.2. Vice Chair
 - 3.3.2.3. Secretary or Administrator
 - 3.3.2.4. Treasurer

- 3.3.3. With inclusive effect from 2021, all Regional Board members may serve a maximum of three terms of three years. A Regional Board member may serve a fourth term if they have held one or more key positions pursuant to Bye Law 3.3.2.

- 3.3.4. Candidates may stand for a key position pursuant to Bye Law 3.3.2 and one other position on the Regional Board. If elected to a key position, which election shall take place first, that candidate's other nomination shall be withdrawn.

3.4. Duties, Obligations and Responsibilities

- 3.4.1. The mission of the Regional Boards is to:
 - 3.4.1.1. Identify and implement activities and events, delivering and supporting programmes, to grow and develop cycling in the Region.
 - 3.4.1.2. Inform and assist a Region in shaping British Cycling's national priorities and activities.
 - 3.4.1.3. Provide expertise on Regional matters to members within the Region.
- 3.4.2. Regional Board members must abide by the Federation's Articles, Bye Laws and any regulations or policies including but not limited to the Technical Regulations, Regional Financial Regulations, Disciplinary Regulations, Anti-Doping Regulations, Safeguarding Regulations and the Equality Policy; each as updated and amended from time to time.

3.5. Regional Board Meetings

- 3.5.1. Regional Boards shall hold at least four meetings per year.
- 3.5.2. Regional Board meetings may take place virtually.
- 3.5.3. The quorum necessary at a meeting of the Regional Board shall be five.
- 3.5.4. One Regional Board meeting must be dedicated to the review of the strategic plan and goals of the Region.

- 3.5.5. National Board members, the Company Secretary, the President and Federation staff may attend Regional Board meetings with the right to speak but not to vote. For the avoidance of doubt, Regional Board members who are elected to the National Board may continue to vote at Regional Board meetings until the end of the transition period detailed in Bye Law 9.1.
- 3.5.6. The Regional Secretary shall, no more than ten days after a Regional Board meeting approves the previous Regional Board meeting's Minutes, send such Minutes to the Company Secretary.
- 3.6. A member of a Regional Board shall vacate office:
 - 3.6.1. If they cease to be a Member.
 - 3.6.2. If they either cease to reside in the Region that appears on their membership card or if they cease to be a member of an Affiliated Organisation in that appears on their membership card pursuant to Bye Law 6.4.4.1. An application may be made to the National Board to remain on that Regional Board for a transition period up to the following AGM of Regional Council.
 - 3.6.3. If, being a member of the Regional Board by virtue of being an officer of the Region, they cease to hold the office.
 - 3.6.4. If the Regional Board call on them to resign after they have been absent from three consecutive meetings of that Regional Board without special leave of absence being granted by the Regional Board or without giving reasons for such absence satisfactory to the Regional Board.
 - 3.6.5. If they hold one of the Regional Board's key positions pursuant to Bye Law 3.3.2 and they become a member of the National Board, subject to the transition period as detailed in Bye Law 9.1.
 - 3.6.6. If the National Board and/or the Federation's Disciplinary Panel shall so resolve.

4. REGIONAL COUNCILS

- 4.1. A Regional Council for each Region shall be formed pursuant to Bye Law 5.
- 4.2. Regional Council meetings may take place virtually.
- 4.3. **General Duties and Obligations**
 - 4.3.1. Regional Councils shall elect the Regional Board.
 - 4.3.2. Each Regional Council shall meet at least two times yearly for the following purposes:
 - 4.3.2.1. To hold an AGM of Regional Council; and
 - 4.3.2.2. To consider the agenda for discussion at the AGM of National Council.
 - 4.3.3. Regional Councils may choose to meet for a third time for the purpose of reviewing the Region's business since the previous AGM of National Council. Such meeting shall ordinarily be held at the approximate midpoint between AGMs of the relevant Regional Council.
 - 4.3.4. The quorum necessary at a meeting of the Regional Council shall be ten.
 - 4.3.5. Regional Council meetings shall be open to all Members who reside in that Region, as recorded on their membership card, or certain invited non-Members or non-residents of that Region as prescribed in the table at Bye Law 4.3.6.

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4.3.6. Parties have the following rights at Regional Council meetings:

National Board members (unless they are a member of an Affiliated Organisation as detailed below), the Company Secretary, the President and Federation staff	May attend Regional Council meetings with the right to speak but not to vote.
Members of Affiliated Organisations	A defined number to be appointed as Regional Councillors pursuant to Bye Law 5 may attend with the right to speak and vote. Other members of Affiliated Organisations may attend with the right to speak but not vote.
Private Members residing in the Region	5 Private Members receive a right to speak and to vote following a simple draw at the beginning of the meeting who shall then become Regional Councillors. Other Private Members may attend with the right to speak.
Non-members of that Region (i.e. invited guests, press, etc.)	May attend and speak at the Chair's discretion. May be excluded from the meetings, or parts of meetings, also at the Chair's discretion.

4.3.7. Anyone with the right to speak at a Regional Council meeting may raise a Point of Order. The Regional Secretary shall be required to advise on such point and the Chair to determine the issue.

4.3.8. The Chair shall have the right to vote on every motion as if they were a Regional Councillor and, in cases of equality of votes, shall have a casting vote.

5. REGIONAL COUNCILLORS

5.1. Affiliated clubs and teams shall be entitled to the following number of Regional Councillors with the right to vote at an AGM of Regional Council:

5.1.1. One for Affiliated Organisations with up to 9 Members.

5.1.2. Two for Affiliated Organisations with 10-24 Members.

5.1.3. Three for Affiliated Organisations with 25-39 Members.

5.1.4. Four for Affiliated Organisations with 40-54 Members.

5.1.5. Five for Affiliated Organisations with 55 or more Members.

5.2. Private Members residing in the Region shall be entitled to attend and speak at Regional Council. In addition, up to five Private Members, selected by simple draw from such attendees at the AGM of Regional Council, shall be entitled to vote.

5.3. Other Affiliated Organisations shall be entitled to one Regional Councillor.

5.4. Affiliated Organisations shall appoint their own Regional Councillors in accordance with these Bye Laws according to their membership on 30 June previous.

5.5. All Regional Councillors representing Affiliated Organisations must be members of the Affiliated Organisation.

5.6. Regional Councillors must be Members.

5.7. A Member may only:

5.7.1. Represent an Affiliated Organisation whose office is registered in the same Region that they reside in. If the Affiliated Organisation is registered in another Region, the Member may attend meetings in that other Region as a Private Member. For the avoidance of doubt, if the Member is part of more than one Affiliated Organisation in the Region that they reside in, they may choose which Affiliated Organisation they wish to represent.

5.7.2. Represent the Region that is on their membership card.

5.8. Take part in the business of a Regional Council meeting of one Region in any calendar year.

5.9. A Regional Councillor shall vacate office:

5.9.1. If they cease to be a Member.

- 5.9.2. If they either cease to reside in the Region that appears on their membership card or if they cease to be a member of an Affiliated Organisation in the Region that appears on their membership card. An application may be made to the National Board to remain as a Regional Councillor up to the following AGM of Regional Council.
- 5.9.3. If, being a Regional Councillor by virtue of being an officer of the Region, they cease to hold the office.
- 5.9.4. If they hold one of the Regional Board's key positions pursuant to Bye Law 3.3.2.
- 5.9.5. If the Federation's Disciplinary Panel shall so resolve.

6. ANNUAL GENERAL MEETING OF REGIONAL COUNCILS

- 6.1. All attendees permitted to attend an AGM of Regional Council in accordance with these Bye Laws must be Members on the day of the meeting.
- 6.2. All Members permitted to attend an AGM of Regional Council in accordance with Bye Law 4.3.5 may propose nominations for elected Regional and National positions and propose motions for National Council. Such nominations and proposals must be seconded by another Member and, for the avoidance of doubt, shall require a majority vote at the AGM of the Regional Council.
- 6.3. AGMs of Regional Council shall be held by 30th September of each year.

6.4. Notices of Annual General Meetings of Regional Council

- 6.4.1. Notices of AGMs of Regional Council shall include:
 - 6.4.1.1. the agenda of all matters to be discussed or voted on;
 - 6.4.1.2. all nominations for Regional and National election.
- 6.4.2. Such notices shall be sent by the Regional Secretary to:

- 6.4.2.1. the secretary of each Affiliated Organisation in the Region (via the Federation's membership team); and
- 6.4.2.2. all Members who reside in that Region (via the Federation's membership team)
 - at least ten days before the AGM of Regional Council.
- 6.4.3. The Regional Secretary shall, no more than ten days after the AGM of Regional Council, send a report of the proceedings, including the names and addresses of the officers, Regional Board members and National Councillors, to the Company Secretary.
- 6.4.4. The purpose of an AGM of Regional Council is to:
 - 6.4.4.1. Elect a Regional Board from Members who reside in the Region that appears on their membership card or who are members of an Affiliated Organisation in that appears on their membership card. For the avoidance of doubt, one of those Affiliated Organisations must be registered in the Region in which the election is taking place.
 - 6.4.4.2. Elect a chair, vice chair, secretary (or administrator) and treasurer, who, shall ex-officio become members of the Regional Council. They shall cease to be Regional Councillors representing Affiliated Organisations. For the avoidance of doubt, the other members of that Regional Board shall not become Regional Councillors.
 - 6.4.4.3. Receive any report from the Regional Board and the Region's financial statements for the most recent financial year end.
 - 6.4.4.4. Elect two 'Examiners of Accounts' at least one of whom shall not be a member of the Regional Board. The Treasurer is not permitted to be an 'Examiner of Accounts'.
 - 6.4.4.5. Elect from among the Members in that Region a representative National Councillor or National Councillors who shall, with inclusive effect from 2017, be eligible for election as a National Councillor each year up to and including the eighth AGM subsequent to their first election; following this, at least four years must elapse before they can be elected as a representative National Councillor again with a limit of a further nine years.

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- 6.4.4.6. All contested elections shall be by ballot and conducted in a method set by the National Board from time to time.
- 6.4.4.7. Consider the propositions and motions placed on the agenda in accordance with the Articles and these Bye Laws.
- 6.4.4.8. Transact other business as necessary.

6.5. Special Meetings

- 6.5.1 Special meetings of a Regional Council shall be called:
 - 6.5.1.1. on the instructions of the National Board.
 - 6.5.1.2. on the instructions of the Regional Board.
 - 6.5.1.3. on the written requisition of 20% of Affiliated Organisations affiliated within that Region.
 - 6.5.1.4. on the written requisition of 100 Private Members residing in that Region.

7. NATIONAL COUNCILLORS

- 7.1. Each Regional Council shall elect from the total number of Private Members, or members belonging to Affiliated Organisations, in that Region:
 - 7.1.1. one National Councillor
 - 7.1.2. one further National Councillor for each two complete percentage points of the total membership represented by members from the Region as counted on 30 June preceding the AGM of National Council.
 - 7.1.3. Notification of those elected as National Councillors shall be made by the Regional Secretary to the Company Secretary of the Federation within 10 days of the Regional AGM.
- 7.2. For the avoidance of doubt, a National Councillor represents the Members in their Region or Home Country and should strive to reflect the views of such Members, yet to vote as they believe represents the best interests of the Federation following discussions and/or any amendments to motions at National Council meetings.

- 7.3. Representative National Councillors to fill vacancies, or additional appointments in consequence of increased membership, may be elected at any meeting of the Regional Council subject to notice in the agenda. Notification shall be made by the Regional Secretary to the Company Secretary of the Federation within 10 days of any such National Councillors being elected.
- 7.4. The Regional Council or organisation may appoint a proxy if a representative National Councillor is unable to attend the AGM of National Council. Notification shall be made by the Regional Secretary to the Company Secretary of the Federation no less than 48 hours before the AGM or EGM of National Council or such shorter period as agreed by the company Secretary.
- 7.5. A National Councillor may resign their office by giving notice thereof in writing to the Regional Secretary and the Company Secretary. On notice of such resignation, their office shall become vacant and they shall immediately cease to discharge the duties of their office.
- 7.6. A National Councillor shall vacate office:
 - 7.6.1. If they cease to be a Member.
 - 7.6.2. If they cease to reside in the Region that appears on their membership card or if they cease to be a member of an Affiliated Organisation in the Region that appears on their membership card. An application may be made to the National Board to remain a National Councillor for a transition period up to the following AGM of Regional Council.
 - 7.6.3. If the Regional Council so resolves.
 - 7.6.4. If they become a member of the National Board.
- 7.7. If the Federation's Disciplinary Panel shall so resolve.

8. ANNUAL GENERAL MEETINGS OF NATIONAL COUNCIL

8.1. General Conditions

- 8.1.1. The AGM of National Council shall be held in November or December each year. Individuals may only attend, speak and/or vote if provided for in these Bye Laws.
- 8.1.2. The National Board shall provide a mechanism for National Councillors to submit written questions to the National Board relating to the Annual Report in advance of the AGM of National Council. The National Board shall provide a timetable for submission of such written questions and written replies to the questions.
- 8.1.3. The duration of the AGM of National Council shall be a maximum of six hours.
- 8.1.4. No opposed business shall be raised for discussion after six hours of business except with permission of the Chair and four fifths of the National Councillors present and voting.
- 8.1.5. AGMs of National Council shall be open to any Member on the day of the AGM of National Council.
- 8.1.6. Parties have the following rights at the AGM of National Council:

National Board members, the Company Secretary and Past Presidents	May attend with the right to speak but not to vote. They do not count against the National Councillor entitlement.
The President	Is a National Councillor but only has the right to vote in the event that a casting vote is needed.
National Councillors other than the President	May attend with the right to speak and vote.
Members	May attend but do not have the right to speak or vote.

- 8.1.7. Any member of the Press, who is not already a Member, may attend AGM of National Council subject to exclusion by resolution.
- 8.1.8. National Councillors shall only be allowed to take part in or vote at the AGM of National Council if:

- 8.1.8.1. the Regional Council of which they are a representative has held its AGM of Regional Council in accordance with the provisions of Bye-Law 6; and
- 8.1.8.2. that Regional Council has forwarded to the National Board a copy of the Region's examined accounts as prescribed.
- 8.1.9. No National Councillor may represent more than one Region or Affiliated Organisation with direct representation.

8.2. Nomination for Elected Positions

- 8.2.1. All contested elections shall be by ballot and conducted in a method set by the National Board from time to time.

8.3. Agenda Items

- 8.3.1. A Regional Council, an organisation with direct representation on National Council and the National Board shall be entitled to place motions on the agenda of the AGM of National Council.
- 8.3.2. Regional Councils may only propose an election nomination or motion to the AGM of National Council where it has been proposed in accordance with the Articles and these Bye Laws in advance, advertised on the agenda and adopted at the relevant AGM of Regional Council.
- 8.3.3. Notice of any motion for discussion at the AGM of National Council shall be given to the Company Secretary by 30 September, except as otherwise permitted by these Bye Laws.
- 8.3.4. All motions to recommend any amendment, addition or deletion to the Memorandum or Articles of Association must:
 - 8.3.4.1. specify the number of the existing Memorandum or Article of Association if one exists; and
 - 8.3.4.1.1. propose alternative wording and a reason for the amendment; or
 - 8.3.4.1.2. propose the new wording and give a reason as to why this wording is needed; or
 - 8.3.4.1.3. provide a reason for the deletion.

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8.3.5. Notices of Meetings

- 8.3.5.1. Notices of the AGM of National Council shall include:
 - 8.3.5.1.1. the agenda of all matters to be discussed or voted on;
 - 8.3.5.1.2. all nominations for election.
- 8.3.5.2. Such notices shall be sent by the Company Secretary to:
 - 8.3.5.2.1. all Members;
 - 8.3.5.2.2. all National Councillors;
 - 8.3.5.2.3. the Secretary of each Region;
 - 8.3.5.2.4. each organisation with direct representation at the AGM of National Council; and
 - 8.3.5.2.5. all Affiliated Organisations.

at least 21 days before the AGM of National Council. The day the notice is served and the day of the meeting shall not count towards the 21 days.

8.4. Points of Order

- 8.4.1. Anyone with the right to speak at the AGM of National Council may raise a Point of Order. The Company Secretary shall be required to advise on such point and the Chair to determine the issue.

8.5. Voting

- 8.5.1. A motion for permission to discuss business not on the agenda shall require to be supported by not less than two thirds of the votes cast.

8.6. Motions Without Notice

- 8.6.1. The following motions may be proposed without notice:
 - 8.6.1.1. To elect a Chair in the absence of a Chair as provided for in the Articles and/or these Bye Laws.
 - 8.6.1.2. To adjourn the meeting.
 - 8.6.1.3. To amend a motion.

- 8.6.1.4. For permission to withdraw a motion.
- 8.6.1.5. Vote of thanks or similar.
- 8.6.1.6. To conduct a ballot.
- 8.6.1.7. For permission to extend the AGM of National Council beyond 6 hours.
- 8.6.1.8. For permission to discuss business not on the agenda.
- 8.6.1.9. To proceed to next business.
- 8.7. The Company Secretary shall issue draft minutes to National Councillors within two months of the AGM of National Council. Such minutes shall not be adopted until the next AGM of National Council.
- 8.8. The provisions in this Bye Law 8 shall apply in the event of an EGM of National Council.

9. THE NATIONAL BOARD

- 9.1. Members of the National Board may hold any position on a Regional Board save for the key positions listed in Bye Law 3.3.2. Where a newly elected Member of the National Board already holds one of the key positions listed in Bye Law 3.3.2, they may only retain such position for a transitional period until the date of either a replacement for such key position being appointed or the subsequent AGM of Regional Council, whichever shall be sooner, at which time they shall automatically cease to hold such key position.

9.2. Special Measures

- 9.2.1. In the event that a Regional Board fails to comply with the Code of Conduct, any further Code of Conduct applying to Regional Boards and/or their Terms of Reference and/or the Financial Regulations, the National Board may:
 - 9.2.1.1. Temporarily or permanently remove Regional Board members as the National Board deems necessary; or
 - 9.2.1.2. Disband the Regional Board and take over their duties until a new Regional Board is elected.

9.3. Changes to the Technical Regulations

- 9.3.1. In addition to the National Board's power under Article 14.2 to make, vary and revoke Technical Regulations, the National Board shall establish a Technical Commission, which shall consider any proposals to amend, delete, supplement or clarify the Technical Regulations, acting under the devolved authority of the National Board.
- 9.3.2. Members may submit such proposals at any time throughout the year.
- 9.3.3. All amendments made by the Board or by the Technical Commission acting under the devolved authority of the National Board shall be notified to Regions, organisations with direct representation on National Council and all listed officials within 14 days of the change being approved. Such amendments shall take immediate effect but no change may be applied retrospectively.
- 9.3.4. For the avoidance of doubt, any delegation of authority to the Technical Commission does not remove or restrict the power of the National Board "to make, vary and revoke" Technical Regulations conferred on the National Board by Article 14.2.
- 9.4. The National Board may, in its absolute discretion, seek to offer life membership to any Member who has held 10 continuous years' Membership on such terms as it shall set from time to time.
- 9.5. The National Board shall:
 - 9.5.1. Vary or rescind the Terms of Reference from time to time, in consultation with the Regional Boards.
 - 9.5.2. Investigate and adjudicate upon any matter:
 - 9.5.2.1. referred to them by Regions or by Members or Affiliated Organisations.
 - 9.5.2.2. relating to disputes between Regions.
 - 9.5.2.3. in which the interests of the Federation are concerned.
 - 9.5.3. appoint the patron of the Federation.

10. MEMBERSHIP OF THE FEDERATION

10.1. Classes of Membership

There shall be seven categories of individual membership, the benefits of which shall be set by the National Board, and all are subject to the terms and conditions as prescribed at the time of purchase:

- 10.1.1. Race - Bronze Membership
- 10.1.2. Race - Silver Membership
- 10.1.3. Race - Gold Membership
- 10.1.4. Ride Membership
- 10.1.5. Commute Membership
- 10.1.6. Fan Membership
- 10.1.7. Life Membership

10.2. Membership Age Groups

All Members shall be divided into age groups as follows:

- 10.2.1. Under 12s:
 - Members born up to 31st December in the year of their 12th birthday.
- 10.2.2. Youth:
 - Members born from 1st January in the year of their 13th birthday to 31st December in the year of their 16th birthday.
- 10.2.3. Junior
 - Members born from 1st January in the year of their 17th birthday to 31st December in the year of their 18th birthday.
- 10.2.4. Senior
 - Members born on or after 1st January in the year of their 19th birthday.

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10.3. Application for Membership

- 10.3.1. Any individual wishing to apply to the Company Secretary for membership of the Federation must:
 - 10.3.1.1. complete the appropriate application form and make the requisite payment
 - 10.3.1.2. make a payment for any outstanding fines, levies or other debts owed to the Federation
 - 10.3.1.3. abide by the Federation's Articles, Bye Laws, and any Regulations or Policies including but not limited to the Technical Regulations, Disciplinary Regulations, Anti-Doping Regulations, Safeguarding Regulations, and the Equality Policy as updated from time to time.
- 10.4. The National Board may accept or reject any such application in its absolute discretion and may suspend any membership pursuant to the Disciplinary Regulations.
- 10.5. Family Membership is available with the Race Silver, Race Gold and Ride membership categories. This provides all the benefits of the relevant category to each member of the family (up to two adults and any number of family members under 18 years of age).

10.6. Affiliation to the Federation

- 10.6.1. Any organisation wishing to apply for affiliation to the Federation must:
 - 10.6.1.1. submit a formal application to the National Board, which shall have the discretion to accept or reject such application and make the requisite payment including any sponsorship fee and any payment for any outstanding fines, levies or other debts owed to the Federation.
 - 10.6.1.2. abide by the Federation's Articles, Bye Laws, and any Regulations or Policies including but not limited to the Technical Regulations, Disciplinary Regulations, Anti-Doping Regulations, Safeguarding Regulations, and the Equality Policy as updated from time to time.
- 10.6.2. An Affiliated Organisation wishing to alter its name must seek approval from the National Board.
 - 10.6.2.1. It shall not normally be permitted to alter the name to one similar to that of another Affiliated Organisation.

- 10.6.2.2. The National Board shall have the discretion to accept or reject such application.
- 10.6.2.3. In the event of a rejection, the Affiliated Organisation shall either retain its existing name or resign membership.
- 10.6.3. British Overseas Territories may seek affiliation to the Federation solely for the purpose of entering international events.

10.7. Affiliated Organisations' Entitlements

- 10.7.1. All Affiliated Organisations within Great Britain, the Isle of Man, and the Channel Islands shall be entitled to:
 - 10.7.1.1. Representation on their respective Regional Councils in accordance with these Bye Laws.
 - 10.7.1.2. Apply to the National Board for a permit or permits for their race meetings which application shall be considered by the National Board, in its absolute discretion, in accordance with any permit regulations the National Board shall set.

10.8. Exclusions

- 10.8.1. The National Board may remove a Member or Affiliated Organisation from the Federation at any National Board meeting which shall result in the forfeiture of all rights and privileges of Membership or affiliation to the Federation.
- 10.8.2. The process for such an exclusion shall be as follows:
 - 10.8.2.1. Notice of the resolution to terminate a membership or affiliation must be on the agenda for the National Board meeting.
 - 10.8.2.2. 7 working days' notice of any such a resolution must be given to the Member or Affiliated Organisation.
 - 10.8.2.3. The Member or representative of the Affiliated Organisation must be invited to attend before the National Board and give such reasons against their exclusion. They shall not be entitled to be present at the voting or to otherwise take part in the proceedings.
 - 10.8.3. Such a meeting may take place virtually.
 - 10.8.4. The National Board's decision shall be final.

11. SUBSCRIPTIONS

11.1. Subscriptions of Affiliated Organisations

- 11.1.1. The National Board shall set terms for the allocation of a percentage of the affiliation fee and any sponsorship fee of all Affiliated Organisations to the Region of the club, team or association and for the management of such fee by the Region in Regional Financial Regulations.
- 11.2. Sponsorship fees for Affiliated Organisations shall be set by the National Board and shall be payable for a maximum of four sponsors, but no sponsorship shall be permitted unless it is registered and approved by the National Board on such terms as it may set from time to time.
- 11.3. The National Board may make changes to contributory fees and other service charges as necessary.

11.4. Licence Fees

- 11.4.1. Racing Licences shall be issued by the Federation upon payment of the current fee.
- 11.4.2. The National Board may refuse to grant or withdraw a Racing Licence issued at its absolute discretion and may suspend any Racing Licence pursuant to the Disciplinary Regulations or if suspended by another sporting body, where the Federation has recognised and enforced such suspension.
- 11.4.3. Individuals may obtain a day licence which is valid for an event on the day it is purchased unless under suspension by:
- 11.4.3.1. the Federation pursuant to the Disciplinary Regulations; or
- 11.4.3.2. another sporting body, where the Federation has recognised and enforced such suspension.

12. ACCOUNTS

- 12.1. The Federation's banking accounts shall be kept with such banker or bankers, and Federation monies invested, as the National Board shall from time to time determine.

13. ARBITRATION PANEL

- 13.1. Where there is a dispute between a Member and an Affiliated Organisation or Affiliated Club, the Federation may act as arbitrator between the two parties, subject to the agreement of both parties and subject to the parties agreeing proposals to cover the Federation's costs of any arbitration.
- 13.2. Any such dispute must be referred to the Company Secretary.
- 13.3. By agreeing to accept the Federation as arbitrators, both parties are required to accept the decision reached by the Arbitration Panel as final and binding.
- 13.4. The Arbitration Panel shall consist of up to three persons, including a legally qualified chair, as selected by the Company Secretary.
- 13.5. The arbitration may take place virtually.
- 13.6. The Arbitration Panel has the power to exclude members of the public as it feels appropriate.
- 13.7. On receipt of the agreement in writing from both parties that arbitration will be accepted, the Company Secretary must arrange for the Arbitration Panel to meet within 28 days.
- 13.8. The Company Secretary shall send a notice of the arbitration to the parties within 7 days containing any such directions that the chair of the Arbitration Panel deems necessary.
- 13.9. Either party may nominate a person to attend in their place to represent them.
- 13.10. The chair of the Arbitration Panel shall inform the parties concerned of its decision and its reason for reaching such a decision within 14 days of the arbitration.

14. NOTICES

- 14.1. Any notice given to the Federation shall be in writing and may be delivered:
- 14.1.1. by hand to the registered address;
- 14.1.2. by post to the registered address; or
- 14.1.3. by email.

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- 14.2. Any notice given by the Federation shall be in writing and may be delivered:
 - 14.2.1. to the email address held by the Federation; or
 - 14.2.2. by post to the address held by the Federation; or
 - 14.2.3. by post to its registered office in the case of a limited company.
- 14.3. Any notice shall be deemed to have been received:
 - 14.3.1. if delivered by hand, on receipt;
 - 14.3.2. if sent by post on the second Business Day after posting or at the time recorded by any delivery service;
 - 14.3.3. if sent by email, at the time of transmission, or, if this time falls outside Business Hours in the place of receipt, at 9.00 am on the next Business Day.
- 14.4. This Bye Law does not apply to the service of any proceedings or any documents in any legal action.
- 14.5. The accidental omission to give notice of a meeting to, or the non-receipt of such notice by, any person shall not invalidate any resolution passed or proceedings held at such meeting.

15. MISCELLANEOUS

- 15.1. The rights and privileges of Members and Affiliated Organisations shall be as laid down in these Bye Laws and shall not be transferred or transmitted.
- 15.2. The National Board shall set an expenses policy setting out the basis upon which anyone conducting business on behalf of the Federation shall be entitled to recover expenses.
- 15.3. Any breaches of these Bye Laws shall be dealt with in accordance with the Federation's Disciplinary Regulations as amended from time to time.

- 15.4. All matters relating to anti-doping shall be dealt with in accordance with the UK Anti-Doping Rules as amended from time to time and shall be under the jurisdiction of UK Anti-Doping.

15.5. Federation Badge of Honour

- 15.5.1. The National Board has power to award the Federation's Gold Badge of Honour to any Member who has rendered outstanding service to the Federation. Home Countries, Regional Boards and Regional Councils may submit a recommendation to the National Board, duly carried by two thirds majority of those present and voting. The names of such Members shall be inscribed on the Federation's Roll of Honour.

15.6. Regional Badge of Honour

- 15.6.1. A Regional Council shall have power to award a Regional Silver Gilt Badge to any Member who has rendered outstanding service to the Region.
- 15.6.2. A notice of such recommendation shall appear in the agenda of the Regional Council meeting.
- 15.6.3. A two thirds majority of those present and voting at the Regional Council meeting shall be required for the award to be granted.
- 15.6.4. The voting shall be by ballot.
- 15.6.5. The award shall be subject to confirmation by the National Board.

GLOSSARY

Term	Definition
Affiliated Organisation	Clubs, teams, groups, leagues and any other organisations affiliated to the Federation pursuant to Bye Law 10.6. Note: If the Affiliated Organisation is a league, the Member needs to ascertain whether or not they may attend as a Private Member or as a representative of the league pursuant to Bye Law 5.3.
Annual General Meeting of National Council or AGM of National Council	An annual meeting of the Federation, especially for reporting on the year's events and holding elections, as per Bye Law 8.
Annual General Meeting of Regional Council or AGM of Regional Council	An annual meeting of a Region, especially for reporting on the year's events in that Region and holding elections, as per Bye Law 6.
Annual Report	A summary of the Federation's operations during the preceding 12 months.
Arbitration Panel	A number of individuals with the appropriate skills and experience who may oversee any disputes on behalf of the Federation pursuant to Bye Law 13.1.
Business Day	A day, other than a Saturday, Sunday or public holiday in England, when banks in London are open for business.
Business Hours	The period from 9.00 am to 5.00 pm on any Business Day.
Chief Executive	The most senior executive in charge of managing the Federation. The Chief Executive may be contacted via the email address: chiefexec@britishcycling.org.uk.
EGM of National Council	Extraordinary General Meeting of National Council
Federation	The British Cycling Federation.
Home Country	England, Scotland or Wales.
Member	An individual who has been granted Membership of the Federation.
Membership	An individual who has subscribed to the Federation pursuant to these Bye Laws.
National	Relating to the Federation.
National Board	The board of directors of the Federation.
National Council	The collective term for National Councillors who are entitled to attend AGMs of National Council pursuant to these Bye Laws.
National Councillor	Representatives selected to attend AGMs of National Council pursuant to Bye Law 7.
Point of Order	A query to the chair of the meeting as to whether correct procedure is being followed.

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Private Member	<p>A Member who is not part of an Affiliated Organisation.</p> <p>Note: If the Affiliated Organisation is a league, the Member needs to ascertain whether or not they may attend as a Private Member or as a representative of the league pursuant to Bye Law 5.3.</p>
Racing Licence	The Federation's authorisation to participate in certain levels of events.
Region	A territory as established by the Board.
Regional	Relating to a Region.
Regional Board	A body established to administer the affairs of the Region under the Terms of Reference and devolved authority from the National Board.
Regional Council	A formal assembly of members in a Region, whose purpose shall be to review and comment upon the performance of the Region, to elect members to the Regional Board, to elect National Councillors, to represent their Region at AGMs of Regional Council and to decide upon proposals placed before it.
Regional Councillor	A member of a Regional Council in accordance with Bye Law 5.
Terms of Reference	<p>A document setting out the duties of Regional Board members as updated from time to time.</p> <p>Note: It is recognised that Terms of Reference exist across the Federation for other workgroups and commissions; however, Terms of Reference within these Bye Laws relate to Regional Boards only</p>
UK Anti-Doping Rules	The anti-doping rules of British Cycling published by UK Anti-Doping (or its successor), as amended from time to time. An up-to-date version of the UK Anti-Doping Rules is available at www.britishcycling.org.uk/antidoping .

REGIONAL FINANCIAL REGULATIONS

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1 DEFINITIONS AND GENERAL PRINCIPLES

1.1 These Regional Financial Regulations come into force on 1 January 2022. All Regional Board members agree to be bound by and undertake to comply with these Financial Regulations.

1.2 Definitions

Term	Definition
Authorised Person	Signatories on a Region's banking account who are authorised to process and approve payments on behalf of that Region.
Executive Leadership Team	The Executive Leadership Team of the Federation.
Federation	The British Cycling Federation.
Home Country	England, Scotland or Wales.
National Board	The board of directors of the Federation.
Region	A territory as established by the Board.
Regional Board	A body established to administer the affairs of the Region under the Terms of Reference for Regional Boards and devolved authority from the National Board.
Under-16	Riders under the age of 16.

1.3 Unless the context otherwise requires, words in the singular shall include the plural and in the plural shall include the singular.

1.4 Any obligation on a party not to do something includes an obligation not to allow that thing to be done.

1.5 Any words following the terms including, include, in particular, for example or any similar expression shall be construed as illustrative and shall not limit the sense of the words, description, definition, phrase or term preceding those terms.

2 BANK ACCOUNTS

2.1 Each Regional Board shall be provided with a banking account into which all funding award monies shall be paid.

2.2 Where a Region raises funds by way of entry fees for events, the Federation shall liaise with the Regions to agree the best solution for the management of such funds. For example, a further banking account may be provided.

2.3 All funds in such banking accounts shall be deemed to be held for the Federation and the officers of the Regional Boards are under legal obligations to the Federation as trustees. In case of dissolution of the Region, such funds shall be disposed of as directed by the National Board.

2.4 Regional Boards must maintain at least two Authorised Persons at any one time.

2.5 An additional Authorised Person for each Regional Board's banking account shall be nominated by the Executive Leadership Team.

2.6 Payments must be processed and approved by any two different Authorised Persons.

2.7 Reserves pursuant to Regulation 3.8 may be kept in a separate banking account. Should a Regional Board opt to transfer their reserves into the new banking account as described in Regulation 2.1, those reserves shall be ring-fenced for the Regional Board to spend at its own discretion.

3 REGIONAL FUNDING

3.1 Each year, Regional Boards shall submit to the Federation a budget proposal by 15 January for the financial year commencing 1 April.

3.2 The budget proposal shall be in the form prescribed by the Executive Leadership Team and must be aligned to the Federation's strategy, regional development plans and/or discipline plans.

3.3 Nominated representatives of the Federation shall review the budget proposal and determine the level of funding to be awarded to each Region.

REGIONAL FINANCIAL REGULATIONS

- 3.4 Regional Boards will be notified of their funding award by 1 March.
- 3.5 A maximum of 70% of the funding award will be paid by 1 April. The remaining sum shall be paid by 1 October.
- 3.6 From 2024, any surplus funds from the previous funding period will be carried forward into the proceeding financial period. This surplus shall be offset against the second half of the funding award to be paid by 1 October in each year.
- 3.7 If a budgetary deficit is anticipated, the Regional Chair or Treasurer must notify the Federation as soon as a possible overspend is identified. Assistance will be provided to the Region by the Federation where needed.

3.8 Reserves

- 3.8.1 Regional Board reserve funds which have accumulated over time to 31 December 2021 must be invested in the sport.
- 3.8.1.1 The Regional Board has the discretion to invest these reserves as it sees fit in line with British Cycling's strategy, regional development plans and/or discipline plans.
- 3.8.1.2 The Federation shall provide a funding uplift of 20% for all reserves spent each financial year up to and including the 2025-26 financial year.

3.9 Supplementary Income

- 3.9.1 The Regional Board has the authority to develop supplementary income to support the delivery of its activities.
- 3.9.1.1 Details of any anticipated supplementary income shall be specified within the budget submission where possible. Where it is not possible to provide such information within the budget submission, the relevant details shall be reported within the annual financial report pursuant to Regulation 4.4.
- 3.9.1.2 Supplementary income shall not be offset against the funding award.
- 3.9.1.3 Supplementary income must be used within 12 months of being raised unless otherwise agreed between the Regional Board and the Federation.

4 FINANCIAL REPORTING

- 4.1 The Regional Board shall keep proper accounting records of all financial activity of each financial year in line with the Federation's financial period (1 April to 31 March).
- 4.2 A common accounting approach is to be adopted across all Regions, details of which shall be provided to the Regional Boards by the Federation.
- 4.3 The Regional Treasurer shall report to each meeting of the Regional Board on the financial position of the Region. This shall include a summary of income and expenditure made up to the end of the most recent accounting period including a reconciliation of the bank account balance.
- 4.4 The Regional Board shall prepare financial statements in line with the Federation's financial period in the form prescribed by the Executive Leadership Team.
- 4.4.1 Such financial statements shall be forwarded to the Company Secretary within six months of the end of the Federation's financial period which shall be duly examined by the Executive Leadership Team.
- 4.4.2 Financial statements must be prepared for all banking accounts held by the Region and must include details of:
- 4.4.2.1 the level of retained reserves and a summary of reserves spend for the year; and
- 4.4.2.2 the level of supplementary income raised and spent.
- 4.5 Regional Boards do not have the power to incur any liability whatsoever on behalf of or in the name of the Federation, for example by entering into credit agreements or employment contracts or consultancy agreements with third parties.
- 4.6 The Executive Leadership Team shall have the power to inspect the financial records of any Region at any time.

5 EVENT REGISTRATION FEES

- 5.1 The grant of a registration shall (except in the case of the events listed in Technical Regulation G6.4) be subject to the payment of the current registration fee as determined by the National Board.
- 5.2 Where a Home Country registers a race on behalf of the Federation, the Home Country shall retain such registration fee.
- 5.3 Only one application, registration and registration fee shall be necessary in respect of a track event.
- 5.4 Separate applications, registrations and registration fees shall be necessary for each road race.
- 5.5 No registration fee shall be payable in respect of a national championship.
- 5.6 No registration fee shall be payable for a registration issued for events open only to Under-16s, a track event or closed-circuit race confined to first claim members of the same club.

6 EVENT LEVY

- 6.1 Each entrant in all events shall be subject to the payment of the current event levy as determined by the National Board save for:
 - 6.1.1 entrants in Youth events; and
 - 6.1.2 events on the international calendar.
- 6.2 Where a rider enters an event comprising two or more races on the same day for which a single entry fee is due, only one event levy must be paid.
- 6.3 Where a rider enters more than one race on the same day for which separate entry fees are due, a race levy must be paid for each race.
- 6.4 Entrants for an event or events held over multiple days shall pay one race levy for each meeting or each day's racing.

7 EVENT INSURANCE

- 7.1 Third party liability insurance cover shall be provided for registered events subject to payment of the relevant registration fees and levies set by the National Board.

2022 CLUB AND EVENT FEES

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Club Affiliation

Club and team affiliation prices 2022	
Standard club	£98
Commercially named	£194
Schools – inc. liability insurance	£48
Schools – ex. liability insurance	£23
Sponsors	£68

Additional Information

- Life membership is available to those having 10 years consecutive membership.
- Standard clubs/teams renewing their affiliation before December 31st each year will receive a £25 discount.
- Commercially named clubs/teams renewing their affiliation before December 31st each year will receive a £50 discount.
- Sponsor fees are payable for up to four registered sponsors of any club/team. Further sponsors are registered free.
- The affiliation fee paid by a Commercially Named club/team shall include the sponsor fee of its main sponsor.
- Newly registered and accredited Go-Ride clubs are exempt from paying any additional sponsorship fees not already included their affiliation.
- Youth and under 12 Full Licences are free with race Gold & Race Silver membership.
- Team Managers of Commercially Named teams: £20.
- Team Managers of British Cycling registered UCI Trade Teams: £40.
- Mechanics, Carers and other staff of British Cycling registered UCI Trade Teams: £20.

2022 CLUB AND EVENT FEES

Single Day Racing Licences – Road & Track

Event Classification	Race Members with a Provisional Racing Licence		Ride Members or Non Members
	Bronze	Silver / Gold	
Regional A/B/C+	£10.00	£5.00	£10.00
Regional C	£5.00	Free	£10.00
Go Race	Free	Free	£5.00
Open Track Meetings	£10.00	£5.00	£10.00
Track League Meetings	£5.00	Free	£10.00

Additional Information

- Juniors are charged 50% of the Senior fees for Single Day Licences.
- Youth non-Race members are charged at £1.50.
- Single Day Licences are not applicable to national events.
- Riders not presenting a valid Full Racing Licence at national events will be required to pay a £10 surcharge.
- Members applying for a Racing Licence on or after 1st July in any year shall be charged at half price.
- The reduced rate for a temporary racing licence will only be granted if proof of current membership of the Federation is provided to the organiser

2022 CLUB AND EVENT FEES

Domestic Events

		HQ Registration Fee	Race Levy	Regional Registration Fee
Road	National A	£100.00	£3.00	n/a
	National B	£20.00	£3.00	£12.00
	Regional A/B	£20.00	£3.00	£12.00
	Regional C+	£10.00	£3.00	£12.00
	Regional C	£10.00	£2.00	£12.00
Closed Road Circuit	National A	£100.00	£3.00	£15.00 <i>(£12.00 Part Day)</i>
	National B	£20.00	£3.00	£15.00 <i>(£12.00 Part Day)</i>
	Regional A/B	£20.00	£3.00	£15.00 <i>(£12.00 Part Day)</i>
	Regional C+	£10.00	£3.00	£15.00 <i>(£12.00 Part Day)</i>
	Regional C+ Series Event	£10.00	£3.00	£8.00
	Regional C+ League Event <i>(Confined to affiliated league members)</i>	£10.00	£3.00	£40.00 <i>(per league per year or £3.50 per meeting)</i>
	Regional C	£10.00	£2.00	£15.00 <i>(£12.00 Part Day)</i>
	Regional C Series Event	£10.00	£2.00	£8.00
	Regional C League Event <i>(Confined to affiliated league members)</i>	£10.00	£2.00	£40.00 <i>(per league per year or £3.50 per meeting)</i>
Track	Open/Association Meetings	£10.00	£3.00	£12.00
	League Meeting <i>(Confined to affiliated league members)</i>	£10.00	£3.00	£40.00 <i>(per league per year or £3.50 per meeting)</i>
	Open/Association Meetings <i>(With no licence ranking points)</i>	£10.00	£2.00	£12.00
	League Meeting <i>(With no licence ranking points and confined to affiliated league members)</i>	£10.00	£2.00	£40.00 <i>(per league per year or £3.50 per meeting)</i>
Youth Only		£10.00	£1.50	n/a
Go Race (including Go-MTB, Go-Cross, Go-BMX)		£10.00	£1.50	n/a
Mountain Bike	Cross Country & Downhill	£20.00	£3.00	n/a
BMX	National A & B/Regional A & B	£10.00	£3.00	n/a
	Regional C/Non-Ranking	£10.00	£2.00	n/a
Cyclo-Cross	Standard Events	£10.00	£3.00	n/a
Cycle Speedway	Standard Events	£3.00	£1.50	n/a
Non-Competitive		£50.00	£1.20	n/a

2022 CLUB AND EVENT FEES

International Events

	HQ Registration Fee	Levy	Regional Registration Fee
Stage & Single Day Road Races/Time Trial	Apply to HQ	Apply to HQ	n/a
Professional Road Race Promotion (non-club)			
Standard Track Meeting			
Professional Track Promotion (non-club)			
International Mountain Bike Event			

Additional Information

- Event registration fees must be paid online when registering the event or, for paper registration, to the Regional Competition Administrator. Payment may be staggered for league registrations subject to prior agreement with British Cycling HQ.
- Registration and levy fees are payable per day of racing / riding.
- All rider levies are payable within seven days of the event.
- Event registration forms and fees for non-competitive events should be sent directly to British Cycling HQ.
- For Youth and Under 12 rider the levy is restricted to £1.50.
- Part Day Events are limited to a morning, afternoon or evening.

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GENERAL TECHNICAL REGULATIONS

G1. APPLICATION

- G1.1. These General Regulations apply to and bind any individual who participates (whether personally or through another individual), organises or officiates in any Event held in accordance with these Technical Regulations.
- G1.2. These General Regulations shall apply to all cycling Disciplines authorised under the Regulations. Supplementary Discipline Specific Regulations shall also apply for the individual cycling Disciplines. These Discipline Specific Regulations, together with the General Regulations, form the Technical Regulations.
- G1.3. The application of the Technical Regulations is subject always to the overriding authority of the Memorandum & Articles of Association and Bye-Laws of the Federation.
- G1.4. The Board may vary the Technical Regulations from time to time.
- G1.5. All Events must be authorised and administered under the requirements and guidelines defined and published by the Federation. In the event such requirements and guidelines conflict with these Technical Regulations, these Technical Regulations shall prevail.
- G1.6. All Members must abide by the UK Anti-Doping Rules (as amended from time to time) and shall be under the jurisdiction of UK Anti-Doping.
- G1.7. All Members must abide by the British Cycling Code of Conduct.
- G1.8. These Technical Regulations incorporate the Federation's Disciplinary Regulations, which apply to and bind any individual who participates (whether personally or through another individual), organises or officiates in any Event held in accordance with these Technical Regulations. Breaches of these Technical Regulations, excluding those relating to anti-doping, shall be dealt with in accordance with the Disciplinary Regulations.
- G1.9. The parent or guardian of any rider under the age of 18 shall be responsible for that rider's adherence to the Technical Regulations. The rider shall be liable for any sanction.

G2. CYCLES, CLOTHING AND EQUIPMENT

G2.1. Cycles

- G2.1.1. Cycles must comply with the regulations set out in the Discipline Specific Regulations.
- G2.1.2. For every Event held under the Technical Regulations and participated in, the rider shall ensure that the cycle used is in a safe condition.

G2.2. Clothing

- G2.2.1. Riders must not wear a political or offensive slogan, sign or badge whilst participating in an Event.
- G2.2.2. Riders may wear the British National jersey only when competing as a representative of Great Britain.
- G2.2.3. Riders may wear the relevant Home Country jersey only when competing as a representative of that Home Country.
- G2.2.4. The current holder (and only the current holder) of a World, Continental, British National, Home Country or Regional Championship shall wear the jersey appropriate to that championship and then only when competing in the Discipline and age category for which the rider is champion and remains eligible. If the rider is the holder of more than one of such championships, the rider must wear the jersey from the most superior championship.
- G2.2.5. The Federation may require a Club or Team to alter its name or the colour of or design of its racing clothing in order to avoid confusion with another Club, Team, Region or Home Country.

G2.3. Equipment

- G2.3.1. When participating in an Event, a rider must wear a properly fitting helmet of a hard-shell construction which must comply with the Discipline Specific Regulations. The helmet strap must be securely fastened whilst participating in the Event.

Note: In order to assist riders, the Federation advises that protective headgear must take the form of a hard shell helmet which should conform to a recognised standard such as SNELL B95 (Snell Memorial Foundation), AUS/NZS 2063:96 (Australian and New Zealand standard), DIN

33-954 (TUEV Institute Germany), CPSC or EN 1078 (Europe). Other Standards are available, but riders and/or parents/guardians should obtain proof that a standard is adequate for the purpose for which they intend to use the item. The current British Standard (BS 6863) is primarily intended for use by young riders. This standard is not intended to provide a complete specification for helmets for high speed or long-distance riding.

The Federation makes no warranties or representations regarding the adequacy of any standard or the fitness for the purpose of any protective headgear and will not accept any liability arising from the use of any such headgear.

- G2.3.2. Unless given prior permission by the Chief Executive, riders must not use or carry cameras whether on their person or equipment whilst participating in Events. If permission is granted, the rider must ensure that the manufacturer's guidelines are followed in respect of all equipment, the camera is securely fixed and does not cause any risk of danger or distraction to the rider or others.
- G2.3.3. During practice or designated training sessions, onboard cameras are permitted solely when manufacturers guidelines are followed in respect of all equipment, the camera is securely attached to the cycle and does not cause any risk of danger or distraction to the rider or others.
- G2.3.4. Identification numbers must be displayed by all riders while participating, which includes any practice sessions or training, in any Event held under these Technical Regulations.

G2.4. Compliance

- G2.4.1. Before the start, or after the conclusion of any Event or Stage of an Event, any equipment used by a rider (including, but not limited to cycles, wheels, gears, helmets and clothing) may be subject to inspection in order to ascertain compliance with the Technical Regulations.
- G2.4.2. If, before the start of any Event or Stage of Event, any equipment to be used by a rider is found not to comply with the Technical Regulations, the rider shall not be permitted to use that equipment in the Event.
- G2.4.3. If, after the start of any Event or Stage of Event, any equipment used by a rider is found not to comply with the Technical Regulations, the rider may be disqualified from the Event.

G3. LICENCES

- G3.1. Licences other than Provisional Licences shall be issued by the Federation in accordance with the UCI Regulations.
- G3.2. The Federation may issue licences, which shall include accreditations and endorsements, for the following:
 - G3.2.1. Racing;
 - G3.2.2. Anti-Doping Inspector;
 - G3.2.3. Carer;
 - G3.2.4. Commissaire;
 - G3.2.5. Doctor;
 - G3.2.6. Driver;
 - G3.2.7. Mechanic;
 - G3.2.8. Motor Pacer;
 - G3.2.9. Paramedical Assistant;
 - G3.2.10. Rider's Agent;
 - G3.2.11. Team Manager;
 - G3.2.12. Coach;
 - G3.2.13. Welfare Officer; and
 - G3.2.14. Time Keeper.

This list is not exhaustive.
- G3.3. Where a Licence Holder is under suspension extending into a period requiring a new Licence, no new Licence shall be issued until the period of suspension has expired.
- G3.4. A Member must immediately advise the Chief Executive of any disability or medical condition, whether physical or mental, which could affect their ability to participate safely in an Event or Events. The Federation may suspend or withdraw any licence temporarily or permanently.
- G3.5. Racing Licences may only be issued to Silver or Gold Members.

GENERAL TECHNICAL REGULATIONS

- G3.6. Silver or Gold Members who do not request a Racing Licence, shall receive a Provisional Licence.
- G3.7. A Racing Licence shall expire on 31st December of the year in which it is issued or the date the Member's Membership expires (whichever is the earlier).
- G3.8. Members whose Racing Licence has expired shall revert to a Provisional Licence status while their Membership remains current.
- G3.9. Members who have not reached their 18th birthday may not be issued with a Racing Licence without having provided the consent of their parent or guardian.
- G3.10. Racing Licences shall include the rider's category for each Discipline. Should the Licence Holder change category during any Year, a new Racing Licence and Racing Licence Card shall be issued free of charge.
- G3.11. Racing Licence Cards should display a photograph which must show a good likeness to the Racing Licence Holder. If the Racing Licence Card does not display an appropriate photograph, then the Racing Licence Holder must provide photographic identification on demand.

G4. RANKINGS

- G4.1. Only Racing Licence Holders shall be eligible for Licence Points. Provisional Licences do not qualify for Licence Points. The Member must have obtained a Racing Licence from the Federation before the Event in question. Licence Points cannot be backdated.
- G4.2. Licence Points may be used to determine a rider's ability category and ranking in each Discipline. For the purposes of this Regulation, Road and Track shall be treated as one Discipline.
- G4.3. British national rankings shall be produced for riders from the year of their 12th birthday, except in BMX where rankings shall be produced for riders from the year of their ninth birthday.

G5. RIDER ELIGIBILITY AND ENTRY PROCEDURES

- G5.1. Entries to an Event must be made to the Organiser by the closing date. The entry shall be accompanied by the appropriate entry fee, failing which the entry shall be void. The Organiser may, in their reasonable discretion, accept or reject any entry.
- G5.2. Except where entry to one Event has been withdrawn before the closing date, or it is reasonable to start and finish in both Events, a rider must not enter nor accept a formal invitation to compete in more than one Event (whether under the Technical Regulations of the Federation or Cycling Time Trials) on the same day.
- G5.3. Unless caused by illness or other reasonably uncontrollable occurrence, it shall be a breach of these Technical Regulations should a rider accept a formal invitation to participate in an Event and then fail to attend that Event.
- G5.4. No Organiser of an Event shall participate in that Event.
- G5.5. The Federation shall select individuals and/or Teams to represent England or Great Britain.
- G5.6. Where a rider is invited to represent Great Britain, such invitation shall take precedence over any existing Event entry. The rider should inform the Event's Organiser that they are withdrawing their entry.
- G5.7. A Home Country or Region shall select individuals and/or Teams to represent that Home Country or Region.
- G5.8. A rider may only participate in an Event under their primary Club or Team, as an individual Member or as a member of a British National, Home Country, Region or certain association representative Team (as approved by the Federation). For the purposes of this Regulation, Road and Track shall be treated as one Discipline.
- G5.8.1. Unless given prior permission by the Federation, riders may only represent the Club, Team, Home Country or Region recorded on their Racing Licences as at the closing date in any particular Club or Team Event.

- G5.8.2. Riders may apply to the Federation to include more than one Club or Team on their Racing Licences. Such riders may race for no more than one Club or Team for each Discipline.
- G5.8.3. Riders who are members of HM Armed Forces or the Public Emergency Services are, if selected, permitted to represent those organisations in Events.
- G5.8.4. Riders who are students in further education are permitted to represent their education provider's Club or Team.
- G5.8.5. An individual who is not normally resident in the United Kingdom, the Isle of Man or the Channel Islands may compete in Events provided that they are a member of a UCI recognised national governing body and that national governing body authorises the individual to compete in Events.
- G5.9. Riders must enter Events under the name on their Membership Card.
- G5.10. Any rider who is not ready at the advertised start time of an Event, or when called upon to start, shall not be allowed to compete unless permitted by the Chief Commissaire.
- G5.11. Any holder of a Day Licence shall be bound by the terms of the Technical Regulations and Bye-Laws.
- G5.12. No Day Licence shall permit a rider to ride in any other category than if they had obtained a Racing Licence.

G6. EVENT AUTHORISATION AND ADMINISTRATION

- G6.1. Any Member may apply to a Region or Home Country (or the Federation where no regional body exists) for an Event to be approved and for Federation Sanction. The application must be made at least eight weeks prior to the date of the proposed Event.
- G6.2. No Event may be styled as a championship (except a Club or association championship) without the approval of the Home Country or Region concerned.
- G6.3. Other than where sanctioned under the provisions of G6.1 any Club, Team, association, league or other organisation seeking to organise competitive Events under these

Technical Regulations must be affiliated with the Federation.

- G6.4. Applications for Federation Sanction for Events by organisations not affiliated to the Federation or in respect of international events on the UCI calendar, British National Championships, British National Series, Inter-Region Championships, the Tour of Britain, Events lasting five days or more and any British National A Road Events shall be submitted to the Chief Executive.
- G6.5. The Organiser shall be responsible for the provision of suitable medical cover, in accordance with the Federation's Medical Guidance Document.

G6.6. Prizes

- G6.6.1. Prizes must only be awarded to eligible riders who have provided accurate and complete entry applications.
- G6.6.2. Prizes awarded in contravention of G6.6.1 must be returned forthwith to the relevant Organiser.
- G6.6.3. No rider shall be entitled to any prize unless they have completed the Event or, in the opinion of the Chief Commissaire, retired for good reason.
- G6.6.4. Prizes awarded to competitors aged 12 years old, or in the year in which their 12th birthday falls, or younger, shall be in the form of trophies, medals or other such similar prizes. In any such Events where there are Races for both boys and girls, the prizes given shall be the same for both genders.

G7. OFFICIALS

- G7.1. Commissaires (except for Trainee Commissaires) shall control Events in order to meet the standards required by each Discipline. No Event (save for "Go" Events) may take place without the required number of appointed Commissaires in attendance. They shall work with the Organiser to ensure that the Technical Regulations are applied appropriately. They shall be responsible for confirming the official results of an Event.

GENERAL TECHNICAL REGULATIONS

- G7.2. The appointment of the Chief Commissaire shall be made by the relevant Home Country, Region or the Federation as appropriate, or by groups or associations to whom the Home Country, Region or Federation may have delegated responsibility. One or more additional Commissaires, Judges or a Commissaire Panel, may also be appointed by the relevant Home Country, Region or the Federation dependent upon the nature of the Event.
- G7.3. All decisions of the Chief Commissaire shall be final.
- G7.4. The Chief Commissaire shall instruct the other Officials in their duties and, where necessary, delegate authority to them. Commissaires shall have such powers and carry out such duties as the Chief Commissaire directs.
- G7.5. Commissaires shall:
- G7.5.1. review the suitability and safety of the intended course, route or track against the Event's Risk Assessment and require any necessary changes to the Event;
- G7.5.2. apply the Technical Regulations, and where appropriate, apply sanctions and penalties pursuant to the guidance set out in the relevant Discipline Specific Regulations; and
- G7.5.3. rule on all protests, and on any case of misconduct by riders, Members or Officials, whether or not a protest has been lodged.
- G7.6. The Chief Commissaire must additionally report, in writing, serious breaches of the Technical Regulations at an Event to the Disciplinary Officer as soon as reasonably practicable and within three days following the Event. The Disciplinary Officer shall determine whether the case warrants further disciplinary action. Any penalty or sanction already given to an individual at an Event shall not preclude or limit in any way the Disciplinary Officer's powers to instigate further disciplinary action in respect of the same incident.

G8. INFRINGEMENTS

- G8.1. In the event of an infringement of these Technical Regulations, Commissaires may, at their discretion, impose a penalty or penalties upon Members as set out in the relevant Discipline Specific Regulations.
- G8.2. In deciding upon the most appropriate form of penalty to impose, Commissaires must take into account the nature of the infringement and the category of Event concerned.
- G8.3. All penalties issued under Technical Regulation G8.1 must be reported to the Federation, who shall be responsible for collecting any fines imposed.

G9. BRITISH NATIONAL CHAMPIONSHIPS

- G9.1. British National Championships may be organised annually at the discretion of the Federation. The Events held, categories, eligibility criteria and format shall be defined and published by the Federation.
- G9.2. Regions, Clubs, Teams, Members or Organisers may apply to the Federation to run each British National Championship.
- G9.3. British National Championships shall be conducted in accordance with these Technical Regulations in the format decided by the Federation to suit the specific venue.
- G9.4. Where a British National Championship is postponed after signing-on has closed, only those riders who have signed on may compete in the re-scheduled Event and the results of any completed rounds shall stand except in cases specifically approved by the Federation.
- G9.5. Where the number of entrants exceeds the maximum number permitted, selection shall be made by the Federation in accordance with pre-published criteria.
- G9.6. The Federation may authorise Events that combine British National Championships within the framework of a single Race. In such cases the Federation shall approve the allocation of medals and British National Championship jerseys in advance on a Race-by-Race basis and shall inform the Organiser of the same.

G9.7. British National Championship Jersey

- G9.7.1. The design of a jersey for the British National Championship shall be white with 5cm wide red, white and blue bands around the chest, the red band being uppermost.
- G9.7.2. The design of a jersey for the British National Championship for Masters shall be blue with 5cm wide red, white and blue bands around the chest, the red band being uppermost.
- G9.7.3. The only inscription which is permitted on the British National Championship jersey presented to a rider on the podium immediately after a British National Championship is that of the garment manufacturer which may appear once and within a maximum area of 25sq. cm.
- G9.7.4. Advertising inscriptions are permitted on a replica British National Championship jersey as follows:
- G9.7.4.1. if within a rectangle, with a maximum height of 10cm on the front and back;
- G9.7.4.2. if a lateral band, with a maximum height of 9cm on each side;
- G9.7.4.3. if on one line with a maximum height of 5cm on quarter sleeves; and
- G9.7.4.4. the garment manufacturer's mark may also appear once and within a maximum area of 25sq. cm.

G10. HOME COUNTRY CHAMPIONSHIPS

- G10.1. Home Country Championships may be organised annually at the discretion of each Home Country. The Events held, categories, eligibility criteria and format shall be defined and published by each Home Country.
- G10.2. For individual Events, a rider may only compete in the Championships of one Home Country in any one Year.
- G10.3. The regulations for the Scottish Home Country Championships are contained in the Scottish National Championships and Records at page 185.
- G10.4. The regulations for the Welsh Home Country Championships are contained in the bye-laws of Welsh Cycling.

G11. REGIONAL CHAMPIONSHIPS

- G11.1. Regional Championships may be organised at the discretion of each Region. The Events held, categories and format shall be defined and published by each Region.
- G11.2. Two or more adjacent Regions may choose to hold one or more joint Regional Championships.
- G11.3. For individual Events, a rider may only compete in the Championships of one Region in any one Year.
- ### **G11.4. Eligibility**
- G11.4.1. For individual Events, a rider may only compete in a Regional Championship for the Region stated on their Racing Licence.
- G11.4.2. For Team Events, a rider may only compete in the Regional Championship of the Region their Team is registered to.

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BMX FREESTYLE TECHNICAL REGULATIONS

F1. APPLICATION

- F1.1. These BMX Freestyle Regulations, together with the General Regulations, shall apply to and bind any individual who participates (whether personally or through another individual), organises or officiates in any BMX Freestyle Event.

F2. CYCLES, CLOTHING AND EQUIPMENT

F2.1. Cycles

- F2.1.1. Unless expressly authorised by the format of the competition, Events held under these Technical Regulations are restricted to cycles that are compliant with UCI Regulations. Under all circumstances, Events held under these Technical Regulations are restricted to cycles that are compliant with the following Technical Regulations.
- F2.1.2. The following cycles only are eligible for use in Events held under the Technical Regulations:
- F2.1.2.1. For bicycle Events - any two-wheeled one-track cycle carrying one rider.
- F2.1.3. Any cycle used in BMX Freestyle Events held under the Technical Regulations must operate wholly through the motive power of its rider.
- F2.1.4. Cycles must have two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising pedals, a crank-set and a chain, without electric or other assistance.
- F2.1.5. With the exception of riders entered in Youth categories, all cycles used must be equipped with matching wheels that are nominally 20" in diameter. The total diameter of the wheels, inflated tyres included shall not exceed 22 ½".
- F2.1.6. The cycles of riders in Youth categories may be equipped with matching wheels that are smaller than 20" nominal diameter. However, such wheels shall not be smaller than 16" nominal diameter.
- F2.1.7. All cycles shall have their wheels securely fastened to their frames, with their tyres firmly secured.
- F2.1.8. Fixed gear cycles are not permitted.
- F2.1.9. A saddle is required.

- F2.1.10. Cycles may be equipped with one or more hub axle extenders, also known as "pegs", provided that these are securely attached.

- F2.1.11. Handlebar ends must be plugged, not merely covered by tape, and other projections shall be protected as far as possible.

F2.2. Clothing

- F2.2.1. Where racing clothing has been registered by a Club or Team, that racing clothing must be worn by all riders representing such Club or Team when competing in Events.
- F2.2.2. Riders must wear clothing in its design or construction which does not constitute a danger to the safety of the riders. For example, exceptionally loose clothing which may become caught in the rider's cycle must not be worn.
- F2.2.3. Riders must wear a shirt (either with or without sleeves) during official practice, Competitions, and during official ceremonies and press activities.

F2.3. Equipment

- F2.3.1. All accessories must be securely fastened and any equipment that is not essential for Competition purposes must be removed.
- F2.3.2. Riders must at all times wear the visual identification provided by the Organiser such as sticker, wristband, bib or strap. Riders not doing so may be refused access to the Event venue or may be refused their start.

F3. RIDER ELIGIBILITY AND ENTRY PROCEDURES

- F3.1. The following categories of Events are only available to riders who hold a Racing Licence:
- F3.1.1. Home Country and Regional Championships;
- F3.1.2. British National Championships; and
- F3.1.3. Other national level Events.

F4. AGE CATEGORIES

- F4.1. The following age categories for participating in Events shall apply:
- F4.1.1. Ages 7 to 14; and

F4.1.2. Ages 15 and over.

F4.2. The Federation has the discretion to change age categories.

F5. ABILITY CATEGORIES, EVENT CLASSIFICATION AND LICENCE POINTS

F5.1. Ability Categories

F5.1.1. Ability categories are as follows:

F5.1.1.1. Youth – ages 7 to 14;

F5.1.1.2. Amateur; and

F5.1.1.3. Elite – ages 15 and over.

F5.1.2. The Federation has the discretion to change ability categories.

F5.1.3. A rider cannot participate in both the Amateur and Elite categories during the same Year. Riders may only change their category at the point of renewing their Racing Licence at the start of the next Year.

F5.2. Event Classification

F5.2.1. *INTENTIONALLY LEFT BLANK*

F5.3. Licence Points

F5.3.1. *INTENTIONALLY LEFT BLANK*

F6. OFFICIALS

F6.1. BMX Freestyle Events must be supervised by a Chief Commissaire and panel of Judges.

F6.2. The panel of three to six Judges (including a Chief Judge) is responsible for evaluating the performance of the riders during the Competition and for delivering their scores.

F6.3. The Officials appointed pursuant to F6 must have a valid Racing Licence.

F7. INFRINGEMENTS

F7.1. The relevant penalty or penalties for infringements are outlined in Appendix F1.

F8. GENERAL COMPETITION PROVISIONS

F8.1. BMX Freestyle Competitions are judged events, in which riders are scored based upon their skill at executing a routine, including one or more of a variety of different manoeuvres that are known as tricks.

F8.2. Classification and Results

F8.2.1. Following the end of a BMX Freestyle Competition, the results (final classification) for each category will be posted in the riders' area at the venue before the awards ceremony is held.

F8.2.2. If any categories were combined, the results for the combined category shall be separated back into the original categories for the purpose of awarding prizes and points.

F8.3. Best Trick Competition

F8.3.1. The Organiser may hold a best trick contest. Such a Competition shall be held according to rules that the Organiser may determine. Such rules must be explained in the Competition guide. Participation must not be mandatory.

F8.4. Non-starters and Withdrawing from Competition

F8.4.1. Within each phase it is possible for riders to withdraw from or not start the Competition.

F8.4.2. If riders are refused their start for any reason, withdraw or do not show up before beginning their first run, they shall be scored as "DNS" for the phase in question. Such riders are not eligible to transfer to the next phase of the Competition.

F8.4.3. Should riders withdraw after completing part of their first or second run, they shall be considered as having started in that phase of the Competition and shall be scored on the portion of the run(s) that they were able to complete before withdrawing.

F8.4.4. Any riders registered for the Competition who do not attend the Competition venue for a Semi-final or Final at the required times shall be disqualified unless the rider withdraws for an acceptable reason such as injury, in which case the rider shall be scored as DNS. It is the responsibility of the riders or their representative

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to contact the Organiser and provide acceptable proof of this.

F8.5. Results for Each Phase

F8.5.1. Within each phase, a result shall be established in order of the highest score to the lowest.

F8.5.2. In the Qualification phase, results shall be reported at most two hours after the Qualification phase is finished.

F8.5.3. In the Semi-final, results shall be reported at most 30 minutes after the Semi-final phase is finished.

F8.5.4. In the Final, results shall be reported at most 15 minutes after the Final is finished.

F8.5.5. In case of a tie, the Judges shall discuss the performance of each rider concerned and shall decide which rider had the better performance before reporting the scores in question.

F8.5.6. Within the results established for each phase, riders who are scored as DNS are put in last place for the phase in question.

F8.5.7. In case of multiple DNS riders, they will be placed after the riders who started, in the order of their results in the previous phase.

F8.5.8. If riders do not start in the Qualification phase, they shall automatically be disqualified and shall not be ranked in the final results of the Competition.

F8.6. Competition Classification

F8.6.1. After the Final is completed, a Competition classification is produced which details the results of all the phases of the Event that took place. It shall exclude all disqualified riders. This classification shall record:

F8.6.1.1. All riders who qualified for the Final, in order of their scores in the Final from highest score to lowest;

F8.6.1.2. All riders who qualified for the Semi-final but did not qualify for the Final, in order of their scores in the Semi-final from highest score to lowest;

F8.6.1.3. All riders who started in the Qualification phase, in order of their scores in the Qualification phase, but who did not qualify for the next phase of the Competition; and

F8.6.1.4. All riders who started in the pre-Qualification phase, in order of their scores in the pre-Qualification phase, but who did not qualify for the next phase of the Competition.

F8.7. Judging System

F8.7.1. No scores shall be released as official until the Judges have deliberated with each other and the scores have been verified and approved by the Chief Judge.

F8.7.2. No riders nor their family members, Team representatives, members of the press or spectators should approach the Judge's stand or speak with the Judges during the Competition or when calculating scores. Judges must not communicate with any riders during Competition.

F8.7.3. The Judges shall operate from a position where they can witness the entire performance of each rider.

F8.7.4. After the Final, the Judges must remain at the Competition venue until the award ceremonies are concluded. Likewise, the Judges must remain at the Competition venue until 15 minutes after the list of results from each previous phase is published.

F8.7.5. The Judges must put aside all preconceptions such as style preferences, or past performances. The performance of each rider during each run shall be judged entirely on its own merits.

F8.7.6. Judges may not discuss their individual scores or the scores given by other Judges with anyone outside of the Judges' panel, nor may they comment on the specific process by which the scores were assessed or ties broken.

F8.7.7. Judges may not independently change their scores either on the computer terminal or on the manual judging sheets. In the case that a mistake has been made, only the Chief Judge can authorise a correction.

F8.8. Judging Criteria

F8.8.1. The overall composition of the Runs is most important as the Judges evaluate the sequences of tricks, the amount of risk in the routine and how the rider uses the course.

F8.8.2. Each Judge may deduct a number of points from a rider's score if that rider commits one or more Errors. The number of points deducted depends on the quantity and severity of the Errors, and their overall impact on the rider's performance.

F8.9. Starting a Run

F8.9.1. Riders are responsible for following the progress of the Competition and must be ready to begin their Run when their position in the start order arrives.

F8.9.2. Riders shall have one minute to begin their Run from the point in time that they are informed that they may begin. At that point the time for that Run shall begin, whether the rider begins riding or not.

F8.9.3. If riders are not ready when the time for their Run begins, they may begin riding at any point before the time for their Run ends.

F8.10. Finishing a Run

F8.10.1. A Run ends when the time for the Run has elapsed.

F8.10.2. If a rider is stationary when the time runs out, nothing else will be scored.

F8.11. Mechanical Problems

F8.11.1. During a Run, if a rider's cycle suffers any type of breakage or mechanical problem, including a flat tyre, the rider has until the time elapses for their Run to either fix the problem or to get a replacement cycle and continue riding. If the time for the Run elapses before the rider continues riding, then that Run shall be declared finished and the rider shall not be allowed to start riding again.

F8.11.2. Whether or not the rider is able to restart the Run before the time elapses, the Judges shall only consider any riding done within the time limit.

F8.12. Outside Interference

F8.12.1. The Chief Commissaire may decide to allow a rider to restart a Run in case of outside interference which, in the opinion of the Chief Commissaire, has a visible impact on the rider's progress through the field of play, or on their performance. Such interference must be

physical in nature such as debris blowing into the boundaries of the field of play and making physical contact with the rider or coming into their path causing them to alter their direction of travel or lose control of their cycle. For the avoidance of doubt, background noise and weather conditions such as wind are not considered to be outside interference. Likewise, the presence of other riders within that phase, or event staff normally allowed within the boundaries of the field of play shall not be considered as interference unless there is a deliberate attempt or obviously careless movement which blocks the rider's progress.

F8.12.2. If a rider believes that the outside interference was unfair, the rider must immediately stop their Run and complain to the Chief Commissaire, who will review the situation and make a decision. If the rider decides not to stop the Run at that moment, no later complaint concerning interference shall be considered.

F8.12.3. The Chief Commissaire's decision is final and may not be appealed. If a Run is restarted, it shall be done after the end of the second Run for all riders within the heat in question. If the Run to be re-started is the final Run of a heat, then the rider concerned will be allowed a two-minute rest break before re-starting the Run in question.

F8.13. Delays

F8.13.1. The Chief Commissaire, in consultation with the Organiser, may allow a weather time-out based on their assessment of the riding conditions.

F8.14. Cancellation

F8.14.1. For whatever reason, in case a Competition can't be finished after it has started, the results of the last phase completed shall form the final result.

F8.14.2. If the Competition is stopped before the Qualification phase is completed, there shall be no result; in this case, no prizes will be awarded.

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F9. BRITISH NATIONAL CHAMPIONSHIPS

F9.1. British National Championships shall be open to Silver and Gold Members who are citizens of the United Kingdom and dependent Territories, the Isle of Man, or the Channel Islands. Riders must hold a valid UCI-recognised licence showing the rider nationality as "GBR" which has been issued at least 28 days prior to the Event. If resident in another country the rider must hold a United Kingdom passport and must not, in the same Year, have competed in the national championship of any other UCI affiliated national federation.

F9.2. In British National Championships the list of entries shall be published as soon as practicable after the advertised closing date. After the list of entries has been published, no further entries shall be accepted.

F9.3. Where the number of entrants is lower than three, a British National Championship may not be held. For British National Championships restricted by age categories, after the entries have closed the Federation may choose to combine one or more adjacent categories to create a new British National Championship Event where the number of entries exceeds this limit.

F9.4. If a British National Championship is held, jerseys and medals shall be presented as follows:

AGE CATEGORY	NUMBER OF ENTRIES	MEDALS	JERSEY
Youth	3 or more	Gold, silver and bronze	Winner
	2	Gold and silver	Winner
	1	Gold	Winner
Elite or Amateur 15+	4 or more	Gold, silver and bronze	Winner
	3	Gold and silver	Winner
	2	Gold	Winner
	1	None	None

F10. HOME COUNTRY AND REGIONAL CHAMPIONSHIPS

F10.1. *INTENTIONALLY LEFT BLANK*

F11. SPECIFIC COMPETITION PROVISIONS – BMX FREESTYLE PARK

F11.1. Competition Format

F11.1.1. A BMX Freestyle Competition for each category may be composed of the phases (Qualification, Semi-final or Final) described below, and within each phase, a number of heats.



F11.1.2. A heat is a group which comprises three to six riders.

F11.1.3. The combination of phases and heats (if applicable) for a category depends on the number of entries and is found in the following table:

NUMBER OF ENTRIES	COMPETITION PHASES	COMPETITION PHASES	QUALIFICATION RULE	NUMBER OF HEATS
5 - 8 entries	2 phases: Qualification x 1 Final x 1	2 phases: Qualification x 1 Final x 1	Top 4 in Qualification advance to Final	Qualification: as below 1 heat of 4 in Final
9 – 15 entries	2 phases: Qualification x 1 Final x 1	2 phases: Qualification x 1 Final x 1	Top 8 in Qualification advance to Final	Qualification: as below 2 heats of 4 in Final
16 - 31 entries	2 phases: Qualification x 1 Final x 1	2 phases: Qualification x 1 Final x 1	Top 12 in Qualification advance to Final	Qualification: as below 2 heats of 6 in Final
More than 31 entries	3 phases: Qualification x 1 Semi-final x 1 Final x 1	3 phases: Qualification x 1 Semi-final x 1 Final x 1	Top 24 in Qualification advance to Semi-final Top 12 in Semi-final advance to Final	Qualification: as below .4 heats of 6 in Semi- final 2 heats of 6 in Final

F11.2. Number of heats

F11.2.1. For the Qualification phase, the number of heats should be chosen such that as many heats as possible have six riders.

F11.2.2. Whenever it is not possible for all heats to have six riders, a number of heats will have either four, five or six riders, whichever must be done to maximise the number of heats with four riders. By preference, heats should be formed with the highest number of riders possible. Any heats that do not have six shall be at the start of the heat order.

F11.2.3. At all phases of the Competition each rider shall complete two Runs within each heat.

F11.2.4. Once the final rider has taken their first Run, the riders shall complete their second Run in the same order as their first.

F11.3. Start Order - Qualification Phase

F11.3.1. Where an Event is part of a series, the Qualification phase shall be done in reverse order of the current series ranking. That is, riders are assigned to their heats in order, starting with the unranked or lowest ranked riders, and ending with the highest ranked riders in the last heat.

F11.3.2. In such a case, within each heat, the start order continues to be in reverse order of ranking so that the highest ranked rider within each heat goes last in that heat. Any unranked riders are seeded randomly in the first heats in the order.

F11.3.3. In case of the first Event in a series, the final ranking of the previous Year of the series will be used.

F11.3.4. In all other circumstances, riders are randomly assigned to each heat.

F11.4. Scoring and Results

F11.4.1. Each Judge shall give each rider a score of between 0.00 and 99.99, taking into account the rider's entire performance and including both Runs. The scores of individual judges are not given for each Run.

F11.4.2. The average of the scores given by all Judges for each rider is calculated. This average score is the official score of the rider's performance over two Runs for the heat in question. Each average score is reported accurate to two decimal places; any fractions of points beyond this are dropped (no rounding of scores is done).

F11.4.3. If five or more Judges are appointed, the highest and lowest scores may be dropped before the average score is calculated.

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F11.4.4. For avoidance of doubt, the score awarded to a rider for a heat is determined based upon the rider's performance in both runs, whether completed or not, within the heat in question.

F11.5. Judging Criteria

F11.5.1. The performance of each rider is judged on overall impression including, but not limited to:

F11.5.1.1. Difficulty (refers to not only the tricks performed but also the placement of the tricks within the course and the combinations used);

F11.5.1.2. Height (amplitude of the tricks performed);

F11.5.1.3. Flow;

F11.5.1.4. Originality (tricks and lines) and versatility;

F11.5.1.5. Style;

F11.5.1.6. Consistency (refers to the stability, fluidity and control of manoeuvres performed);

F11.5.1.7. Variety of tricks (refers to a good mix of standard airs, rotations, grinds);

F11.5.1.8. Control of the tricks;

F11.5.1.9. Bike control;

F11.5.1.10. Landings;

F11.5.1.11. Use of the course; and

F11.5.1.12. Execution.

F11.6. Errors

F11.6.1. Minor Errors include flat landings, deck landings, sliding, light foot touches and other instabilities.

F11.6.2. Medium Errors include stopping in full or heavy foot touches.

F11.6.3. Major Errors include actions such as "throwing away" the cycle or crashing.

F11.7. Procedure for Managing the Competition

F11.7.1. Within each heat, each rider shall complete two Runs. Each Run will have a duration of one minute.

F11.7.2. Riders may begin their Run from any position within the boundaries of the field of play and must be ready in their chosen starting position prior to beginning their Run.

F11.7.3. The time for each Run will be started when in the opinion of the Chief Commissaire, the rider begins moving whether on a flat surface or dropping in from an obstacle or higher level of the park. In this regard, the decision of the Chief Commissaire responsible for time-keeping shall be final and may not be protested.

F11.7.4. Any riding taking place outside the boundaries of the field of play shall not be considered by the Judges. For avoidance of doubt, railings along the edge of the field of play shall be considered as part of the field of play.

F11.7.5. If a rider is in motion when the time runs out, any remaining trick that is fully completed within three seconds after the time elapses shall be counted. A completed trick is one which ends with both wheels in contact with a horizontal and flat part of the park surface.

F11.7.6. Course Signals

F11.7.6.1. Flags of the colours listed below are used by Officials as a means of communicating with each other and to riders on the course. These flags have the following meanings:

F11.7.6.1.1. GREEN FLAG: The course is unobstructed and Competition can proceed.

F11.7.6.1.2. YELLOW FLAG: The course is obstructed and riders should not begin a Run.

F11.7.6.1.3. RED FLAG: Riders on the course should stop immediately and await further instruction.

F11.8. Delays

F11.8.1. If the Competition is stopped at any point during a heat, then that shall be re-run once the Competition is started again. However, the results of any heats that were fully run before the Competition was stopped shall stand.

APPENDIX F1

Sanctions and Penalties Guidance

Pursuant to G8.1, at their discretion, Commissaires may impose a penalty or penalties upon Members (or participants in Events) for infringements of these Technical Regulations. In exercising this discretion, Commissaires must take into account the nature of the infringement and the category of Event concerned.

The following table shall be used by Commissaires as a guide to the penalty or penalties appropriate for any relevant infringements.

General infringements

INFRINGEMENTS		NATIONAL EVENTS	REGIONAL/CLUB EVENTS
1	Failure to correctly register and/or sign on	Verbal warning, fine of at least £30 and/or Disqualification	Verbal warning, fine of at least £20 and/or Disqualification
2	Use of inappropriate or non-regulation cycle, clothing, or equipment	Fine of between £50 and £100, start refused, Disqualification and/or referral to Disciplinary Officer	Fine of between £25 and £100, start refused, Disqualification and/or referral to Disciplinary Officer
3	Prohibited/non-regulation assistance, equipment exchange, refreshment	Fine of between £50 and £100 and/or Disqualification	Fine of between £25 and £100 and/or Disqualification
4	Continuing in an event after being withdrawn, or failure to complete a course	Time penalty, Relegation, Disqualification and/or fine of up to £100	Time penalty, Relegation, Disqualification and/or fine of up to £50
5	Disobeying an Official's instructions	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50
6	Dangerous riding and/or compromising the safety of another Participant.	Fine of between £50 and £100, referral to Disciplinary Officer and/or Disqualification	Fine of between £25 and £50, referral to Disciplinary Officer and/or Disqualification
7	Conspiring, cheating or collusion to pre-determine or alter a result/placing	Disqualification, fine of £100 and referral to Disciplinary Officer	Disqualification and referral to Disciplinary Officer
8	Non-return of number/transponder/or any other equipment	Fine of £50 plus cost of item	Fine of £25 plus cost of item
9	Failure to attend official ceremonies	Forfeiture of prizes or fine of £100 and forfeiture of prizes	Forfeiture of prizes or fine of £50 and forfeiture of prizes
10	Breach of the British Cycling Code of Conduct	Referral to Disciplinary Officer, Disqualification and/or fine of £50	Referral to Disciplinary Officer, Disqualification and/or fine of £50
11	Conduct that may bring the sport into disrepute	Referral to Disciplinary Officer or fine of between £20 and £100 and referral to Disciplinary Officer	Referral to Disciplinary Officer or fine of up to £100 and referral to Disciplinary Officer

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BMX RACING TECHNICAL REGULATIONS

B1. APPLICATION

- B1.1. These BMX Racing Regulations, together with the General Regulations, shall apply to and bind any individual who participates (whether personally or through another individual), organises or officiates in any BMX Racing Event.

B2. CYCLES, CLOTHING AND EQUIPMENT

B2.1. Cycles

- B2.1.1. The following cycles only are eligible for use in BMX Racing Events held under the Technical Regulations:
- B2.1.1.1. For bicycle Events - two-wheeled one-track cycles carrying one rider.
- B2.1.2. Any cycle used in BMX Events held under the Technical Regulations must operate wholly through the motive power of its rider.
- B2.1.3. All cycles must conform with the following:
- B2.1.3.1. The cycle's frame must be of sufficient strength to withstand the rigours of BMX racing. It must not have any cracked or bent frame members or welds; and
- B2.1.3.2. Aerodynamic accessories, chain guards, side stands, mud guards, sheet metal accessories such as simulated fuel tanks, butterfly nuts, any superfluous welded or mechanically fastened fittings such as chain guard lugs, frame mounted reflectors and any other sharp protruding objects are not permitted.
- B2.1.4. All accessories must be securely fastened and any equipment that is not essential for competition purposes must be removed.
- B2.1.5. Wheels**
- B2.1.5.1. Wheel axles may not protrude more than 5mm beyond the hub nuts.
- B2.1.5.2. Cycles with 20" wheels must be raced only in standard categories.
- B2.1.5.3. All cycles used in the standard 20" type categories must be equipped with matching wheels that are 20" in diameter. The total diameter of the wheels, inflated tyres included, must not exceed 22.5".

- B2.1.5.4. All cycles used in the cruiser type categories must be equipped with matching wheels that are 22.5" in diameter. The total diameter of the wheels, inflated tires included, must be no larger than 26".

- B2.1.5.5. The cycles of riders aged 8 and under may be equipped with wheels smaller than 20".

- B2.1.5.6. Wheels must be laced with the full complement of spokes for which the hubs and rims are intended. Disc wheels are not permitted. Wheels must be open.

B2.1.6. Handlebars

- B2.1.6.1. The maximum width of handlebars shall be 29".
- B2.1.6.2. The maximum rise of handlebars shall be 12".
- B2.1.6.3. Handlebar grips are mandatory and must completely cover the ends of the handlebars.
- B2.1.6.4. Handlebar ends shall be plugged, not merely covered by tape.

B2.1.7. Steering head

- B2.1.7.1. The stem may not protrude above the headset locknut by an amount that exceeds the manufacturer's recommendation or by more than 5cm if no maximum height mark is inscribed on the stem.

B2.1.8. Brakes

- B2.1.8.1. All cycles must be equipped with an effective rear brake, which must be operated by hand.
- B2.1.8.2. The rear brake cable/hose must be secured to the frame.
- B2.1.8.3. A front brake may be fitted but is not required.

- B2.1.8.4. The free end of the handbrake lever must be smoothly rounded or covered in such a manner as to prevent it from presenting a hazard.

B2.1.9. Seat

- B2.1.9.1. The seat post must be secured to the seat tube by means of a seat post clamp. This clamp's fixing bolt must not protrude from the body of the clamp by more than 5mm.

B2.1.10. Cranks, Pedals and Gears

- B2.1.10.1. Toe clips and straps are not permitted.
- B2.1.10.2. Interlocking pedal-cleat systems are allowed. Where an interlocking pedal-cleat system is used, the rider must be able to demonstrate the ability to engage and release from the pedals upon any request from an Official.
- B2.1.10.3. The minimum age category whereby interlocking cleat pedals are permitted is 13 years. Riders who have been granted dispensation by the Federation and are eligible to enter a Race category whereby cleat pedals are permitted should follow the regulations of that category.
- B2.1.10.4. Multiple speed gear systems are permitted.

B2.2. Clothing

- B2.2.1. Where racing clothing has been registered by a Club or Team, that racing clothing must be worn by all riders representing such Club or Team when competing in Events.

B2.2.2. Jersey

- B2.2.2.1. A rider's jersey must be a loose-fitting long-sleeved jersey. Jerseys used in BMX Events must be of a type specifically sold for use in BMX, motocross or Mountain Bike Downhill. Custom produced jerseys of this type and matching these requirements are permitted.
- B2.2.2.2. Skinsuits or one-piece suits comprising of the jersey and the pants are not permitted for use in BMX Events. Jerseys with zips are not permitted, aside from a zip at the collar less than 10cm long.
- B2.2.2.3. The jersey must be either close fitting around the waist or tucked into the pants before the start to not cause interference.

B2.2.3. Pants

- B2.2.3.1. The rider must wear either long pants, or shorts combined with suitable knee and shin protection. Such long pants or shorts must be of a type that are specifically designed and sold for use in BMX, motocross or Mountain Bike Downhill. Custom produced pants or shorts of this type and matching these requirements are permitted.

- B2.2.3.2. Long pants of the type described in B2.2.3.1 must be loose fitting, of one-piece construction and made of tear resistant material. They must cover the entire length of both legs until just above the shoe or ankle.
- B2.2.3.3. Shorts of the type described in B2.2.3.1 must be loose fitting, of one-piece construction and made of tear resistant material. They must be worn together with leg protection that covers the entire knee and the entire shin until just above the shoe or ankle. Such protection must be of a type that is specifically designed, constructed and sold to protect the knee and entire shin for BMX, motocross or Mountain Bike Downhill.
- B2.2.3.4. Pants or shorts composed of tight-fitting stretch material are only permitted to be worn if under acceptable long pants or shorts, or to cover acceptable knee and shin protection, or under or as part of the construction of that protection.

B2.2.4. Gloves

- B2.2.4.1. Full Finger gloves must be worn.

B2.3. Equipment

B2.3.1. Number Plates

- B2.3.1.1. Each cycle entered into an Event must have a number plate attached to the front of the handlebars. Number plates must be made of flexible plastic or other similar flexible material.
- B2.3.1.2. Digits must be a minimum of 7cm tall and 4.5cm wide, with a minimum stroke thickness of 1.2cm. Space between digits must be 1cm. There must be no italic or stylised characters.
- B2.3.1.3. Riders must use the plate and number colour combinations specified for the category in which they are racing as follows:

CHAMPIONSHIP	
Elite	White plate, black numbers
Junior	Black plate, white numbers
CHALLENGE	
Male/Boys	Yellow plate, black numbers
Female/Girls	Blue plate, white numbers
CRUISER	
All	Red plate, white numbers

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B2.3.1.4. If a photo finish system is utilised, each cycle entered into the Event must display a lateral number plate/sticker located just behind the steer tube. The number shall be black with a white background. The height of the number must be a minimum of 8cm with a width of 1cm and with a gap of 1cm between numbers. These numbers must match that on the front plate and be on both sides of the bike and not folded or curved. No other logo, graphics or colour is allowed within the number area of the plate. All prefixes and suffixes must be the same size as above, i.e., W1 and not w1.

B2.3.1.5. The required background colour must be clearly visible around and in between all numbers used. The background colour must not be cut down to follow the contours of a number but may be cut to follow the design of the number plate or to form one straight line defining the edge of the background. No other markings or age stickers are permitted within the coloured background. Outside of the designated colour background and class sticker the rider is free to add sponsor or Club logos.

B2.3.2. Audio equipment

B2.3.2.1. Any use of radio links or other audio equipment by the riders is not permitted.

B2.3.3. Helmets

B2.3.3.1. Helmets must be of full-face construction equipped with a visor peak measuring at least 10cm.

B2.3.3.2. Any added aerodynamic accessories on helmets are not permitted.

B3. RIDER ELIGIBILITY AND ENTRY PROCEDURES

B3.1. The following categories of Events are available to any rider with or without Membership:

B3.1.1. Club Races;

B3.1.2. Winter regionals; and

B3.1.3. Novice racing at all regionals.

B3.2. The following categories of Events are only available to riders who hold a Silver or Gold Membership:

B3.2.1. All regional racing linked to British Championships qualification;

B3.2.2. Home Country and Regional Championships; and

B3.2.3. British National Championships.

B3.3. The following categories of Events are only available to riders who hold a Silver or Gold Membership and Racing Licence:

B3.3.1. National Series Events;

B3.3.2. International events; and

B3.3.3. Any other event that specifies a licence requirement.

B4. AGE CATEGORIES

B4.1. The following age categories for participating in Events shall apply:

CHALLENGE CLASSES: STANDARD 20" CYCLES	
CATEGORY	QUALIFICATION
6 and under	From date of 4th birthday until 31 December of year in which 6th birthday falls
7	Year in which 7th birthday falls
8	Year in which 8th birthday falls
9	Year in which 9th birthday falls
10	Year in which 10th birthday falls
11	Year in which 11th birthday falls
12	Year in which 12th birthday falls
13	Year in which 13th birthday falls
14	Year in which 14th birthday falls
15	Year in which 15th birthday falls
16	Year in which 16th birthday falls
17-24	From 1st January of year in which 17th birthday falls until 31 December of year in which 24th birthday falls
25-29	From 1st January of year in which 25th birthday falls until 31 December of year in which 29th birthday falls
Master (30-39)	From 1st January of year in which 30th birthday falls until 31 December of year in which 39th birthday falls
Veteran (40+)	From 1st January of year in which 40th birthday falls

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CHALLENGE CLASSES: CRUISER 24" CYCLES	
CATEGORY	QUALIFICATION
9-12	From 1st January of year in which 9th birthday falls until 31 December of year in which 12th birthday falls
13-14	From 1st January of year in which 13th birthday falls until 31 December of year in which 14th birthday falls
15-16	From 1st January of year in which 15th birthday falls until 31 December of year in which 16th birthday falls
17-29	From 1st January of year in which 17th birthday falls until 31 December of year in which 29th birthday falls
30-34	From 1st January of year in which 30th birthday falls until 31 December of year in which 34th birthday falls
35-39	From 1st January of year in which 35th birthday falls until 31 December of year in which 39th birthday falls
40-44	From 1st January of year in which 40th birthday falls until 31 December of year in which 44th birthday falls
45-49	From 1st January of year in which 45th birthday falls until 31 December of year in which 49th birthday falls
50+	From 1st January of year in which 50th birthday falls

CHAMPIONSHIP CLASSES: STANDARD 20" CYCLES	
CATEGORY	QUALIFICATION
Junior	From 1st January of year in which 17th birthday falls until 31 December of year in which 18th birthday falls
Elite	From 1st January of Year in which 19th birthday falls

- B4.2. Separate categories are recognised for male and female competitors in each age band. A rider must have reached their fourth birthday to be eligible to compete in a BMX Event.
- B4.3. The maximum advised combined age range for riders 16 years or below is four years. For example, 6-9, 8-11, 10-13.
- B4.4. Riders in their 9th year and older may be granted dispensation by the Organiser or race series committee to compete in a higher ability or age category of no more than two years.
- B4.5. To compete in a Championship category, a rider must be in their 17th year or older. Riders in their 15th and 16th year may be granted dispensation by the Federation to compete in a

Championship category in a club, regional, Home Country or national level Event.

B5. ABILITY CATEGORIES, EVENT CLASSIFICATION AND LICENCE POINTS

B5.1. Ability Categories

- B5.1.1. The following ability categories shall apply:
 - B5.1.1.1. Championship comprising Elite, Junior or other male and female categories specified by the Federation from time to time;
 - B5.1.1.2. Challenge comprising all other categories; and
 - B5.1.1.3. Novice at Home Country and Regional level (where available) and Club level.
- B5.1.2. Once a rider has competed in a Challenge Category at Home Country, Regional or British national level, the rider may not compete as a Novice from that point forward.
- B5.1.3. At British national level, a rider cannot ride in both Championship and Challenge levels during the same Event on the same type of cycle.

B5.2. Event Classification

- B5.2.1. *INTENTIONALLY LEFT BLANK*

B5.3. Licence Points

- B5.3.1. The relevant Licence Points awarded at certain Events are outlined in Appendix B2 and Appendix B3.
- B5.3.2. For ranking Events where categories are amalgamated into one Race, only one set of points will be awarded. The age/ability categories will not be split out but riders will receive points in their own category. Ranking points do not always follow the same points table as series points. Ranking points recognise an overall finish position, whereas software generated Race results may take Moto results into account.
- B5.3.3. A rider's best 12 results will count towards their end of season national ranking.
- B5.3.4. Licence Points shall not be carried from one Year to another.

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B6. OFFICIALS

- B6.1. Each Event shall have:
 - B6.1.1. an Administrator;
 - B6.1.2. a Commissaire Panel of sufficient number to ensure all parts of the track are appropriately supervised;
 - B6.1.3. a Start Official;
 - B6.1.4. Starting Hill Officials;
 - B6.1.5. Staging Officials; and
 - B6.1.6. Finish Line Control Area Officials.

B7. INFRINGEMENTS

- B7.1. Infringements set out in Appendix B1 will be determined by the Commissaire Panel. If necessary, the Officials will determine whether an infringement was caused deliberately or not. An infringement is considered to be caused deliberately if it could have been avoided by any rider involved.

B8. GENERAL COMPETITION PROVISIONS

- B8.1. For each Event or Series and before registration commences, the minimum number of registered riders that constitutes a class shall be published.
- B8.2. If less than the minimum number of riders register for a category, they may be combined with another suitable category. If a category cannot be combined with another category as a result of these Regulations, it shall not take place.
- B8.3. If the minimum number of riders are registered, the category will be run even if less than that number of riders present themselves for racing.
- B8.4. All categories with nine or more riders will eventually transfer to a Final, which shall determine the final result.
- B8.5. The results of categories with eight or fewer riders will be determined over the number of Motos plus one (Grand Prix Format).
- B8.6. A BMX Event is comprised of three phases: the Motos; the Qualifiers; and the Final.

- B8.7. BMX track dimensions shall be as described in Appendix B4. The track must be of a compact, closed looped design.

- B8.8. All riders must adopt the correct position at the start gate with their cycles. The front wheel must be placed against the gate, be grounded and remain stationary during the starter's call. All riders must start in the designated gate position.

B8.9. Regulations of Competition

- B8.9.1. Practice
 - B8.9.1.1. No rider will be permitted on the track on competition day until they have been officially registered for the Event and the Chief Commissaire allows it.
 - B8.9.1.2. At least one official practice session must precede the racing at any Event. Separate practice times shall be allocated to each class or other designated group. Each group shall be given sufficient time to allow all its riders to complete at least four laps including practice gate starts. Each rider is responsible for making the best use of the time available for practice.
- B8.9.2. Staging and Gate Positions
 - B8.9.2.1. The gate starting positions shall be determined by a randomised computer-generated order for the Motos. For all subsequent rounds, the starting position will depend on the riders' finishing position in the previous round.
 - B8.9.2.2. All riders must start in their designated gate positions.
 - B8.9.2.3. It is each rider's responsibility to be in the staging area and on the gate at the appropriate times.
- B8.9.3. The Start
 - B8.9.3.1. A BMX Race shall be started using a starting gate equipped with a voice box starting system.
 - B8.9.3.2. Where an electronically controlled starting gate is used in combination with a voice box, the recorded commands of the voice box must be as follows:
 - B8.9.3.2.1 Stage 1: "OK Riders, Random Start"; and
 - B8.9.3.2.2 Stage 2: "Riders Ready - Watch the Gate".

- B8.9.3.3. For safety reasons, the stop button may be pressed at any time up to the end of Stage 2.
- B8.9.3.4. The requirements for a voice box and an electronic starting system shall be as described in the UCI Regulations.
- B8.9.3.5. If a Race is stopped by Officials before its conclusion, the riders in the Race must return to the starting line immediately and await instructions.
- B8.9.3.6. A restart must be signalled by the Chief Commissaire or his designated assistant. A re-run of a Moto, Qualifier round or Final shall take place only if, in the opinion of the Chief Commissaire, the running of the original Race has been adversely affected by interference in the start procedure or interference by a spectator, animal or other outside agency.
- B8.9.4. Finish
- B8.9.4.1. A rider shall have finished at the moment when the tyre of the leading wheel touches the vertical plane rising from the leading edge of the finish line. The rider must be in contact with his bike at this time.
- B8.9.4.2. In a Final, at least two riders need to cross the finish line for a Race to be valid.
- B8.9.4.3. In case the Race is not declared valid, a restart with a minimum of three riders must commence within 15 minutes. In the case of no restart, the times or results for the Semi-final shall be declared the final result. In the case of a cancellation prior to the Final, the results of the previous stage shall be declared the final results.
- B8.9.5. Course Signals
- B8.9.5.1. Flags of the colours listed below are used by track Officials as a means of communicating with each other and to riders on the track. These flags have the following meanings:
- B8.9.5.1.1 GREEN FLAG: The course is unobstructed and racing can proceed.
- B8.9.5.1.2 YELLOW FLAG: The course is obstructed and racers should be held at the gate.
- B8.9.5.1.3 RED FLAG: Riders on the track should stop immediately and return to the starting gate to await further instruction.
- B8.9.6 Transfers and Scoring
- B8.9.6.1. In the Motos, for each heat in which a rider competes, they shall receive a point score equal to their finish position in the heat, with the rider in first place earning one point and so on down to the eighth-placed rider, who will receive eight points.
- B8.9.6.2. During the Motos, riders scored with an invalid results mark will receive a score for that heat in accordance with B8.9.6.1. The riders with the lowest total points earned in the Motos transfer to the next stage of competition. In the Qualifiers, the top four riders will transfer to the next stage of the Qualifiers. In the Semi-Finals, the top four riders will transfer to the Final.
- B8.9.6.3 An invalid results mark will be one of the following:
- B8.9.6.3.1 Did Not Finish ("DNF"): A rider who starts but does not complete a heat or run will be recorded as "DNF" and will receive a score equal to the number of riders who started the heat. This rider will be eligible to transfer to the next stage of competition if their points allow. A rider can also be classed as DNF if assistance is required before finishing.
- B8.9.6.3.2 Relegation ("REL"): A rider who starts but has been relegated by the Commissaires' Panel will be recorded as "REL" and will receive a score equal to the number of riders who started the heat, plus two. This rider will be eligible to transfer to the next stage of competition if their points allow.
- B8.9.6.3.3 Did Not Start ("DNS"): A rider who fails to start in a heat will be scored as "DNS". For the purposes of determining their transfer eligibility, a rider will be awarded two more points than the number of riders on the start list for that heat.
- B8.9.6.4 The rider will be ineligible to transfer from the Motos to the next stage of competition if they are scored as DNS two or more times.
- B8.9.6.5. If one or more riders fail to start in a Final they shall be declared as a DNS and shall be ranked in last place. In a Final, DNF shall be ranked before relegated riders and the latter before DNS riders. In case of multiple DNFs, relegated riders or DNSs in a Final, the tiebreaker (within each group) shall be the position in the previous heat.

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B8.9.6.6. In the case of Moto rotation format, where a tie occurs in transferring or award positions, the tie will be decided by the rider's best finish in the preceding Qualifiers. The next tie breaker shall be in descending order, i.e., third, second, first Moto finish result then, if applicable, time trial results or staged lap. Alternatively, a tie breaker "Run Off" Race shall be held with the result deciding which riders move to the next stage of competition.

B8.9.6.7. In the case of Grand Prix format, where a tie occurs for award positions, the tie will be decided by the rider's place in the fourth Moto.

B8.10. Protests

B8.10.1. A protest may be filed by a rider for any of the following:

B8.10.1.1. The classification of a rider; and/or

B8.10.1.2. The scoring of a rider.

B8.10.2. Protests by riders regarding judgment decisions during a competition are not allowed. Commissaires in charge shall make decisions on the spot through the Chief Commissaire in case of any incidents or irregularities occurring during the competition.

B8.10.3. Any rider wishing to make a protest shall do so to the Administrator within 15 minutes of publication of the full results. The Commissaire Panel will conduct an investigation and render a decision within reasonable time.

B8.10.4. If a clear decision cannot be determined from the applicable scoring system during one of the three qualifying Motos, both riders will be scored with the better ranked finishing position. For example: a protest between fourth place and fifth place finishing position would in the case of a tied decision ultimately give both riders fourth place finish in that particular Race.

B8.10.5. When protesting a transferring position, a rider must do so prior to that rider's next round of racing.

B8.10.6. If a protested Race is not available via finish line equipment for viewing due to system failure, the score sheets will determine the finish position of the Race.

B9. BRITISH NATIONAL CHAMPIONSHIPS

B9.1. British National Championships shall be open to Silver and Gold Members who are citizens of the United Kingdom and dependent Territories, the Isle of Man, or the Channel Islands. Riders must hold a valid UCI-recognised licence showing the rider nationality as "GBR" which has been issued at least 28 days prior to the Event. If resident in another country the rider must hold a United Kingdom passport and must not, in the same Year, have competed in the national championship of any other UCI affiliated national federation.

B9.2. The list of entries shall be published as soon as practicable after the advertised closing date. After the list of entries has been published, no further entries shall be accepted.

B9.3. Where the number of entrants is lower than three, a British National Championship may not be held. For British National Championships restricted by age categories, after the entries have closed the Federation may choose to combine one or more adjacent categories to create a new British National Championship Event where the number of entries exceeds this limit.

B9.4. If a British National Championship is held, jerseys and medals shall be presented as follows:

AGE CATEGORY	NUMBER OF ENTRIES	MEDALS	JERSEY
Junior	3 or more	Gold, silver and bronze	Winner
	2	Gold and silver	Winner
	1	Gold	Winner
Elite or Amateur 30+	4 or more	Gold, silver and bronze	Winner
	3	Gold and silver	Winner
	2	Gold	None
	1	None	None

B10. HOME COUNTRY AND REGIONAL CHAMPIONSHIPS

B10.1. *INTENTIONALLY LEFT BLANK*

APPENDIX B1

Sanctions and Penalties Guidance

Pursuant to G8.1 and B7.1, at their discretion, a Commissaire Panel may impose a penalty or penalties upon Members (or participants in Events) for infringements of these Technical Regulations. In exercising this discretion, Commissaires must take into account the nature of the infringement and the category of Event concerned.

The following tables shall be used by a Commissaire Panel as a guide to the penalty or penalties appropriate for infringements. Where one or more penalties may be applied to an infringement, the Commissaire Panel shall, using their discretion, decide which is the most appropriate penalty (or penalties).

General infringements

	INFRINGEMENTS	NATIONAL EVENTS	REGIONAL/CLUB EVENTS
1	Failure to correctly register and/or sign on	Verbal warning, fine of at least £30 and/or Disqualification	Verbal warning, fine of at least £20 and/or Disqualification
2	Use of inappropriate or non-regulation cycle, clothing, or equipment	Fine of between £50 and £100, start refused, Disqualification and/or referral to Disciplinary Officer	Fine of between £25 and £100, start refused, Disqualification and/or referral to Disciplinary Officer
3	Prohibited/non-regulation assistance, equipment exchange, refreshment	Fine of between £50 and £100 and/or Disqualification	Fine of between £25 and £100 and/or Disqualification
4	Continuing in an event after being withdrawn, or failure to complete a course	Time penalty, Relegation, Disqualification and/or fine of up to £100	Time penalty, Relegation, Disqualification and/or fine of up to £50
5	Disobeying an Official's instructions	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50
6	Dangerous riding and/or compromising the safety of another Participant.	Fine of between £50 and £100, referral to Disciplinary Officer and/or Disqualification	Fine of between £25 and £50, referral to Disciplinary Officer and/or Disqualification
7	Conspiring, cheating or collusion to pre-determine or alter a result/placing	Disqualification, fine of £100 and referral to Disciplinary Officer	Disqualification and referral to Disciplinary Officer
8	Non-return of number/transponder/or any other equipment	Fine of £50 plus cost of item	Fine of £25 plus cost of item
9	Failure to attend official ceremonies	Forfeiture of prizes or fine of £100 and forfeiture of prizes	Forfeiture of prizes or fine of £50 and forfeiture of prizes
10	Breach of the British Cycling Code of Conduct	Referral to Disciplinary Officer, Disqualification and/or fine of £50	Referral to Disciplinary Officer, Disqualification and/or fine of £50
11	Conduct that may bring the sport into disrepute	Referral to Disciplinary Officer or fine of between £20 and £100 and referral to Disciplinary Officer	Referral to Disciplinary Officer or fine of up to £100 and referral to Disciplinary Officer

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BMX Racing Infringements

INFRINGEMENTS		SANCTION OR PENALTY
1	Failure to adopt the correct cycle position on the start gate	Official Warning, Relegation or Disqualification
2	Starting from incorrect start gate	Disqualification
3	Deliberate Interference with another Rider(s) or an Event	Official Warning, Relegation or Disqualification
4	Deliberate forcing of another Rider off the Track	Official Warning, Relegation or Disqualification
5	<p>Unsafe or unsporting track re-entrance</p> <p><i>Any rider who leaves the track during a heat or run must, regardless of the circumstances, re-enter the track at the nearest safe point. He shall not interfere with the progress of any other rider or cut the track in order to gain an advantage.</i></p>	Official Warning, Relegation or Disqualification
6	<p>Obstruction by the lead rider on the final straight of the Track</p> <p><i>The lead rider shall have the right to choose his line on the track and through the corners. When on the final straight, however, the lead rider shall not deliberately obstruct another rider from passing.</i></p>	Official Warning, Relegation or Disqualification
7	<p>Contact</p> <p><i>A rider shall not cause any part of his person or bicycle to come into contact with another rider's person or bicycle during a heat with the intention of impeding that rider's progress so as to overtake him or cause him to be overtaken by another rider.</i></p>	Official Warning, Relegation or Disqualification
8	<p>Team riding</p> <p><i>Team riding or helping other riders to gain a higher finishing position is prohibited</i></p>	Official Warning, Relegation or Disqualification

Where an Official Warning has been issued and a Rider commits the same or another infringement during the same Event, such Rider shall be issued with a Disqualification from the Event.

APPENDIX B2 – NATIONAL RANKING POINTS

International A	Olympic Games, Elite/Junior World Championships
International B	SX World Cup, Elite/Junior European Championships, Challenge World Championships
National A	British Championships, Championship/Elite Men National Series
National B	National Series Challenge Categories, Other UCI Elite/Junior events, UEC European Challenges Series
Regional A	Regional Championships, Ability Categories at Regional Events
Regional B	Summer Regional Series Events
Regional C	Winter Regional Series Events, Scottish Regional Series, Other Ranking Events

APPENDIX B3 – LICENCE POINTS

POSITION	INTERNATIONAL A	INTERNATIONAL B	NATIONAL A	NATIONAL B	REGIONAL A	REGIONAL B	REGIONAL C	POSITION	INTERNATIONAL A	INTERNATIONAL B	NATIONAL A	NATIONAL B	NATIONAL C
1st	600	300	112	100	60	40	20	26th	130	65	17	15	5
2nd	520	260	100	90	50	34	18	27th	120	60	16	14	4
3rd	440	220	90	80	45	30	16	28th	110	55	15	13	3
4th	400	200	84	75	40	26	14	29th	100	50	14	12	2
5th	380	190	78	70	37	23	12	30th	96	48	13	11	1
6th	360	180	72	65	34	20	10	31st	92	46	12	10	
7th	340	170	66	60	32	18	9	32nd	88	44	11	9	
8th	320	160	62	56	30	16	8	33rd	84	42	10	8	
9th	300	150	58	52	28	14	7	34th	80	40	9	7	
10th	290	145	54	48	26	12	6	35th	76	38	8	6	
11th	280	140	50	45	24	10	5	36th	72	36	7	5	
12th	270	135	47	42	23	9	4	37th	68	34	6	4	
13th	260	130	43	39	22	8	3	38th	64	32	5	3	
14th	250	125	40	36	21	7	2	39th	60	30	4	2	
15th	240	120	36	33	20	6	1	40th	56	28	3	1	
16th	230	115	33	30	19	5		41st	52	26			
17th	220	110	31	28	18	4		42nd	48	24			
18th	210	105	29	26	16	3		43rd	46	23			
19th	200	100	27	24	14	2		44th	44	22			
20th	190	95	24	22	12	1		45th	42	21			
21st	180	90	22	20	10			46th	40	20			
22nd	170	85	21	19	9			47th	38	19			
23rd	160	80	20	18	8			48th	36	18			
24th	150	75	19	17	7			49th	34	17			
25th	140	70	18	16	6			50th	32	16			

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APPENDIX B4 – TRACK DIMENSIONS

	EUROPEAN SERIES	NATIONAL CHAMPS	NATIONAL	REGIONAL	OTHER
Total Track length	300m – 400m			200m – 400m	N/A
Start Hill	Height - 5m+ Width - 8m+	Height - 2.5m+ Width - 10m 0.5m+ clear space either side of lanes 1 & 8		Height – 1.5m+ Width - 8m 0.5m+ either side of lanes 1 & 8	Appropriate to the start gate width, approximately 1m per rider
Width of Track	Start - 10m Other straights - 6m	Start - 10m Other straights - 6m	Start - 10m Other straights - 5m+	Start - 9m Other straights - 4m+	Appropriate to the start gate width
Width of Turns	Turn 1 - 8m+ Other turns - 6m	Turn 1 - 6m+ Other turns - 6m	Turn 1 - 6m+ Other turns - 5m	Turn 1 - 5m+ Other turns - 4m+	Dimensions may reduce accordingly
Number of Straights	Minimum of 4				N/A
Minimum Number of Turns	3 – must be paved, tarmac or concrete	Minimum of 3			N/A
Start Gate Height	50cm +-. The gate should not have a greater angle than 90 degrees with the slope of the ramp which supports the cycles' wheels when they are in their starting position.				
Start Gate Width	8m wide. The gate should be 50cm high and slip resistant.				Approximately 1m per rider
Initial Incline from Start Gate	12m+				6m+
First Straight Length	Championship - 70m Challenge - 60m		40m	30m	N/A
Distance to Obstacles	Gate to 1st jump – 20m 1st straight distance between jumps – 10m Other straights – 5m		Gate to 1st jump – 20m	Gate to 1st jump – 15m	N/A
Markings	White Lines marking the track edge		The boundary of the track and alternative sections shall be clearly identified		
Finish Line Markings	Straight line 4cm in width, painted in black in the middle of a white line 24cm in width.				
Staging	(10m x 8m) x 2 1 should be covered	(10m x 8m) x 1			
Space for Spectators	3000 people	2000 people		Varies, dependent upon the size of the event	
Distance to Track for Spectators	2m+				
Lights	Yes	N/A			
Parking Spaces	750	250 cars, 175 camping units		Varies, dependent upon the size of the event	N/A
Drainage	Yes				If possible

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CYCLE SPEEDWAY TECHNICAL REGULATIONS

S1. APPLICATION

- S1.1. These Cycle Speedway Regulations, together with the General Regulations, shall apply to and bind any individual who participates (whether personally or through another individual), organises or officiates in any Cycle Speedway Event.

S2. CYCLES, CLOTHING AND EQUIPMENT

S2.1. Cycles

- S2.1.1. The following cycles only are eligible for use in Cycle Speedway Events held under the Technical Regulations:
- S2.1.1.1. For bicycle Events - any two-wheeled one-track cycle carrying one rider.
- S2.1.2. Any cycle used in Cycle Speedway Events held under the Technical Regulations must operate wholly through the motive power of its rider.
- S2.1.3. All cycles shall have their wheels securely fastened to their frames, with their tyres firmly secured.
- S2.1.4. Handlebar ends shall be plugged, not merely covered by tape, and other projections shall be protected as far as possible.
- S2.1.5. Wheel spindles must not protrude more than 18mm outside the forks. Not more than 6mm of thread shall be exposed beyond the wheelnut with only one wheelnut allowed each side of the spindle on the outside of the fork.
- S2.1.6. Chain tensioners shall be permitted provided that spikes are ground flat and that the thread does not protrude more than 6mm. Tyres and pedals must not contain any additional fittings, e.g. studs.
- S2.1.7. A spare uncovered sprocket on the rear wheel is permitted.
- S2.1.8. Riders must not change cycles during a Race except when there is a re-start or a re-run.
- S2.1.9. All cycles to be used in a Match shall be thoroughly examined by the Chief Commissaire in the Pits before the Match and briefly checked by the Chief Commissaire at the starting area rest line before each Event.

S2.2. Clothing

- S2.2.1. Each Club and Team may register more than one set of racing clothing per Year to enable each Club and Team to distinguish themselves from one another during Events.
- S2.2.2. All riders must be clothed from the neck down.
- S2.2.3. Members of a Team must be uniformly dressed. Uniform shall be taken to mean that jerseys shall be identical in colour. All clothing must be in good condition.
- S2.2.4. Racing colours must be worn in all Events.
- S2.2.5. Organisers may permit riders to wear clothing in contravention of S2.2.3 and S2.2.4 in certain Home Country, Regional, local or junior Events.
- S2.2.6. Each jersey shall have two parallel Velcro strips across the back to allow the identification numbers to be applied.

S2.3. Equipment

- S2.3.1. All accessories must be securely fastened and any equipment that is not essential for racing purposes must be removed.
- S2.3.2. Helmets must not have peaks.
- S2.3.3. The identification numbers shall be of a size 170mm high by 140mm wide. The rider's name may also be displayed.
- S2.3.4. Identification numbers must be securely attached, not folded, obscured or altered and displayed in accordance with Organiser instructions.

S3. RIDER ELIGIBILITY AND ENTRY PROCEDURES

- S3.1. *INTENTIONALLY LEFT BLANK*

S4. AGE CATEGORIES

- S4.1. Age categories shall be in accordance with the requirements for the Event.

S5. ABILITY CATEGORIES, EVENT CLASSIFICATION AND LICENCE POINTS

S5.1. Ability Categories

S5.1.1. *INTENTIONALLY LEFT BLANK*

S5.2. Event Classification

S5.2.1. No Event may be styled as a championship (except a Club or association championship) without the approval of the Federation, Home Country or Region concerned.

S5.3. Licence Points

S5.3.1. *INTENTIONALLY LEFT BLANK*

S6. OFFICIALS

S6.1. Chief Commissaires must be Members before appointment to any official Event. It is the responsibility of the Organiser to ensure the eligibility of the Chief Commissaire.

S6.2. Any National A grade Chief Commissaire may take into the track a Trainee Commissaire for instruction.

S6.3. The Trainee Commissaire shall not be permitted to make any decisions regarding Events unless the Chief Commissaire has obtained the permission of both Team Managers prior to the Event.

S6.4. The Federation, a Home Country or a Region may permit the use of a second Commissaire for certain Events. In such instances the appointing body will determine which of the two Commissaires shall be the senior and therefore who shall have final responsibility for decisions made.

S7. INFRINGEMENTS

S7.1. The relevant penalty or penalties for infringements are outlined in Appendix S1.

S7.2. In cases of dissent or abuse towards Officials, the Chief Commissaire is permitted to operate a red and yellow card penalty system. When operating the system, the Chief Commissaire shall raise the appropriate card in a single gesture in the direction of the offending individual. Where a card is presented, the Chief Commissaire shall write the name and Club of

the offending individual(s) on the card. This card must be sent to the Federation with the Chief Commissaire's Match report.

S8. GENERAL COMPETITION PROVISIONS

S8.1. Organiser

S8.1.1. The host Club must appoint an Organiser who must be responsible for the overall organisation of the Event.

S8.1.2. The host Club is responsible for appointment of all Officials for all Events except for British national Events or where appointed by the competition organising body.

S8.2. Rider Registration

S8.2.1. For the purposes of Club Events, all riders must be registered with a Club affiliated to the Federation.

S8.2.2. A rider's registration can only be transferred to another Club by completion of the approved Cycle Speedway Commission transfer form, endorsed by both Clubs concerned and forwarded with the appropriate fee to the Federation for approval. However, a Member whose Membership under S8.2.1 has lapsed for a minimum continuous period of three Years is permitted to register with a different Club without restriction.

S8.2.3. Clubs may register new riders on the day of an Event, subject to S8.2.2. Once a rider has registered for a Club in this way, this will be considered their Club for the remainder of that Year. Club secretaries shall be responsible for ensuring that the registration is filed with the Federation no later than seven days after the Event. This Day Licence is not available at British National Championship Events, with the exception of those Club championships for Under 12s, females and Over 40s categories, where the provisions of S8.3.3 shall also apply.

S8.2.4. Riders who have transferred from one Club to another during the Year shall represent their new Club in individual Events.

S8.2.5. A rider may ride for another Club on loan in Events not involving their primary Club. Any such arrangement shall only be permitted with the prior permission of the secondary league(s) involved and both Clubs. A rider loan form must

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be completed and forwarded to the relevant Home Country or Regional league manager for approval before the published date set by the Home Country or Region. Rider loans are not permitted for British National League or Championship Events.

S8.3. Licences

- S8.3.1. A valid Provisional or Racing Licence must be produced before a rider is permitted to compete in any Event registered with the Federation.
- S8.3.2. Riders must purchase a Day Licence if competing under the provisions of S8.2.3.
- S8.3.3. The Day Licence is available for Club Championships for Under 12s, females and Over 40s. In such cases, a Federation Membership application for that rider must also be received by the Federation within seven days of that Championship. Failure to achieve this may result in the Disqualification of the Club in question from the result of this competition.

S8.4. Eligibility to Compete

- S8.4.1. Both Teams must submit their pairings to the Chief Commissaire at least 20 minutes prior to the declared starting time and no alterations shall be permitted thereafter.
- S8.4.2. Riders should be in the Pits and ready for racing 20 minutes prior to the declared starting time. Riders who fail to present themselves to the Pits at this time shall be liable for Exclusion from the Event. Under exceptional circumstances, Chief Commissaires shall have the authority to delay the start time of the Event.
- S8.4.3. In individual Events, any reserves who are present and ready for racing shall take the place of riders who are not in the Pits by the required time. They shall be selected by the drawing of lots. Riders arriving later than 20 minutes prior to the declared starting time, but before the starting time, may only take their place in the Event if there are still vacancies after the inclusion of reserves. In this case the rider must take their original place in the programme and any reserve allocated should be re-allocated to one of the vacant places by the drawing of lots. In the event of late arrivals arriving simultaneously but with less than that number of vacancies available, then the available places will be allocated by the drawing of lots.

- S8.4.4. For inter-Home Country and/or inter-Regional Events, the designation of a rider's entitlement to compete for a Home Country or Region will be dictated by the location of that rider's primary registered Cycle Speedway Club or the Home Country or Region in which that rider resides.

S8.5. Number of Laps

- S8.5.1. All racing shall be in an anti-clockwise direction and shall be over four laps except:
- S8.5.1.1. Racing shall be over three laps in Events exclusively for Under 8 and Under 10 riders; and
- S8.5.1.2. If there are only two riders, both of the same Team, starting a Race within a Team Match, only one lap shall be completed.
- S8.5.2. In second-team or combination Matches where Under 10s are riding against older competitors, there shall be no Exclusion of Under 10s for being lapped provided they are adjudged to not be interfering with the Race. Riders must complete the full Race laps for points to be awarded. It is the responsibility of the Team Manager to make Chief Commissaires aware of riders eligible under this provision.

S8.6. Method of Scoring

- S8.6.1. Scoring in all Races must be as follows:
- S8.6.1.1. First - four points;
- S8.6.1.2. Second - three points;
- S8.6.1.3. Third - two points;
- S8.6.1.4. Fourth - one point;
- S8.6.1.5. Non-finishers - zero points; and
- S8.6.1.6. Excluded riders - zero points.
- S8.6.2. If there is only one rider starting in a Race, four points shall be awarded immediately if the rider arrives at the appropriate starting position with their cycle, appropriately dressed and ready to start the Event on time.

S8.7. Presence in Pits

S8.7.1. Under no circumstances must any person be allowed in the Pits during the course of the Match other than the competing riders and approved Team members and Officials. Riders and Team members must not leave the Pits during a Match without gaining permission from the Pits Marshal.

S8.8. Starting Positions

S8.8.1. In no circumstances shall more than four riders compete in any Race.

S8.8.2. In a Team Match the Chief Commissaire shall toss the coin and the visiting captain shall make the call. The winner shall have a choice of 1 and 3 or 2 and 4 as starting positions in the first heat, the positions thereafter alternating throughout the Event. The riders starting from positions 1 and 3 shall take up their starting positions first and shall not change them. In individual Events and four-team Events, positions shall be described in the programme.

S8.8.3. Where a Run-Off proves necessary the starting positions must be determined as follows:

S8.8.3.1. Two riders: by the toss of a coin, the winner choosing any position and their opponent taking the position which leaves one vacant grid between the two riders;

S8.8.3.2. Three or four riders: by a draw of four numbered lots; and

S8.8.3.3. Five or more riders: a series of Races shall be run to eliminate the appropriate number of tied riders.

S8.8.4. In the event of a re-run all riders must assume their original starting positions of the Race.

S8.8.5. In league Matches, other than combination fixtures, a Team 12 or more points in arrears after heat five may claim the choice of starting positions until such a time as that Team is less than 12 points in arrears whereupon the positions will then revert to the original gate positions. Team Managers wishing to claim start positions must notify the Chief Commissaire via the Pits Marshal before the Chief Commissaire has sounded his whistle to call the riders to the start. No claim for the choice of starting positions shall be allowed after the Chief Commissaire's whistle has been blown.

S8.9. Time Limits

S8.9.1. The Chief Commissaire must, after ensuring that the track is clear of obstructions and that no additional time is required, indicate that all riders have one minute in which to reach the starting area rest line by one sharp blast on a whistle.

S8.9.2. A second blast shall denote the expiry of time and the automatic Exclusion of any rider(s) not at the rest line. Reserves are not allowed to replace riders excluded from the Race for exceeding the time limit.

S8.9.3. A rider who has two consecutive Races shall be allowed three extra minutes.

S8.9.4. If a rider requires an extension of time, the rider or Team Manager must, via the Pits Marshal, contact the Chief Commissaire who may grant one extra minute. A valid reason must be provided for this request and it must be made before the Chief Commissaire has sounded the signal for the start of the final minute.

S8.9.5. Where the Chief Commissaire grants an extra minute, the normal time allowance must elapse before the signal for the final minute is given.

S8.9.6. In any cases of extreme injury or cycle damage, the Chief Commissaire may extend the time limit as deemed necessary.

S8.9.7. Any rider or Team Manager who purposely delays the progress of the Match without valid reason must be excluded from taking any further part in the Event.

S8.10. Starting Procedure

S8.10.1. On the signal of the Chief Commissaire, riders must leave the Pits and proceed to the starting area where they shall come to rest with the hubs of their front wheels over the rest line, in line with their respective starting positions.

S8.10.2. The starting marshal must not take part in any communication with the riders approaching the grids.

S8.10.3. Riders shall not encroach the centre green on the way to the start. Riders must not change positions once at the rest line.

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- S8.10.4. Brushes, rags, water or other materials for cleaning tyres must not be brought to the starting grid.
- S8.10.5. Under the direction of the Chief Commissaire the riders must move forward to within 25mm of the tapes, positioning both wheels between the parallel lines in the starting positions.
- S8.10.6. When the Chief Commissaire is satisfied that all riders are ready, riders shall be asked to steady themselves and then given the command under starter's orders. The riders must then look straight ahead and watch the tapes. The Starter shall face away from the gates and release the tapes between two and five seconds after the Chief Commissaire's command, varying the time from Race to Race.
- S8.10.7. When an electrically operated starting gate is being used the Starter must operate the release mechanism, facing away from the riders.
- S8.10.8. Riders must be excluded if, after the command "under starter's orders", they allow their cycle or person to move or deliberately cause a distraction to other riders before the tapes rise.
- S8.10.9. Chief Commissaires shall use their discretion if there is distinct noise around the starting area or adverse weather conditions which may affect the start of an Event.
- S8.10.10. If two or more riders move before the tapes rise, the first to move must be excluded. However, if the Chief Commissaire is unable to determine who did so first, the riders shall be ordered to re-approach the rest line and starting orders must be given again.
- S8.10.11. If, after this procedure the same issue arises, the Chief Commissaire must disqualify all riders guilty of the infringement.

S8.11. Completing a Race

- S8.11.1. A rider is deemed to have completed the Race when the front wheel of the cycle crosses the finish line, unless the Chief Commissaire stops the Race in the meantime. The rider must be in contact with the cycle when it crosses the line.
- S8.11.2. After completing the Race, riders must continue in an anti-clockwise direction to return to the Pits.

S8.12. Awarding a Race

- S8.12.1. If a Race is stopped after three laps have been completed, the Chief Commissaire shall award positions to riders in the order they held them at the time of the stoppage, having excluded any rider who breached these Technical Regulations.
- S8.12.2. In case of doubt of the riders' positions, the Race must be re-run. Riders excluded, lapped or deemed no longer to be competing in the original Race at the time of stoppage shall be prohibited from contesting the re-run.
- S8.12.3. The duration of the Race completed shall be that when the incident occurred.
- S8.12.4. Should an excluded or lapped rider fail to withdraw from the track in a Team Race, the Chief Commissaire shall award no points to the offending rider's Team in that stage of the Race.

S8.13. Reserves

- S8.13.1. Reserve riders must not be submitted in the place of a rider who has been excluded from an Event by the Chief Commissaire.
- S8.13.2. If a rider is unable to take part in the re-run of a Race, a reserve rider is permitted to deputise, provided that the reserve rider has not had the maximum number of rides and S8.13.1 does not apply.
- S8.13.3. Only reserve riders shall be used in positions other than those depicted in the programme.
- S8.13.4. In an individual Match a reserve may take the place of any rider who withdraws from the Match. This reserve rider then cannot take the place of any other rider in the Match.
- S8.13.5. The maximum number of rides that a reserve may take in a 12-heat Match is four.
- S8.13.6. The maximum number of rides that a reserve may take in a 16-heat four-Team Match is four.
- S8.13.7. The maximum number of rides that a reserve may take in an 18-heat Match is five.
- S8.13.8. If a reserve is replaced by another reserve, it shall count as a ride taken for both reserve riders.

S8.14. Rider Grading

- S8.14.1. All riders shall be graded for participation within the British National Club Championships and British Knockout Cup.
- S8.14.2. Non-graded riders are:
- S8.14.2.1. Those who have been registered to their existing Clubs for eight or more continuous Years;
- S8.14.2.2. Those who have only ever been registered to one Club;
- S8.14.2.3. Youth riders;
- S8.14.2.4. Over 40s/50s/60s; and
- S8.14.2.5. Any other rider not meeting the conditions of S9.26.1.
- S8.14.3. Graded riders are:
- S8.14.3.1. Those with a Senior Men's British National Team appearance in the current or previous season.
- S8.14.3.2. Those who have qualified for the open individual final of the most recent Federation, ICSF European or ICSF World Championship.
- S8.14.4. Where a rider qualifies for both graded and non-graded status, the non-graded status shall take precedence.
- S8.14.5. Only two graded riders can be used in any one Match for any British National Team Championship Semi-final or Final or the British Open or Junior Club Championships.
- S8.14.6. Regions and Home Countries may create their own rider grading in addition to the above.

S8.15. Indoor and Temporary Tracks

- S8.15.1. The following exceptions to the Cycle Speedway Regulations shall apply at Events held at indoor and temporary tracks:
- S8.15.2. The Chief Commissaire and Organiser shall perform a dynamic Risk Assessment of the track and associated facility prior to the commencement of the Match;
- S8.15.3. Alternative starting methods, if approved by the Chief Commissaire and Organiser, may be used provided that all Officials and riders are made aware of these methods prior to the start of the Event;

S8.15.4. Additional restrictions, such as covering wheel nuts with plastic caps, may be imposed by Organisers after consultation with the managers of the venues. Any such additional restrictions must be conveyed to the riders in advance of the Event;

S8.15.5. The application of any substance on tyres at any indoor Event is not permitted under any circumstance; and

S8.15.6. Any rider considered by the Chief Commissaire to be using excessive bodily contact which is not commensurate with the racing and safety conditions of the circuit shall be excluded.

S8.16. Miscellaneous

S8.16.1. A maximum interval of ten minutes shall be granted at the halfway point of a Match unless the Chief Commissaire decides otherwise.

S8.16.2. Any Match not completed owing to weather conditions or other unavoidable circumstances shall be null and void and shall be re-run. However, if at the time of the abandonment of a Match the score was such that if the Match had run the full number of Races, and the result could not have been altered, such a Match shall be considered complete.

S8.16.3. Under normal circumstances, no changes shall be made to the official league fixture list after it has been published. Where a Club wishes to make a change due to unforeseen circumstances, a written request must be submitted to the Federation at least four weeks before the scheduled date of the fixture. If the reasons given are satisfactory, and the other Club involved agrees, an alternative date shall be arranged.

S8.16.4. For Matches exclusively featuring young riders, e.g. Under 8s, Under 10s, these Cycle Speedway Regulations may be relaxed with prior agreement of all competing parties present at the Event; e.g. Races to be held over three laps, riders may move at the start.

S8.16.5. No outside assistance shall be given to any rider of any age.

S8.16.6. No betting of any kind shall be allowed at the track or in conjunction with the track. Any rider, Team member or Official found to be connected with such betting shall receive a referral to the Disciplinary Officer to the Federation.

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- S8.16.7. Invitations from Clubs for open Events should always be approved by the riders' Clubs.
- S8.16.8. The Federation shall invite clubs to stage Events on their behalf. Any terms or conditions appertaining to the staging of any Event shall be clearly described in the invitations. Acceptance of the invitation shall signify agreement to said terms and conditions, which cannot be changed after acceptance of the invitation.
- S8.16.9. Leagues may amend and approve a set of additional rules, such as may be deemed necessary for the implementation of Home Country, Regional & local Events. Such additional rules must not contravene the Technical Regulations and Bye Laws. A copy of any such rules must be forwarded to the Federation.
- S8.16.10. It is not permitted to drink alcohol, smoke or consume drugs in the Pits or within the track perimeter.

S8.17. Course Signals

- S8.17.1. If the chequered flag is shown at the wrong time during a Race the Chief Commissaire must take the following action:
- S8.17.1.1. After five laps - riders' positions after four laps to count as a result; and
- S8.17.1.2. After three laps - Race to be re-run with all riders still in the Race when the chequered flag was shown to be allowed in the re-run, unless the Chief Commissaire is satisfied that all riders had realised the mistake and carried on racing. The re-run must take place immediately.
- S8.17.2. The flag Marshal must not stand on the track or impede the course of any riders in the Race.
- S8.17.3. A Race shall be stopped by one blast of the Chief Commissaire's whistle.
- S8.17.4. A Race shall be stopped by the Chief Commissaire in the interests of safety or where a rider has caused other riders to fall and inflicted a positive change in positions. Any rider who is the direct or indirect cause of the stoppage must be excluded.
- S8.17.5. A Race shall be stopped by the Chief Commissaire if two or more riders fall or become entangled during the first half-lap. In

such an instance, the Chief Commissaire should re-start the Race with all riders, except where a deliberate offence is committed in which case the guilty rider must be excluded by the Chief Commissaire.

- S8.17.6. A Race must be stopped if, in the opinion of the Chief Commissaire, a breach of these Technical Regulations has occurred and an advantage is gained either by the rider or the rider's Team. In this case the Chief Commissaire must exclude the offending rider(s) from the re-run.
- S8.17.7. If, for any reason, a Race is stopped after the completion of the first half lap, the rider(s) responsible for the stoppage may be excluded or cautioned.

S9. BRITISH NATIONAL CHAMPIONSHIPS

- S9.1. British National Championships shall be open to citizens of the United Kingdom and dependent Territories, the Isle of Man, or the Channel Islands. For individual Championships this Membership shall be a minimum of Race Silver or Gold; for Club and Team Championships this shall be a minimum of Race Bronze.
- S9.2. A Club entering any British National Club or Team Championship must be affiliated to the Federation prior to the closing date for entries.
- S9.3. Riders must be registered with a competing Club or Team before the Event, but riders transferring to a competing Team after the transfer deadline as set for that Year shall not be eligible to compete for that Team in any British National Club or Team Championship Event in that Year.
- S9.4. If resident in another country the rider must hold a United Kingdom passport and must not, in the same Year, have competed in the national championship of any other UCI or ICSF-affiliated national federation.
- S9.5. Qualifying age bands for British National Championships are as follows:

CYCLE SPEEDWAY TECHNICAL REGULATIONS

2022 AGE	YEAR OF BIRTH	CYCLE SPEEDWAY - BRITISH CHAMPIONSHIPS					
11	2011	YOUTH C UNDER 12	YOUTH B UNDER 14	YOUTH A UNDER 16	JUNIOR	SENIOR WOMEN	SENIOR MEN
12	2010						
13	2009	YOUTH A UNDER 16	YOUTH B UNDER 14	YOUTH A UNDER 16	JUNIOR	SENIOR WOMEN	SENIOR MEN
14	2008						
15	2007						
16	2006						
17	2005						
18	2004						
19	2003						
20	2002						
21	2001						
22	2000						
23	1999						
24	1998						
25	1997						
26	1996						
27	1995						
28	1994						
29	1993						
30	1992						
31	1991						
32	1990						
33	1989						
34	1988						
35	1987						
36	1986						
37	1985						
38	1984						
39	1983						
40	1982						
41	1981						
42	1980						
43	1979						
44	1978						
45	1977						
46	1976						
47	1975						
48	1974						
49	1973						
50	1972	GRAND VETERAN	YOUTH B UNDER 14	YOUTH A UNDER 16	JUNIOR	SENIOR WOMEN	SENIOR MEN
51	1971						

CYCLE SPEEDWAY TECHNICAL REGULATIONS

2022 AGE	YEAR OF BIRTH	CYCLE SPEEDWAY - BRITISH CHAMPIONSHIPS					
52	1970						
53	1969						
54	1968						
55	1967						
56	1966						
57	1965						
58	1964						
59	1963						
60	1962						
61	1961	SUPER VETERAN					
62	1960						
63	1959						
64	1958						
65	1957	SUPER VETERAN					
66	1956						
67	1955						
68	1954						
69	1953						
70	1952						
71	1951						
72	1950						
73	1949						
74	1948						
75	1947						
76	1946						
77	1945						
78	1944						
79	1943						
80+	1942 or earlier						

- S9.6. Every rider, Club or Team entering a British National Championship must pay the appropriate entry fee to the Federation. All entries must be either online or by using the appropriate official entry form for which an additional fee may be payable. When agreeing to promote a British National Championship, the host Club may also be required to pay a fee. The fees due will be set by the Federation.
- S9.7. Entries for all British National Championships shall close one calendar month before the date of the Event or first qualifying round unless an

alternative deadline is published on the entry form.

- S9.8. The Federation may, at its discretion, cancel the running of a British National Championship where there are fewer than eight entries for an individual Event, or fewer than four entries for a Club or Team Event at the closing date.
- S9.9. The Federation shall determine the method of qualifying in each British National Championships, depending on the number of entries received.

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- S9.10. All Match draws shall be random and unseeded, must be witnessed by at least two Members who shall be from different Clubs and shall be named on the official draw sheet.
- S9.11. Late entries for any British National Championships must not be accepted after the draw for the first round has taken place, other than under the provisions of S9.19 and S9.20.
- S9.12. The Federation shall give a minimum of two weeks' notice of the draw to all individual riders, Teams and Clubs that have entered a British National Championship.
- S9.13. Starting times for all British National Championship Matches shall be decided by the Federation after consultation with the Promoting Club(s).
- S9.14. In all British National Championships, the Promoting Club must communicate the results to the Federation immediately after an Event has ended.
- S9.15. In British National Club and Team Championships, Clubs may change their original team line-up, both in terms of riders used and riding order, for subsequent rounds including the Final.
- S9.16. Any Club or Team failing to attend any Match in the British National Championships shall be disciplined as appropriate and shall be barred from taking part in the corresponding Event the following Year, unless an acceptable reason, in writing, is provided to the Federation at least seven days prior to the Event.
- S9.17. Riders who are not wearing their Club's registered colours shall not be permitted to take part in British National Championships.
- S9.18. The official 16 rider, 20 Race formula shall be used for all individual finals, where numbers permit. Qualifying heats should be run under the same 20-heat-formula where numbers permit (i.e. multiples of 14 riders per round). Where multiples are 13 or less, then the pre-qualifying method should be used. The Competitions Officer has the discretion to decide which format to use.
- S9.19. Late entries shall be accepted into any individual championship only in the following circumstances:
- S9.19.1. If fewer than 12 entries have been received by the closing date, in which case the draw shall be delayed to allow further entries up to a maximum of 16, unless the provisions of S9.18 are enforced; and
- S9.19.2. After the draw for the first round has taken place, but only where such entries are to fill vacant places in a draw to bring a Match up to the full rider strength for the formula used, i.e. where a 16-rider 20-heat draw has been made for a straight Final, or where two 16-rider 20-heat draws have been made for two Semi-finals. Where there is more than one vacant place, the order in which these places shall be filled shall be determined at the time of the initial draw. Late entries shall not be accepted where the initial draw utilises a pre-qualifying format.
- S9.20. Late entries shall be accepted in order of receipt and shall be permitted until midnight on the Monday prior to the date of the Event. At this point, if there are fewer than 12 entries in total, a fresh draw shall be made using the closest appropriate formula. Any remaining vacant spaces may be filled up to 20 minutes before the start of the first round. After all vacant spaces from the initial draw have been filled, late entries may also be accepted to fill any additional vacant spaces arising from a rider withdrawing from the championship or failing to appear within 20 minutes of the start of the first round. Where there is more than one such vacant space, a draw shall take place to determine which vacant place shall be filled by which substitute rider.
- S9.21. In the event of a withdrawal or non-arrival for a pre-qualifying heat, those drawn below the missing rider shall move up the draw, and the appropriate pre-qualifying formula for the number of riders present shall be used. Should the number of riders fall to 16 or below, the pre-qualifier shall be cancelled and the remaining riders shall proceed directly to the Final, which shall be run at the pre-arranged time.
- S9.22. Riders shall only compete in the heat in which they were originally drawn.
- S9.23. In the event of two or more riders tying on the same number of points for the last qualifying place, that final place must be decided by a Run-Off. The Federation shall decide the method of selecting reserves in subsequent rounds.

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- S9.24. When a Run-Off is required to determine qualifiers and/or reserves for the next stage, all such riders must participate and not withdraw from the competition.
- S9.25. No rider may withdraw from any stage of the meeting, other than for medical reasons or other valid reason. Riders must inform the Chief Commissaire before their withdrawal.
- S9.26. British National Club Championships**
- S9.26.1. The official 4-team, 16 Race formula shall be the preferred formula for all British National Club and Indoor Fours Championship Finals. However, the Federation has the discretion to use other formulae when the number of entries is insufficient to warrant a suitable qualifying procedure, e.g. 5-team 20 Race formula, 6-team 24 Race formula. Formulae other than the 4-team 16 Race formula may also be used in qualifying rounds to produce a 4-team Final.
- S9.26.2. In the event of a withdrawal after a draw has been made for a Match, or in the case of a Club failing to arrive by the stipulated time, the remaining Clubs drawn below the missing Club shall move up the draw order. However, should one or more withdrawals result in an inequitable or unworkable qualifying procedure, the Federation has the discretion to amend or re-draw the Event.
- S9.26.3. In the event of a draw, the Teams concerned shall each nominate one rider from the declared Team for that Event to represent them in a one Run-Off.
- S9.26.4. The various outdoor British National Club Championship Events shall be combined to produce an overall annual British National Club Champion. Points shall be awarded in each Event on the basis of 25 points to the winner, 20 points for second place, 18 points for third place, 16 points for fourth place, 14 points for fifth place, then reducing by one point per place to one point for 16th place. Clubs failing to reach the Final shall receive equal points according to their finishing position in the qualifying rounds, e.g. first non-qualifiers in two Semi-finals shall be joint fifth, second non-qualifiers shall be joint seventh etc.

- S9.26.5. In the event of two Clubs finishing level on overall points after all British National Club Championship Events, the following tie-break criteria shall apply in order: most first places, most second places, most third places, most fourth places, and if there is still equality, highest placed in the final Championship Event.
- S9.26.6. The best five scores shall count for final overall standings.
- S9.27. If a British National Championship is held, jerseys and medals shall be presented as follows:

AGE CATEGORY	NUMBER OF ENTRIES	MEDALS	JERSEY
Youth A Youth B	3 or more	Gold, silver and bronze	Winner
Youth C	2	Gold and silver	Winner
Junior	1	Gold	Winner
Senior Veteran	4 or more	Gold, silver and bronze	Winner
Grand Veteran	3	Gold and silver	Winner
Super Veteran	2	Gold	Winner
	1	None	None

S10. HOME COUNTRY AND REGIONAL CHAMPIONSHIPS

- S10.1. *INTENTIONALLY LEFT BLANK*

S11. SPECIFIC COMPETITION PROVISIONS – INTERNATIONAL CHAMPIONSHIPS

- S11.1. The British National Team Manager(s) shall be appointed by the Federation.
- S11.2. The Federation shall rule on the selection method of team representation.

APPENDIX S1

Sanctions and Penalties Guidance

Pursuant to G8.1, at their discretion, Commissaires may impose a penalty or penalties upon Members (or participants in Events) for infringements of these Technical Regulations. In exercising this discretion, Commissaires must take into account the nature of the infringement and the category of Event concerned.

The following tables shall be used by Commissaires as a guide to the penalty or penalties appropriate for any relevant infringements. Where one or more penalties may be applied to an infringement, the Commissaire shall, using their discretion, decide which is the most appropriate penalty (or penalties).

General infringements

INFRINGEMENTS		NATIONAL EVENTS	REGIONAL/CLUB EVENTS
1	Failure to correctly register and/or sign on	Verbal warning, fine of at least £30 and/or Disqualification	Verbal warning, fine of at least £20 and/or Disqualification
2	Use of inappropriate or non-regulation cycle, clothing, or equipment	Fine of between £50 and £100, start refused, Disqualification and/or referral to Disciplinary Officer	Fine of between £25 and £100, start refused, Disqualification and/or referral to Disciplinary Officer
3	Prohibited/non-regulation assistance, equipment exchange, refreshment	Fine of between £50 and £100 and/or Disqualification	Fine of between £25 and £100 and/or Disqualification
4	Continuing in an event after being withdrawn, or failure to complete a course	Time penalty, Relegation, Disqualification and/or fine of up to £100	Time penalty, Relegation, Disqualification and/or fine of up to £50
5	Disobeying an Official's instructions	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50
6	Dangerous riding and/or compromising the safety of another Participant.	Fine of between £50 and £100, referral to Disciplinary Officer and/or Disqualification	Fine of between £25 and £50, referral to Disciplinary Officer and/or Disqualification
7	Conspiring, cheating or collusion to pre-determine or alter a result/placing	Disqualification, fine of £100 and referral to Disciplinary Officer	Disqualification and referral to Disciplinary Officer
8	Non-return of number/transponder/or any other equipment	Fine of £50 plus cost of item	Fine of £25 plus cost of item
9	Failure to attend official ceremonies	Forfeiture of prizes or fine of £100 and forfeiture of prizes	Forfeiture of prizes or fine of £50 and forfeiture of prizes
10	Breach of the British Cycling Code of Conduct	Referral to Disciplinary Officer, Disqualification and/or fine of £50	Referral to Disciplinary Officer, Disqualification and/or fine of £50
11	Conduct that may bring the sport into disrepute	Referral to Disciplinary Officer or fine of between £20 and £100 and referral to Disciplinary Officer	Referral to Disciplinary Officer or fine of up to £100 and referral to Disciplinary Officer

CYCLE SPEEDWAY TECHNICAL REGULATIONS

Cycle Speedway Infringements

INFRINGEMENTS		SANCTION OR PENALTY
1	Removal, unfastening or loosening of helmet of during a Race or before returning to the Pits	Race Exclusion
2	Crossing the boundaries <i>When riders are deemed to have purposely crossed the boundaries of the track with both wheels to gain a re-run or positional advantage.</i> <i>If the boundaries are crossed through the actions of another rider or in the interests of safety, such riders must return to the track at the earliest opportunity.</i>	Race Exclusion
3	Obstruction <i>Cutting across the path of another rider who is less than one cycle length in front.</i> <i>Deliberately slowing down to affect the position of the riders following.</i> <i>Deliberately placing their feet on their own back tyres to slow their cycles.</i> <i>Placing themselves or their cycles in such a position as to impede other riders.</i> <i>Drifting an opponent to the extremities of the circuit by steering a course which, in the Chief Commissaire's opinion, is not commensurate with reasonable competitive requirements.</i> <i>Team riding with another rider, whether in the same Team or not, in an individual event. Both riders shall be excluded.</i> <i>Using the tactics of boring, hooking or legging.</i> <i>Using undue force during a Race, particularly from the start line to the first bend of a track.</i>	Race Exclusion
4	Dangerous riding	Race Exclusion
5	Remounting <i>When riders take more than two steps with their cycles. They shall be deemed remounted when they are astride their cycles.</i> <i>Riders within half a lap of the finish of the Race are permitted to run or walk with their cycles, provided they do not obstruct other riders and keep their cycles on the circuit.</i>	Race Exclusion
6	Receiving outside assistance during a Race	Race Exclusion
7	Being lapped <i>Riders shall be deemed lapped if they are in last position and, in the opinion of the Chief Commissaire, are interfering with the course of other riders.</i>	Race Exclusion
8	Disorderly conduct or dissent	Race Exclusion Referral to Disciplinary Officer
9	Persistent Exclusion <i>Any rider who incurs two Exclusions during a Match for the use of force, obstruction or dangerous riding.</i>	Match Ban and £21 fine
10	Malicious foul riding <i>A rider who uses blatant foul tactics inflicting injury to an opponent or damage to their equipment.</i>	Match Ban and £21 fine
11	Offensive or foul language	Match Ban and £21 fine

CYCLE SPEEDWAY TECHNICAL REGULATIONS

INFRINGEMENTS		SANCTION OR PENALTY
12	Serious disorderly conduct <i>Serious disorderly conduct shall include any Rider or Team member showing dissent after warning, entering the track without permission, making physical or verbal threats or instigating fighting.</i>	Match Ban and £21 fine
13	Perverting the course of a Match <i>Any rider who purposely favours one Team to the detriment of another, by adopting tactics that are not commensurate with reasonable competitive requirements in a multi-Team Match.</i>	Match Ban and £21 fine
14	Dissent or abuse towards an Official	Yellow card, £10 fine and four point deduction from Team's Match score (in a Team Event) or four point deduction from rider's Match score (in an individual competition) or Red card, £21 fine, four point deduction from Team's Match score (in a Team Event) or four point deduction from rider's Match score (in an individual competition) and Match Ban
15	Two yellow cards	Red card, £21 fine, four point deduction from Team's Match score (in a Team Event) or four point deduction from rider's Match score (in an individual competition) and Match Ban
16	Teams withdrawing from a Regional (or above) Event	£25 fine
17	Betting at the track or in conjunction with the track	Referral to Disciplinary Officer

1. A rider, Team member, Club member in receipt of a Match ban may be subject to further disciplinary action. The associated Club may also be subject to such disciplinary action.
2. If a rider receives a yellow card and subsequently receives a Match Ban in the same Match, the sanction or penalty for the Match Ban only shall be applied.
3. A single yellow card issued to an individual in a Match shall not be carried over to the next Match.
4. Failure to pay a fine within the prescribed deadline may result in suspension from all activities until the fine is paid.
5. For international events run within Great Britain, British National Championships, British National Leagues and other similar levels of competition, the Federation shall be responsible for the collection and retention of fines. For all other categories, the governing Home Country or Region in the case of Home Country or Regional Events and promoting Clubs in the case of local events shall be responsible for the collection and retention of fines.

CYCLE SPEEDWAY TECHNICAL REGULATIONS

Cycle Speedway British National Individual Championships Infringements

In addition to the above General and Cycle Speedway infringements guidance, Commissaires may impose the below penalty or penalties during the Cycle Speedway British National Individual Championships. These may only apply to Senior, Veterans or Junior Championships.

INFRINGEMENTS		SANCTION OR PENALTY
1	Rider failure to compete	£20
2	Rider late arrival	£11

- The only justifiable reasons for non-attendance will be unavoidable family responsibility, recent bereavement or illness or injury (self-certification).

Cycle Speedway British Club Championships, Cycle Speedway K.O. Cup and Battle of Britain inter-Regional Championships Infringements

In addition to the above General and Cycle Speedway infringements guidance, Commissaires may impose the below penalty or penalties during the Cycle Speedway British Club Championships, Cup Playoffs and Battle of Britain inter-Regional Championships.

INFRINGEMENTS		SANCTION OR PENALTY
1	Withdrawal more than seven days before date of scheduled fixture	£26
2	Withdrawal less than seven days before date of scheduled fixture	£50 (50% to be awarded to the opponent)
3	Failure to honour a Home Country or Regional league Event	Points from fixture deduction and rearrangement of Event

APPENDIX S2 – RACING FORMULAE

18 Heat (Official Federation Formula) – Team Match (8-person team)

HEAT	HOME	AWAY	HEAT	HOME	AWAY
1	1 & 2	1 & 2	10	6 & 8	4 & 8
2	3 & 4	3 & 4	11	3 & 4	5 & 6
3	5 & 6	5 & 6	12	1 & 2	3 & 4
4	1 & 7	1 & 7	13	5 & 6	1 & 2
5	2 & 8	2 & 8	14	4 & 7	5 & 8
6	5 & 6	3 & 4	15	3 & 8	6 & 7
7	1 & 2	5 & 6	16	2 & 5	1 & 4
8	3 & 4	1 & 2	17	1 & 4	3 & 6
9	5 & 7	3 & 7	18	3 & 6	2 & 5

Numbers 7 and 8 shall be reserve riders and shall be permitted only two replacement rides each in addition to their three allocated rides, providing all other conditions concerning replacement rides are strictly adhered to.

13 Heat (League Combination Formula) – Team Match (8-person team)

HEAT	HOME	AWAY	HEAT	HOME	AWAY
1	1 & 2	1 & 2	8	2 & 5	3 & 4
2	3 & 4	3 & 4	9	3 & 4	5 & 6
3	5 & 6	5 & 6	10	5 & 6	1 & 2
4	1 & 3	1 & 2	11	1 & 2	3 & 4
5	5 & 6	3 & 4	12	4 & 6	5 & 6
6	1 & 2	5 & 6	13	Nominated riders	
7	3 & 4	1 & 2			

Number 7 shall be a reserve rider and shall be permitted a maximum number of four replacement rides.

CYCLE SPEEDWAY TECHNICAL REGULATIONS

20 Heat (Official Federation Formula) – Individual Match (16 competitors)

HEAT	GRID 1	GRID2	GRID 3	GRID 4	HEAT	GRID 1	GRID 2	GRID 3	GRID 4
1	1	2	3	4	11	9	3	8	14
2	5	7	6	8	12	7	4	10	13
3	10	12	9	11	13	7	14	1	12
4	13	14	15	16	14	8	11	13	2
5	13	1	5	9	15	3	16	5	10
6	14	10	2	6	16	15	4	6	9
7	11	15	7	3	17	15	10	8	1
8	16	8	4	12	18	2	9	16	7
9	16	6	11	1	19	6	13	12	3
10	12	5	2	15	20	4	11	14	5

16 Heat (Official Federation Formula) – Four-a-side Event

HEAT	GRID 1	GRID2	GRID 3	GRID 4	HEAT	GRID 1	GRID 2	GRID 3	GRID 4
1	D1	A1	B1	C1	9	C4	B3	D2	A1
2	D2	A2	B2	C2	10	C3	B4	D1	A2
3	D3	A3	B3	C3	11	C2	B1	D4	A3
4	D4	A4	B4	C4	12	C1	B2	D3	A4
5	B2	C3	A1	D4	13	A1	D3	C2	B4
6	B1	C4	A2	D3	14	A2	D4	C1	B3
7	B4	C1	A3	D2	15	A3	D1	C4	B2
8	B3	C2	A4	D1	16	A4	D2	C3	B1

Number 5 shall be a reserve rider and shall be permitted a maximum of four replacement rides providing all other conditions concerning replacement rides are strictly adhered to.

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CYCLO-CROSS TECHNICAL REGULATIONS

CX1. APPLICATION

- CX1.1. These Cyclo-Cross Regulations, together with the General Regulations, shall apply to and bind any individual who participates (whether personally or through another individual), organises, or officiates in any Cyclo-Cross Event.

CX2. CYCLES, CLOTHING AND EQUIPMENT

CX2.1. Cycles

- CX2.1.1. The following cycles only are eligible for use in Cyclo-Cross Events held under the Technical Regulations:
- CX2.1.1.1. For bicycle Events – any two-wheeled, one-track cycle carrying one rider which does not have fixed gears.
- CX2.1.2. Any cycle used in Cyclo-Cross Events held under the Technical Regulations must operate wholly through the motive power of its rider.
- CX2.1.3. Handlebar ends shall be plugged, not merely covered by tape, and other projections shall be protected as far as possible.
- CX2.1.4. British National Championship and British National Trophy Events are restricted to cyclo-cross cycles only, as defined by the UCI Regulations. For any other Event, riders may use any type of cycle.

CX2.2. Clothing

- CX2.2.1. Where racing clothing has been registered by a Club or Team, that racing clothing must be worn by all riders representing such Club or Team when competing in Events.
- CX2.2.2. Riders must be clothed from neck to at least mid-thigh in appropriate clothing for Cyclo-Cross. Jerseys must be sleeved beyond the shoulder.
- CX2.2.3. All riders in Junior categories and above must wear the registered design or colours of their Club or Team unless required to wear the British National, Home Country or Regional colours, British National Championship jersey, or, in British National Trophy Events, the series leader's jersey.

- CX2.2.4. If not representing a Club, Team, Region or Home Country, all riders in Junior categories and above must wear predominantly plain clothing free of any lettering save for the mark of the manufacturer.

CX2.3. Equipment

- CX2.3.1. All accessories must be securely fastened and any equipment that is not essential for racing purposes must be removed.
- CX2.3.2. Identification numbers must be securely attached, not folded, obscured or altered and displayed in accordance with Organiser's instructions.

CX3. RIDER ELIGIBILITY AND ENTRY PROCEDURES

- CX3.1. Events are open to:
- CX3.1.1. Members;
- CX3.1.2. non-Members who have purchased a Day Licence;
- CX3.1.3. those in the Under 12 and Youth age categories (even if not a Member); and
- CX3.1.4. holders of a licence issued by any foreign country recognised by the UCI (in events where such licence holders are eligible).
- CX3.2. Entrants to British National Championships, British National Trophy Events, Home Country and Regional Championships, and international events (excluding foreign riders) must be Members.
- CX3.3. Entrants to British National Championships and British National Trophy Events must be in possession of a Racing Licence.

CX4. AGE CATEGORIES

CX4.1. The following age categories for participating in Events shall apply:

AGE CATEGORIES	AGE
Under 12	Up to 31 August in the year of 12th birthday
Youth	From 1 September in the year of 12th birthday to 31 August in the year of 16th birthday
Youth Under 14	From 1 September in the year of 12th birthday to 31 August in the year of 14th birthday
Junior	From 1 September in the year of 16th birthday to 31 August in the year of 18th birthday
Senior	From 1 September in the year of 18th birthday
Under-23	From 1 September in the year of 18th birthday to 31 August in the year of 22nd birthday
Veteran	From 1 September in the year of 40th birthday
Vet 40	From 1 September in the year of 40th birthday to 31 August in the year of 45th birthday
Vet 45	From 1 September in the year of 45th birthday to 31 August in the year of 50th birthday
Vet 50	From 1 September in the year of 50th birthday to 31 August in the year of 55th birthday
Vet 55	From 1 September in the year of 55th birthday to 31 August in the year of 60th birthday
Vet 60	From 1 September in the year of 60th birthday to 31 August in the year of 65th birthday
Vet 65	From 1 September in the year of 65th birthday to 31 August in the year of 70th birthday
Vet 70+	From 1 September in the year of 70th birthday

CX4.2. Under 12s shall compete only amongst themselves. Organisers may choose to sub-divide the Under 12 category into separate Races or starts for different age groups (e.g. Under 10s, Under 8s etc). Where such Races are held, riders may only compete in the youngest age group for which they are eligible.

CX4.3. Youth riders must only compete against those within their own category, unless the Chief Commissaire considers there to be insufficient entries to justify a separate Race. In such case, Races for Youth riders may be combined with the Race for the age category above, provided that the race durations outlined in CX8.11 apply.

CX5. ABILITY CATEGORIES, EVENT CLASSIFICATION AND LICENCE POINTS

CX5.1. Ability Categories

CX5.1.1. Ability Categories do not apply to the Cyclo-Cross Discipline.

CX5.2. Event Classification

CX5.2.1. Events shall be categorised as follows:

Category A	Where the promotion meets the minimum standards defined in APPENDIX CX2.
Category B	All other regional league Events and designated non-league Events.
Category C	Evening series and other non-league Events.

CX5.3. Licence Points

- CX5.3.1. Rankings are produced for both male and female riders for the following categories: Senior open, Veteran male 40-49, Veteran 50-59, Veteran 60+, Junior, Youth Under 14, Youth Under 16.
- CX5.3.2. Qualifying Events are those which take place between 1 September and the end of February.
- CX5.3.3. The Senior open rankings include any Junior or Veteran rider who gains overall Licence Points in Events open to Seniors.
- CX5.3.4. The Youth, Junior and Veteran rankings are all discrete categories.
- CX5.3.5. Events run on a Handicap basis do not qualify for Licence Points.
- CX5.3.6. Only Members with a Racing Licence shall qualify for Licence Points, but if non-qualifying riders finish in points scoring positions the schedule shall not be adjusted as a result.

CYCLO-CROSS TECHNICAL REGULATIONS

CX5.3.7. Licence Points shall be awarded as follows:

Place	Points Band 1	Points Band 2	Points Band 3	Points Band 4	Points Band 5	Points Band 6
1	200	100	40	20	6	3
2	160	80	34	16	4	2
3	140	70	30	12	3	1
4	120	60	26	9	2	
5	110	55	23	7	1	
6	100	50	20	5		
7	90	45	18	4		
8	80	40	16	3		
9	70	35	14	2		
10	60	30	12	1		
11	55	27	10			
12	50	24	9			
13	46	22	8			
14	42	20	7			
15	39	18	6			
16	36	16	5			
17	34	14	4			
18	32	13	3			
19	31	12	2			
20	30	11	1			
21	29	10				
22	28	9				
23	27	8				
24	26	7				
25	25	6				
26	24	5				
27	23	4				
28	22	3				
29	21	2				
30	20*	1				

CX5.3.8. The following shall also apply to all categories in domestic Events (other than British National Trophy and British National Championships):

CX5.3.8.1. Band 3 (double points) – Category A

CX5.3.8.1.1. If there are fewer than 20 eligible riders in any category the points scale shall default to Band 4; if there are fewer than 10 eligible riders in any category the points scale shall default to Band 5; if there are fewer than 5 eligible riders in any category the points scale shall default to Band 6.

CX5.3.8.2. Band 3 (single points) – Category B

CX5.3.8.2.1. If there are fewer than 20 eligible riders in any category the points scale shall default to Band 4; if there are fewer than 10 eligible riders in any category the points scale shall default to Band 5; if there are fewer than 5 eligible riders in any category the points scale shall default to Band 6.

CX5.3.8.3. Band 4 - Category C. (Non-league ranking Events).

CX5.3.8.3.1. If there are fewer than 10 eligible riders in any category the points scale shall default to Band 5; if there are fewer than 5 eligible riders in any category the points scale shall default to Band 6.

CX5.3.9. The following shall also apply to all British National Trophy Events:

CX5.3.9.1. Band 2 (single points) – Senior (open)

CX5.3.9.2. Band 3 (double points) – Youth Under 16, Youth Under 14, Junior, Veteran 40-49, Veteran 50-59, Veteran 60+.

CX5.3.10. The following shall also apply to all British National Championships:

CX5.3.10.1. Band 2 (double points) – Senior (open)

CX5.3.10.2. Band 3 (triple points) – Youth Under 16, Youth Under 14, Junior, Veteran 40-49, Veteran 50-59, Veteran 60+.

CX5.3.11. The system of defaulting to a lower points scale according to entries shall also apply to these National Trophy and Championship Events. Where the published scale offers multiple points, the lower scale used shall award points at the same multiple rate.

CX5.3.12. The following shall also apply to all international events:

- CX5.3.12.1. Band 1 (double points) - Elite and Junior World Championships.
- CX5.3.12.2. Band 1 (single points) - Elite and Junior World Cups and Continental Championships; Under 23 World Championships (points allocated to senior rankings).
- CX5.3.12.3. Band 2 (double points) - Under 23 World Cups and Continental Championship (points allocated to senior rankings).
- CX5.3.12.4. Band 2 (single points) - Category 1 UCI Race for Elite riders.
- CX5.3.12.5. Band 3 (single points) - Other UCI Race for Elite, Under 23 or Junior riders.
- CX5.3.13. For the purpose of Team awards and Team classification, six weeks must elapse before a rider changing Club or Team can qualify as a counting member of their new Club or Team.
- CX5.3.14. Licence Points shall not be carried from one Year to another.

CX6. OFFICIALS

- CX6.1. At least two Commissaires shall be appointed to officiate at all Events, one of whom shall be appointed as the Chief Commissaire.
- CX6.2. The Chief Commissaire for an Event must not be the Organiser, a member of the organising Club or related to the Organiser.

CX7. INFRINGEMENTS

- CX7.1. The relevant penalty or penalties for infringements are outlined in Appendix CX1.

CX8. GENERAL COMPETITION PROVISIONS

CX8.1. Equipment Pits

- CX8.1.1. Servicing and changing of cycles shall only be allowed in the Equipment Pits. In Races for Under 12s, no servicing or changing of equipment is allowed.
- CX8.1.2. The provision of Equipment Pits is obligatory in all Races except those for Under 12s, Go-Cross or as One Bike Events. Where a One Bike Race forms part of a wider Event, riders in that Race may not use the Equipment Pits or enter the Pit Lane.

- CX8.1.3. In Category C Events, one or two Equipment Pit areas must be provided. In Category B Events and above two single Equipment Pits, or one double Equipment Pit pursuant to CX8.1.5, must be provided.
- CX8.1.4. Movement is permitted between Equipment Pits, but at no time must a pit attendant obstruct riders while changing pit areas.
- CX8.1.5. If, during each lap, riders pass two points sufficiently close to each other, just one Equipment Pit - known as a double Equipment Pit - may be set up at that point.
- CX8.1.6. Any riders who have passed the entrance of the Equipment Pit may turn around and use that entrance, ensuring that they do not impede any other riders when doing so.
- CX8.1.7. Any rider passing the pit flag marking the exit of the Equipment Pit must continue on the course until reaching the next pit area.
- CX8.1.8. A rider must only enter the Pit Lane with the intention of changing a cycle or wheel or receiving mechanical assistance.
- CX8.2. Riders should be called up to the start line in a pre-determined order. Riders who miss their call up shall be relegated to the next grid row.
- CX8.3. All Races must be started by an audible or visual signal. Audible signals must be started from a point not visible to riders. No indication must be given to riders of the passing of seconds immediately before the start.
- CX8.4. Riders found to be causing false starts may be penalised by the Chief Commissaire. The method of stopping a false start shall be defined by the Start Official during the pre-race instructions.
- CX8.5. Riders must start with the front wheel behind the start line and with at least one foot on the ground.
- CX8.6. Riders must not receive assistance at the start, or during the Event, other than under the provisions of CX8.1.
- CX8.7. Refreshments must not be provided to riders at any point during the Event unless permitted by the Chief Commissaire.

CYCLO-CROSS TECHNICAL REGULATIONS

- CX8.8. Any rider deliberately leaving the course shall be deemed to have retired from the Event. Where a rider accidentally leaves the course, they shall re-join it at the point they left it.
- CX8.9. No rider shall cover any part of the course without their cycle.
- CX8.10. When being lapped or overtaken by a faster rider from another category, the rider being overtaken must be prepared to surrender the racing line (where safe and practical).
- CX8.11. The race duration for the lead rider should last as close as possible to:
- CX8.11.1. 60 minutes for Senior male riders when riding alone or with other categories;
- CX8.11.2. 50 minutes for Under 23 male riders when riding alone;
- CX8.11.3. 40 minutes for Senior female, Junior and Veteran riders when riding alone or amongst themselves;
- CX8.11.4. 30 minutes for Youth riders; and
- CX8.11.5. 10 to 15 minutes for Under 12 riders.
- CX8.12. Course Signals
- CX8.12.1. The number of laps to go is determined by the time of the first rider who has ridden two full laps. Beginning with the third lap, the number of laps to go shall be shown on a board at the finish line. The last lap is signalled by the ringing of a bell. The end of the Race is signalled by a black and white chequered flag.
- CX8.12.2. In official training and during Competition, Marshals shall wave a yellow flag and sound the whistle to indicate a potential hazard on the course. Riders observing a yellow flag must reduce speed and proceed with caution.
- CX8.12.3. On the instructions of the Chief Commissaire, Marshals shall wave a red flag and sound the whistle to indicate a serious incident on the course which warrants the stopping of the Race. Riders observing a red flag must stop immediately and await instructions from an Official.

CX9. BRITISH NATIONAL CHAMPIONSHIPS

- CX9.1. British National Championships shall be open to Silver and Gold Members who are citizens of the United Kingdom and dependent Territories, the Isle of Man, or the Channel Islands. Riders must hold a valid UCI-recognised Racing Licence showing the rider nationality as "GBR" which has been issued at least 28 days prior to the Event. If resident in another country the rider must hold a United Kingdom passport and must not, in the same Year, have competed in the national championship of any other UCI affiliated national federation.
- CX9.2. The list of entries shall be published as soon as practicable after the advertised closing date. After the list of entries has been published, no further entries shall be accepted.
- CX9.3. Where the number of entrants is lower than three, a British National Championship may not be held. For British National Championships restricted by age categories, after the entries have closed the Federation may choose to combine one or more adjacent categories to create a new British National Championship Event where the number of entries exceeds this limit.
- CX9.4. If a British National Championship is held, jerseys and medals shall be presented as follows:

AGE CATEGORY	NUMBER OF ENTRIES	MEDALS	JERSEY
Under-12 Youth Youth Under-14 Junior	3 or more	Gold, silver and bronze	Winner
	2	Gold and silver	Winner
	1	Gold	Winner
Senior Under-23 Veteran Vet 40 Vet 45 Vet 50 Vet 55 Vet 60 Vet 65 Vet 70+	4 or more	Gold, silver and bronze	Winner
	3	Gold and silver	Winner
	2	Gold	Winner
	1	None	None

CX10. HOME COUNTRY AND REGIONAL CHAMPIONSHIPS

- CX10.1. *INTENTIONALLY LEFT BLANK*

APPENDIX CX1

Sanctions and Penalties Guidance

Pursuant to G8.1, at their discretion, Commissaires may impose a penalty or penalties upon Members (or participants in Events) for infringements of these Technical Regulations. In exercising this discretion, Commissaires must take into account the nature of the infringement and the category of Event concerned.

The following tables shall be used by Commissaires as a guide to the penalty or penalties appropriate for any relevant infringements. Where one or more penalties may be applied to an infringement, the Commissaire shall, using their discretion, decide which is the most appropriate penalty (or penalties).

General infringements

INFRINGEMENTS		NATIONAL EVENTS	REGIONAL/CLUB EVENTS
1	Failure to correctly register and/or sign on	Verbal warning, fine of at least £30 and/or Disqualification	Verbal warning, fine of at least £20 and/or Disqualification
2	Use of inappropriate or non-regulation cycle, clothing, or equipment	Fine of between £50 and £100, start refused, Disqualification and/or referral to Disciplinary Officer	Fine of between £25 and £100, start refused, Disqualification and/or referral to Disciplinary Officer
3	Prohibited/non-regulation assistance, equipment exchange, refreshment	Fine of between £50 and £100 and/or Disqualification	Fine of between £25 and £100 and/or Disqualification
4	Continuing in an event after being withdrawn, or failure to complete a course	Time penalty, Relegation, Disqualification and/or fine of up to £100	Time penalty, Relegation, Disqualification and/or fine of up to £50
5	Disobeying an Official's instructions	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50
6	Dangerous riding and/or compromising the safety of another Participant.	Fine of between £50 and £100, referral to Disciplinary Officer and/or Disqualification	Fine of between £25 and £50, referral to Disciplinary Officer and/or Disqualification
7	Conspiring, cheating or collusion to pre-determine or alter a result/placing	Disqualification, fine of £100 and referral to Disciplinary Officer	Disqualification and referral to Disciplinary Officer
8	Non-return of number/transponder/or any other equipment	Fine of £50 plus cost of item	Fine of £25 plus cost of item
9	Failure to attend official ceremonies	Forfeiture of prizes or fine of £100 and forfeiture of prizes	Forfeiture of prizes or fine of £50 and forfeiture of prizes
10	Breach of the British Cycling Code of Conduct	Referral to Disciplinary Officer, Disqualification and/or fine of £50	Referral to Disciplinary Officer, Disqualification and/or fine of £50
11	Conduct that may bring the sport into disrepute	Referral to Disciplinary Officer or fine of between £20 and £100 and referral to Disciplinary Officer	Referral to Disciplinary Officer or fine of up to £100 and referral to Disciplinary Officer

CYCLO-CROSS TECHNICAL REGULATIONS

Cyclo-Cross infringements

INFRINGEMENTS		SANCTION OR PENALTY
1	Appearance at the start of a race with a cycle that does not comply with the Technical Regulations	See NOTE 1 below
2	Use of a cycle that does not comply with the Technical Regulations	See NOTE 1 below
3	Presentation at the start with non-compliant clothing	See NOTE 1 below
4	Use of non-compliant clothing during an Event	See NOTE 1 below
5	Rider at the start without helmet	See NOTE 1 below
6	Rider taking off helmet during the Race	See NOTE 1 below
7	Use of forbidden onboard technology device without Federation permission	See NOTE 1 below
8	Body number, shoulder number, bicycle number or frame number modified or not positioned in accordance with the Technical Regulations	See NOTE 1 below
9	Rider failing to respect the starting order	See NOTE 1 below
10	Irregular change of equipment	Disqualification
11	Passing through the Pits without changing equipment	See NOTE 1 below
12	Rider continuing in the Race after having been lapped	See NOTE 1 below
13	Unauthorised feeding outside the Feed / Technical Zone	Disqualification
14	Deliberate deviation from the Race route, attempting to be placed without having covered the entire Race route by cycle	See NOTE 1 below
15	Unintentional detour from the Race route constituting an advantage	See NOTE 1 below
16	Training outside training time during the Event and when course stated as "closed" on the Event schedule	See NOTE 1 below
17	Failure to wear the race leader's jersey	See NOTE 1 below
18	Non-compliant clothing during podium ceremony	See NOTE 1 below
19	Insult, threats, inappropriate behaviour <i>Repeated infringements</i>	See NOTE 1 below <i>Disqualification and referral to Disciplinary Officer</i>
20	Act of violence <i>Serious cases</i>	Disqualification and Exclusion <i>Referral to Disciplinary Officer</i>
21	Unauthorised mechanical assistance outside of the technical zone	See NOTE 1 below

1. Penalties can be imposed according to the nature of the infringement and one or more of the following can be used:
 - a. Verbal warning;
 - b. Written warning;
 - c. Fine (Minimum £20.00);
 - d. Relegation of position (by one or more positions);
 - e. Time or points penalty;
 - f. Disqualification; and
 - g. Referral to Disciplinary Officer.

APPENDIX CX2

Events shall be awarded Category A status if they meet the following minimum requirements:

1. Visible and unambiguous course marking
2. Toilet facilities
3. Publication of full results
4. Covered changing accommodation
5. Hot showers
6. Race commentary and public address system
7. Refreshment and general spectator facilities
8. Course fully protected by tape, fencing or barriers
9. Pre-published Event technical guide (printed or digital), incorporating minimum prize list
10. Podium or formal prize presentation
11. Provision of an appropriate facility for drug testing services
12. An adequate water supply for jet wash facilities
13. Any other requirement set down by the Federation from time to time

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eRACING TECHNICAL REGULATIONS

E1. APPLICATION

- E1.1. These eRacing Regulations, together with the General Regulations, shall apply to and bind any individual who participates (whether personally or through another individual), organises or officiates in any eRacing Event.

E2. CYCLES, CLOTHING AND EQUIPMENT

E2.1. Cycles

- E2.1.1. The following cycles only are eligible for use in eRacing Events held under the Technical Regulations:

- E2.1.2. For bicycle Events - any cycle manufactured for two wheels with one-track carrying one rider.

E2.2. Clothing

- E2.2.1. Where racing clothing has been registered by a Club or Team, that racing clothing must be worn by all riders representing such Club or Team when competing in Events.

- E2.2.2. Riders must be clothed from neck to no shorter than mid-thigh in appropriate clothing for eRacing. Jerseys must be sleeved beyond the shoulder.

E2.3. Equipment

- E2.3.1. Unless explicitly specified in the Event specific regulations for a Race, riders must compete using a power meter or smart trainer, paired together with a cadence sensor and heart rate monitor.

- E2.3.2. Riders shall be responsible for following any manufacturer's specifications on maintaining the accuracy of their equipment including but not limited to conducting a spindown, zeroing or other calibration or offset procedure for power meters or smart trainers immediately prior to a Race.

- E2.3.3. Riders shall not attempt to tamper with equipment, modify any data recorded, or otherwise use any mechanical, electronic or other device which provides an unfair advantage or false result. This includes, but is not limited to, providing false calibration information, the modification of data files, and the use of third-party applications to control equipment, provide information not readily

available to other riders or otherwise interfere with the running of an Event.

E3. RIDER ELIGIBILITY AND ENTRY PROCEDURES

- E3.1. *INTENTIONALLY LEFT BLANK*

E4. AGE CATEGORIES

- E4.1. Age categories may be defined by Organisers without restriction.

E5. ABILITY CATEGORIES, EVENT CLASSIFICATION AND LICENCE POINTS

E5.1. Ability Categories

- E5.1.1. Ability categories may be defined by Organisers without restriction.

E5.2. Event Classification

- E5.2.1. Event classifications may be defined by Organisers without restriction.

E5.3. Licence Points

- E5.3.1. Federation Licence Points shall not be awarded for eRacing Events.

- E5.3.2. The Federation shall not produce British National, Home Country or Regional rankings for eRacing.

- E5.3.3. Rankings may be produced by eRacing platform providers without restriction save that no British National, Home Country or Regional rankings shall be produced for riders aged 12 or below.

E6. OFFICIALS

- E6.1. The Chief Commissaire for an Event must not be the Organiser, a member of the organising Club or related to the Organiser.

E7. INFRINGEMENTS

- E7.1. The relevant penalty or penalties for infringements are outlined in Appendix E1.

E8. GENERAL COMPETITION PROVISIONS

- E8.1. Any Remote Races need not be registered with the Federation.
- E8.2. All Live Races shall be registered in accordance with the provisions of G6.
- E8.3. All national level Events must be held using a Live Race format.

E8.4. eRacing Platforms

- E8.4.1. Any software associated with running an Event is the responsibility of the Event Platform provider and the Event Platform provider shall take all reasonable steps to ensure that any software used is free from any defects that may interrupt the running of an Event or otherwise produce an unfair result.
- E8.4.2. The Federation accepts no liability for any software defects, downtime, server disruptions, lagging or technical issues which may affect any Events. In the event that any such outcome has a material effect on the outcome of an Event, the Chief Commissaire's decision is final.
- E8.4.3. The Federation cannot be held responsible for any defect as described above which results in any loss, including the loss of prize money.
- E8.4.4. Event Platform providers shall ensure that their software generates and retains sufficient metrics and data to allow any Commissaires and/or Officials to perform their duties and ensure that any instances of alleged infringements can be investigated and acted upon. Such information shall be available to review on demand, both during and after each Race.
- E8.4.5. Event Platform providers shall take all reasonable steps to ensure the safe participation of any individual. This must include providing warning about any issues with the Event Platform that may create risk for any participant, including but not limited to the presence of flashing images, or dangers of excessive use, particularly in respect of the use by minors.

E8.4.6. Event Platform providers should use reasonable endeavours to ensure that its software is compatible with a wide range of equipment which may be used by any riders, including but not limited to turbo trainers, televisions, laptops, tablets and mobile phones. It is however ultimately a rider's responsibility to ensure that any equipment they use is compatible with the Event Platform they choose to race on.

E8.4.7. Event Platform providers may impose additional rules and regulations for use of their software, save that no such addition may conflict with the guidance, rules and regulations of the Federation.

E8.5. A rider's weight, height and any other such data used to calibrate equipment or the Event Platform shall be measured between 60 and 90 minutes before the start of a Race. Such measurements should be measured when clothed in cycling shorts and jersey.

E8.6. The Federation reserves the right to verify any performances. Riders that produce an unverifiable, unusual, inconsistent or unrealistic result shall be disqualified unless the rider can provide to the Federation evidence demonstrating their ability to produce similar performances in other events.

E8.7. Where an Organiser provides any equipment for an Event, all such equipment must be the same for all riders.

E8.8. Event Formats

E8.8.1. Event formats may be defined by Organisers without restriction. In the absence of any commentary on how an Event should be organised in the guidance, rules and regulations of the Federation, the Event Platform's regulations will be used. Unless explicitly specified in the Event specific regulations for a Race, when using Event formats that are defined for other cycling Disciplines, the applicable rules and regulations for those Disciplines shall apply.

E8.8.2. In the event of any conflict between the Event Platform's regulations and the guidance, rules and regulations of the Federation, the regulations of the Federation shall prevail.

eRACING TECHNICAL REGULATIONS

E9. BRITISH NATIONAL CHAMPIONSHIPS

- E9.1. British National Championships shall be open to Silver and Gold Members who are citizens of the United Kingdom and dependent Territories, the Isle of Man, or the Channel Islands. Riders must hold a valid UCI-recognised licence showing the rider nationality as "GBR" which has been issued at least 28 days prior to the Event. If resident in another country the rider must hold a United Kingdom passport and must not, in the same Year, have competed in the national championship of any other UCI affiliated national federation.
- E9.2. The list of entries shall be published as soon as practicable after the advertised closing date. After the list of entries has been published, no further entries shall be accepted.
- E9.3. Where the number of entrants is lower than three, a British National Championship may not be held. For British National Championships restricted by age categories, after the entries have closed the Federation may choose to combine one or more adjacent categories to create a new British National Championship Event where the number of entries exceeds this limit.
- E9.4. If a British National Championship is held, jerseys and medals shall be presented as follows:

AGE OF RIDER	NUMBER OF ENTRIES	MEDALS	JERSEY
Under-18	3 or more	Gold, silver and bronze	Winner
	2	Gold and silver	Winner
	1	Gold	Winner
18 and over	4 or more	Gold, silver and bronze	Winner
	3	Gold and silver	Winner
	2	Gold	Winner
	1	None	None

E10. HOME COUNTRY AND REGIONAL CHAMPIONSHIPS

- E10.1. *INTENTIONALLY LEFT BLANK*

APPENDIX E1

Sanctions and Penalties Guidance

Pursuant to G8.1, at their discretion, Commissaires may impose a penalty or penalties upon Members (or participants in Events) for infringements of these Technical Regulations. In exercising this discretion, Commissaires must take into account the nature of the infringement and the category of Event concerned.

The following table shall be used by Commissaires as a guide to the penalty or penalties appropriate for any relevant infringements.

General infringements

	INFRINGEMENTS	NATIONAL EVENTS	REGIONAL/CLUB EVENTS
1	Failure to correctly register and/or sign on	Verbal warning, fine of at least £30 and/or Disqualification	Verbal warning, fine of at least £20 and/or Disqualification
2	Use of inappropriate or non-regulation cycle, clothing, or equipment	Fine of between £50 and £100, start refused, Disqualification and/or referral to Disciplinary Officer	Fine of between £25 and £100, start refused, Disqualification and/or referral to Disciplinary Officer
3	Prohibited/non-regulation assistance, equipment exchange, refreshment	Fine of between £50 and £100 and/or Disqualification	Fine of between £25 and £100 and/or Disqualification
4	Continuing in an event after being withdrawn, or failure to complete a course	Time penalty, Relegation, Disqualification and/or fine of up to £100	Time penalty, Relegation, Disqualification and/or fine of up to £50
5	Disobeying an Official's instructions	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50
6	Dangerous riding and/or compromising the safety of another Participant.	Fine of between £50 and £100, referral to Disciplinary Officer and/or Disqualification	Fine of between £25 and £50, referral to Disciplinary Officer and/or Disqualification
7	Conspiring, cheating or collusion to pre-determine or alter a result/placing	Disqualification, fine of £100 and referral to Disciplinary Officer	Disqualification and referral to Disciplinary Officer
8	Non-return of number/transponder/or any other equipment	Fine of £50 plus cost of item	Fine of £25 plus cost of item
9	Failure to attend official ceremonies	Forfeiture of prizes or fine of £100 and forfeiture of prizes	Forfeiture of prizes or fine of £50 and forfeiture of prizes
10	Breach of the British Cycling Code of Conduct	Referral to Disciplinary Officer, Disqualification and/or fine of £50	Referral to Disciplinary Officer, Disqualification and/or fine of £50
11	Conduct that may bring the sport into disrepute	Referral to Disciplinary Officer or fine of between £20 and £100 and referral to Disciplinary Officer	Referral to Disciplinary Officer or fine of up to £100 and referral to Disciplinary Officer

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MOUNTAIN BIKE TECHNICAL REGULATIONS

M1. APPLICATION

- M1.1. These Mountain Bike Regulations, together with the General Regulations, shall apply to and bind any individual who participates (whether personally or through another individual), organises or officiates in any Mountain Bike Event.

M2. CYCLES, CLOTHING AND EQUIPMENT

M2.1. Cycles

- M2.1.1. The following cycles only are eligible for use in Mountain Bike Events held under the Technical Regulations:
- M2.1.1.1. For bicycle Events - any two-wheeled one-track cycle carrying one rider.
- M2.1.2. Any cycle used in Mountain Bike Events held under the Technical Regulations must operate wholly through the motive power of its rider.
- M2.1.3. Handlebar ends must be plugged, not merely covered by tape, and other projections shall be protected as far as possible.
- M2.1.4. All cycles used in Mountain Bike Events must have brakes on both wheels, except in Pump Track Racing where only a rear brake is required as a minimum.

M2.2. Clothing

- M2.2.1. Where racing clothing has been registered by a Club or Team, that racing clothing must be worn by all riders representing such Club or Team when competing in Events.
- M2.2.2. Riders must be clothed from neck to no shorter than mid-thigh in appropriate clothing for Mountain Bike. Jerseys must be sleeved beyond the shoulder.
- M2.2.3. Except in British National Events, Youth riders and those who do not hold Racing or Day Licences are permitted to wear any suitable clothing whilst competing.
- M2.2.4. For Downhill, Four Cross and Dual Slalom Events, the Federation strongly recommends that riders also wear the following protection:
- M2.2.4.1. Back, elbow, knee and shoulder protection made of rigid materials;

- M2.2.4.2. Protection for the nape of the neck and the cervical vertebrae;
- M2.2.4.3. Padding on shins and thighs;
- M2.2.4.4. Full-length trousers made from rip-resistant material incorporating protection for the knees and calves, or broad-cut shorts made from rip-resistant material plus knee and calf protectors with a rigid surface;
- M2.2.4.5. Long sleeved jersey; and
- M2.2.4.6. Full finger gloves.

M2.3. Equipment

- M2.3.1. All accessories must be securely fastened and any equipment that is not essential for racing purposes must be removed.
- M2.3.2. All riders shall be issued with a front number plate which must be secured to the front of the cycle. The number must be displayed at all times (including in any practice sessions) before a rider is permitted to ride on the course.
- M2.3.3. The dimensions of all front number plates must not exceed 18cm by 18cm. The figures on the number plates must have a minimum height of 8 cm, be legible and of uniform width. The number plates must be waterproof, must not be cut, folded or otherwise altered in any way and, where applicable, displayed in accordance with an Event's race manual.
- M2.3.4. The space above and below the race number may be used for advertising. Only the Organiser or the Federation may place advertising on the front number plate. Any such advertising must not exceed 6cm in height.
- M2.3.5. The use of headphones, earpieces or any other communication devices by riders in Events, including during training, is prohibited.
- M2.3.6. A full-face helmet is compulsory for Downhill, Four Cross and Dual Slalom. The helmet must be properly secured in both training and racing and must be fitted with a visor.

M3. RIDER ELIGIBILITY AND ENTRY PROCEDURES

- M3.1. A Racing Licence must be held in order to compete in any British National Championships, other national level Events, to

MOUNTAIN BIKE TECHNICAL REGULATIONS

qualify for medals at Regional and Home Country Championships and to qualify for British National ranking points from any Event sanctioned by the Federation.

M4. AGE CATEGORIES

M4.1. The following age categories for participating in Events shall apply:

AGE CATEGORIES	AGE
Under 12	To 31 December of year of 12th birthday
Juvenile	From 1 January in year of 13th birthday to 31 December in year of 14th birthday
Youth	From 1 January in year of 15th birthday to 31 December in year of 16th birthday
Junior	From 1 January in year of 17th birthday to 31 December in year of 18th birthday
Under 23	From 1 January in year of 19th birthday to 31 December in year of 22nd birthday
Senior	From 1 January in year of 19th birthday
Master	From 1 January in year of 30th birthday to 31 December year of 39th birthday (Downhill & 4X only)
Veteran	From 1 January in year of 40th birthday to 31 December year of 49th birthday
Grand Veteran	From 1 January in year of 50th birthday to 31 December year of 59th birthday
Super Veteran	From 1 January in year of 60th birthday onwards

M4.2. In British National Championships and British National Series Events, riders in Junior, Master or Veteran or categories may only ride in Senior or ability category Races on the agreement of the Federation.

M4.3. Riders participating in competitive Races classified as Cross Country Endurance or Marathon (XCM) must be in their 19th year or older. Junior riders may participate in Races up to a maximum distance of 25km or which are planned to be no more than two hours duration, whichever is greater.

M4.4. Licensed 4X riders in their 12th year or older may request dispensation from the Federation to compete in the next higher age or ability category.

M4.5. Licensed MTB DH riders in their 12th year may request dispensation from the Federation to compete in the Juvenile category.

M5. ABILITY CATEGORIES, EVENT CLASSIFICATION AND LICENCE POINTS

M5.1. Ability Categories

M5.1.1. *INTENTIONALLY LEFT BLANK*

M5.2. Event Classification

M5.2.1. The following categories are recognised: Juvenile, Youth, Junior, Elite, Expert, Sport (XCO only), Master (DH and 4X only), Veteran, Grand Veteran, Super Veteran (XCO only).

M5.2.2. In Downhill, unless otherwise authorised by the Federation, all ranking Events must offer the following categories, but not be limited to:

M5.2.2.1. Male: Juvenile, Youth, Junior, Senior, Expert, Elite, Master, Veteran and Grand Veteran; and

M5.2.2.2. Female: Under 19 (Juvenile, Youth, Junior) and Over 18 (Senior, Elite, Master, Veteran, Grand Veteran).

M5.2.3. Any category with three or more entries at the point of pre-entry closing must run.

M5.3. Licence Points

M5.3.1. Licence Points gained in ranking Events shall be utilised to determine the British National rankings calculated in accordance with the following:

M5.3.1.1. International A Double points: Olympic Games, Senior World Championships, Junior World Championships;

M5.3.1.2. International B Single points: World Cup and Senior Continental Championships, Under 23 World Championships (XC only), Junior Continental Championships;

M5.3.1.3. National A Double points: British National Championships (other than Under 23 XC), Under 23 Continental Championships (XC only), Masters Continental Championships;

M5.3.1.4. National B Single points: British National Series, British National Under 23 XC Championship, Other UCI classified events at elite level, Master World Championships;

MOUNTAIN BIKE TECHNICAL REGULATIONS

- M5.3.1.5. Regional A Double points: Home Country/ Regional Championships, Single points: Designated Home Country/Regional Series Events, Sport Race at British National XC Championships;
- M5.3.1.6. Regional B Other Regional level ranking Events, Short Course DH events; and
- M5.3.1.7. Regional C Eligible Short Course XC Events.
- M5.3.2. Rankings are produced for both male and female riders in Cross Country Olympic (XCO), Downhill Individual (DHI) and Four Cross (4X) disciplines.
- M5.3.3. A rider's best eight performances count towards their ranking.
- M5.3.4. Cross Country
- M5.3.4.1. Where separate Events/starts are arranged, points are awarded to riders of both genders in each of the following categories: Juvenile, Youth, Junior, Senior Elite, Senior Expert, Senior Sport, Veteran (40-49), Grand Veteran (50+), and Super Veteran (60+). Ranking points are not awarded for single speed, hardtail, fat bike or other such category Races; and
- M5.3.4.2. For British National Senior Championships, British National Under 23 Championships, and for Home Country/Regional B & C Events where Senior riders are amalgamated into one Race, only one set of points shall be awarded. The ability categories shall not be separated, but riders shall receive points in their own ability category.
- M5.3.5. Downhill
- M5.3.5.1. For the British National Championships, Expert and Elite are combined as one category (Senior Championships) but shall be separated for points so that the top 40 Elites and top 40 Experts all receive points. All Senior riders wishing to gain ranking points must race the Senior Non-Championships Race.
- M5.3.5.2. The Downhill ranking season commences on 1 January and ends on 30 October. There shall be no ranking Events in November and December unless exceptional circumstances dictate otherwise.



MOUNTAIN BIKE TECHNICAL REGULATIONS

M5.3.6. Licence Points are awarded as follows:

Position	International	National	Regional A	Regional B	Regional C	Position	International	National	Regional A	Position	International
1st	300	150	60	40	20	21st	90	26	10	41st	26
2nd	260	125	50	34	18	22nd	85	24	9	42nd	24
3rd	220	110	45	30	16	23rd	80	22	8	43rd	23
4th	200	100	40	26	14	24th	75	20	7	44th	22
5th	190	90	36	23	12	25th	70	18	6	45th	21
6th	180	80	32	20	10	26th	65	16	5	46th	20
7th	170	70	28	18	9	27th	60	14	4	47th	19
8th	160	65	26	16	8	28th	55	12	3	48th	18
9th	150	60	24	14	7	29th	50	10	2	49th	17
10th	145	55	22	12	6	30th	48	8	1	50th	16
11th	140	50	20	10	5	31st	46	7		51st	15
12th	135	47	19	9	4	32nd	44	6		52nd	14
13th	130	44	18	8	3	33rd	42	5		53rd	13
14th	125	41	17	7	2	34th	40	4		54th	12
15th	120	38	16	6	1	35th	38	4		55th	11
16th	115	36	15	5		36th	36	3		56th	10
17th	110	34	14	4		37th	34	3		57th	9
18th	105	32	13	3		38th	32	2		58th	8
19th	100	30	12	2		39th	30	2		59th	7
20th	95	28	11	1		40th	28	1		60th	6*

M5.3.7. Licence Points shall not be carried from one Year to another.

M6. OFFICIALS

M6.1. At least one Commissaire shall be appointed to officiate at all Events (save for "Go" Events). Dependent upon the nature of the Event, the Federation may determine that additional Commissaires are required.

M6.2. The Chief Commissaire for an Event must not be the Organiser, a member of the organising Club or related to the Organiser.

M7. INFRINGEMENTS

M7.1. The relevant penalty or penalties for infringements are outlined in Appendix M1.

M7.2. When an infringement is committed, the Chief Commissaire shall inform the rider or the rider's representative of the penalty.

M8. GENERAL COMPETITION PROVISIONS

M8.1. An Organiser may determine specific rules for an Event but these must not conflict with these Technical Regulations. All such specific rules together with any possible last-minute changes to Event procedures must be advertised and made known to the riders before the start of their Race.

M8.2. Safety systems, including first aid and evacuation arrangements, shall be installed in order to give assistance to all riders at all points of the course with the least possible delay.

M8.3. Only essential vehicles of the organisation, security, safety and the media where applicable, are permitted access to the course.

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- M8.4. The Event course shall be finalised before the start and each rider must have access to a map of the course when signing on.
- M8.5. The list of riders must be finalised before the Race starts and shall record the Team, category, type of Race, distance, start time and, if appropriate, the start order.
- M8.6. Only riders displaying a valid number plate on the front of their cycle, their coaches and Officials wearing a helmet shall be allowed onto the course during official training periods.
- M8.7. Wherever practical, all Events shall be subject to a start order based upon Series, British National or other appropriate ranking lists.
- M8.8. At mass start events a briefing shall be given to all starters on the line.
- M8.9. Riders who jump the start may be penalised. The Starter has the discretion to declare a false start and restart the Race if any riders have been placed at a disadvantage.
- M8.10. No training is permitted on the course while a Race is in progress.
- M8.11. Riders must not take any shortcuts, omit any sections of the course or act in a similar manner.
- M8.12. Riders who exit the course for any reason must return to the course at the exact same point from which they exited.
- M8.13. Riders must not receive any Technical Assistance along the course from anybody, including other riders, other than as permitted by M11.6.
- M8.14. A rider may only change their cycle between Races or stages.
- M8.15. When being lapped or overtaken by a faster rider from another category, the rider being overtaken must be prepared to surrender the racing line (where safe and practical).
- M8.16. Riders must not attempt to ride the "A" Lines unless confident in their ability to safely complete these sections.
- M8.17. The rider must avoid polluting the area and must not leave any waste or litter.
- M8.18. The Organiser shall provide enough Marshals to ensure the safety of riders and spectators during competition and official training sessions. A Chief Marshal shall be appointed to co-ordinate marshal activities and liaise with the Organiser and Chief Commissaire.
- M8.19. All designated crossing points must be supervised by at least one Marshal. At crossing points where significant use is anticipated, Marshals shall be deployed on both sides of the course.
- M8.20. In areas identified by the Risk Assessment, the course must be taped off with two parallel lengths of tape to create a Security Zone between the course boundary and spectator area. No persons shall be allowed in the Security Zone. For any potentially dangerous obstacles such as walls, tree stumps, or tree trunks, hay bales or padding must be used to adequately protect the riders. Nets or mesh fencing with openings greater than 5 cm x 5 cm must not be used.
- M8.21. Any wooden bridges or ramps must be covered with a non-slip surface, such as carpet, roofing felt or anti-slip paint.

M9. BRITISH NATIONAL CHAMPIONSHIPS

- M9.1. British National Championships shall be open to Silver and Gold Members who are citizens of the United Kingdom and dependent Territories, the Isle of Man, or the Channel Islands. Riders must hold a valid UCI-recognised licence showing the rider nationality as "GBR" which has been issued at least 28 days prior to the Event. If resident in another country the rider must hold a United Kingdom passport and must not, in the same Year, have competed in the national championship of any other UCI affiliated national federation.
- M9.2. The list of entries shall be published as soon as practicable after the advertised closing date. After the list of entries has been published, no further entries shall be accepted.
- M9.3. Where the number of entrants is lower than three, a British National Championship may not be held. For British National Championships restricted by age categories, after the entries have closed the Federation may choose to combine one or more adjacent categories to create a new British National Championship

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Event where the number of entries exceeds this limit.

- M9.4. If a British National Championship is held, jerseys and medals shall be presented as follows:

AGE CATEGORY	NUMBER OF ENTRIES	MEDALS	JERSEY
Under-12	3 or more	Gold, silver and bronze	Winner
Juvenile			
Youth			
Junior	2	Gold and silver	Winner
Under-23	4 or more	Gold, silver and bronze	Winner
Senior			
Master			
Veteran			
Grand Veteran	3	Gold and silver	Winner
Super Veteran	2	Gold	Winner
Super Veteran	1	None	None

- M9.5. There shall be no separate Sport or Expert British National Championship racing as these are not Championship categories. To enable riders to score Licence Points, Expert and Elite riders are combined as one category.

- M9.6. Cross Country and Downhill British National Championships Organisers are encouraged to promote non-championship Events for Sport/ Senior category riders. The category shall be eligible for Federation ranking points. Sport/ Senior riders wishing to race the Championship category can do so but shall be ineligible for Federation ranking points.

- M9.7. The British National Champion's jersey must be worn during racing and on the podium at all British National and international events other than when the rider competes as a member of a British representative team, i.e. Olympic, World or European Championship events. The only other exception shall be if the British National Champion wins the leader's jersey of a Stage Race, particular international competition or series, or the World or Olympic Champion's jersey.

- M9.8. As an alternative to the standard British National Champion jersey design, British National Champions in Downhill and Four Cross have the option of wearing a jersey with the left arm sleeve representing the Union Jack. No advertising is permitted on that left arm sleeve. Apart from the left arm sleeve the remaining

spaces (e.g. front, back and right arm sleeve) are left at the disposal of the riders for their usual sponsors.

M10. HOME COUNTRY AND REGIONAL CHAMPIONSHIPS

- M10.1. *INTENTIONALLY LEFT BLANK*

M11. SPECIFIC COMPETITION PROVISIONS – CROSS COUNTRY

M11.1. Competition Types

- M11.1.1. Cross Country Olympic: XCO

- M11.1.1.1. Each lap shall be between four and six km in length in British National and international events or 16 to 21 minutes in duration for the leading Elite men. The lap length may be extended to a maximum of 9 km for other Events. The number of laps to be completed shall vary from category to category.

- M11.1.1.2. The optimum duration for a Cross Country Olympic Event shall be within the below listed ranges (in hours and minutes) or as close as possible to them. In the event of very severe weather conditions, the Chief Commissaire shall aim for a race time as close as possible to the minimum time. The times apply to the winning rider in each category. In British National Events the UCI time limits shall apply.

	MINIMUM	MAXIMUM
Under 12		0:30
Juvenile Men	0:30	1:00
Juvenile Women	0:30	1:00
Youth Men	0:30	1:00
Youth Women	0:30	1:00
Junior Men	1:00	1:30 (1:15*)
Junior Women	1:00	1:30 (1:15*)
Senior Men Under 23	1:15	1:45 (1:30*)
Senior Women Under 23	1:15	1:45 (1:30*)
Senior Men Elite	1:30	2:00
Senior Women Elite	1:30	2:00
Masters Men	1:15	1:45
Masters Women	1:15	1:45
Veteran Men	1:15	1:45
Veteran Women	1:15	1:45

**max time under UCI regulations*

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M11.1.2. Cross Country Endurance and Marathon: XCM

M11.1.2.1. Cross Country Endurance includes any cross country Race scheduled for a race time of two hours or more but falling outside the definition of a Stage Race. Individuals and Teams may participate in these Events. The format of the Event may be defined by a specific distance or by the number of laps to be completed in a predetermined period of time.

M11.1.2.2. The classic Cross Country Marathon format, including British National Championships, shall be a minimum distance of 60km. The Race may be run over a single lap or multiple laps.

M11.1.3. Cross Country Point to Point: XCP

M11.1.3.1. Any Cross Country mass start endurance Race starting in one location and finishing elsewhere. The course should be a minimum of 25 km.

M11.1.4. Cross Country Short Circuit: XCC

M11.1.4.1. Any Event using a lap length below the Olympic format minimum of 4 km, with a maximum Race duration of 60 minutes for Junior and Senior riders. The lap length and Race duration may be reduced for younger riders. The start and finish shall be in the same area.

M11.1.4.2. For Cross Country Short Circuit Races of less than 15 minutes in duration a maximum number of riders may be set. Where required, a system of heats and Final may be employed.

M11.1.5. Cross Country Eliminator: XCE

M11.1.5.1. A series of short lap Races run over a course of less than one kilometre and contested by heats of up to six riders, with the leading riders progressing to the next round. The format employed by the UCI shall be used, unless otherwise agreed by the Federation.

M11.1.6. Cross Country Time Trial: XCT

M11.1.6.1. Any Event where riders are set off individually or in Teams and timed over a set distance. When part of a Stage Race, the distance should not exceed 15 km.

M11.1.7. Cross Country Team Relay: XCR

M11.1.7.1. A competition between Teams of two or more riders, each completing one lap or eliminator type course.

M11.1.8. Cross Country Stage Race: XCS

M11.1.8.1. An event judged on total time or points resulting from two or more stages which may be of the same or differing cross country disciplines. Riders must complete each stage according to the specific procedures for the Event in order to be eligible for the next stage.

M11.2. The Course

M11.2.1. The course for a cross country Race shall include a variety of terrain such as roads, forest tracks, fields and earth or gravel paths. Paved, tarred or asphalt roads should not exceed 15% of the total course. Extended single-track sections must have periodic passing sections.

M11.2.2. It must be possible to ride the whole course on a cycle regardless of the terrain and weather conditions. Brief and unavoidable dismounts may be approved by the Chief Commissaire.

M11.2.3. Where Cross Country and Downhill disciplines are part of the same Event, their respective courses should not overlap. If this cannot be achieved, exclusive training periods must be allocated on each course.

M11.2.4. In areas where there are steep or potentially hazardous downhill sections, the course must be additionally marked with plastic fence posts or ski slalom gates (PVC piping) or similar, 1.5 to 2 metres high. For Downhill and 4X course design, plastic fence posts must not be used. Only ski slalom gates (PVC piping) or similar are permitted.

M11.3. Start and Finish

M11.3.1. The start and finish lines must be clearly marked with a temporary paint that can withstand all weather conditions. Where start or finish banners are used, they must be placed immediately above the line with a minimum clearance of 2.6 metres and cover the whole width of the line.










M11.3.2. The start zone for mass start events should be at least 6 metres wide for a minimum distance of 30 metres before and 100 metres after the start line. It must be on a flat or uphill section of the course and the first narrowing after the start must allow the riders to pass easily.

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- M11.3.3. The finish zone for mass start events should be at least 4 metres wide for a minimum distance of 50 metres before and 20 metres after the finish line. It must be on a flat or uphill section of the course.
- M11.3.4. The course should be secured before and after the start and finish lines for a minimum of 50 metres. Barriers must be used where available and are obligatory for British National Events. The start and finish zones must be free of obstacles.
- M11.3.5. Prior to the start of a mass start event a tape or ribbon shall be held across the start line, behind which the riders shall line up when called. The tape or ribbon shall be raised 30 seconds before the start.
- M11.3.6. For mass start events, the time remaining to the start for the first wave shall be announced at 1-minute intervals, commencing at a minimum of 2 minutes to go and a maximum of 5 minutes, then at 30 seconds and 15 seconds. For subsequent waves, the countdown must be a minimum of 30 seconds. For subsequent waves, no countdown announcement shall be given when there are less than 15 seconds remaining. The Starter shall start the Race at a random time after the 15-second-announcement.
- M11.3.7. Mass start events shall be started by an audible signal such as a pistol or whistle.
- M11.3.8. For Events with multiple start waves, additional countdowns shall take place. These countdowns shall not overlap.
- M11.3.9. In Cross Country Olympic format events, when the race leader of a category finishes the Race, all other riders in the same category shall also finish their Race when they next cross the finish line. They shall be awarded their race position and, where appropriate, be classified according to the number of laps down on the winner.

M11.4. Course Marking

M11.4.1. Replicas of the following signs must be used:

STRAIGHT ON		CAUTION	
LEFT AT JUNCTION		RIGHT AT JUNCTION	
CAUTION – SLOW DOWN		EXTREME CAUTION	
WRONG DIRECTION		RIVER CROSSING	
BRIDGE AHEAD			

M11.4.2. The final kilometre of the Race or lap must be clearly marked by a sign indicating 1 km to go. In Marathon (XCM) format, the course/lap distance should be clearly indicated every 10 km.

M11.5. Feed/Technical Assistance Zones

- M11.5.1. Each Feed/Technical Assistance Zone must be located on flat or uphill sections which are slow and wide enough for this purpose.
- M11.5.2. For Olympic format Events one double or two single Feed/Technical Assistance Zones shall be set up. Additional zones may be required for Marathon format, dependent upon the distance of the course or lap.
- M11.5.3. Physical contact between feeders/mechanics and riders is permitted only in Feed/Technical Assistance Zones. Water bottles and food must be passed to the rider by hand by the feeder or the mechanic. The feeder or mechanic is not permitted to run alongside the rider or place water bottles on to the cycle.
- M11.5.4. The spraying of water on riders or cycles is forbidden.
- M11.5.5. No rider may turn back on the course to reach a Feed/Technical Assistance Zone. Any rider doing so shall be disqualified. Only within the Feed/Technical Assistance Zone itself may a rider turn back without obstructing other competitors.

M11.6. Authorised Technical Assistance

M11.6.1. Technical assistance during a Race is only permitted subject to the conditions below.

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M11.6.2. Authorised technical assistance during a Race consists only of repairs to or the replacement of any part of the cycle other than the frame. Cycle changes are not permitted and the rider must cross the finish line with the same handlebar number plate that they started with.

M11.6.3. Authorised technical assistance may only be given in the Feed/Technical Assistance Zones.

M11.6.4. Spare equipment and tools for repairs must be kept in the Feed/Technical Assistance Zones. Repairs and equipment changes may be carried out by the rider or with the help of a Team member, Team mechanic or neutral technical assistance. Small items such as an inner tube or a small tool may be passed to the rider from the Feed/Technical Assistance Zones.

M11.6.5. Riders may carry small tools and spare parts provided that they do not cause any risk of danger or distraction to themselves or other riders.

M11.7. Course Signals

M11.7.1. Course Marshals shall be equipped with yellow and red flags and a whistle in order to indicate race incidents.

M11.7.2. In official training and Events, Marshals shall wave a yellow flag and sound the whistle to indicate a potential hazard on the course. Riders observing a yellow flag must reduce speed and proceed with caution.

M11.7.3. On the instructions of the Chief Commissaire, Marshals shall wave a red flag and sound the whistle to indicate a serious incident on the course which warrants the stopping of the event. Riders observing a red flag must stop immediately and await instructions from an Official.

M12. SPECIFIC COMPETITION PROVISIONS – INDIVIDUAL DOWNHILL

M12.1. A time trial for an individual rider classified as either “short course” or “standard” based on the expected fastest winning time.

M12.2. A downhill course must follow a descending route. The course shall include a mixture of single track, fire road, field tracks, forest tracks and rocky tracks. There should be a mixture of rapid and slower technical sections which test the technical skills of the riders.

M12.3. A single run format must be used. This may involve one of the following systems:

M12.3.1. A system in which a qualification round leads to a Final in which the fastest time wins.

M12.3.2. A seeding run, followed by a single run by all riders based on the seeding run, with the fastest time winning;

M12.3.3. A two-run system with the fastest single time from either run counting to the result; or

M12.3.4. A training session followed by a single run is acceptable for Regional B and non-ranking Events.

M12.4. Two runs with a combined or average time is only an acceptable system at short course or non-ranking Events.

M12.5. If the Final cannot take place due to unforeseen circumstances, the qualifying round or seeding run shall determine the result.

M12.6. In Events registered with the UCI, only Junior, Senior, Expert and Elite category riders are eligible for UCI points.

M12.7. Course Design Parameters

M12.7.1. The start area must be at least one metre wide and the finish area must be of adequate width for the speed of entry and the size of the field.

M12.7.2. The finish line must be clearly marked.

M12.7.3. A braking area must be provided after the finish line which has adequate protection and is completely cordoned off from spectators. The distance between the finish line to the end of the braking area must be adequate for the speed and conditions.

M12.7.4. The minimum duration of a standard course downhill event is approximately two minutes based on the expected fastest winning time.

M12.7.5. The maximum duration of a short course downhill event is approximately 1:30 minutes based on the expected fastest winning time. There is no minimum time.

M12.7.6. If the course utilises drops that cannot be rolled down, all short course Downhill Events must have alternative routes.

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M12.8. Any transport provided as part of an Event must be capable of moving at least 100 riders per hour, with their cycles, to the top of the course.

M12.9. A radio communications system capable of covering the entire course without dead spots from start to finish is mandatory for Downhill Events.

M12.10. All riders in Downhill Events must complete at least two practice runs over the full course before their Race. It is the responsibility of the rider to ensure that this requirement is fulfilled.

M12.11. Course Signals

M12.11.1. Course Marshals shall be equipped with yellow and red flags and a whistle in order to indicate race incidents.

M12.11.2. Each Marshal shall signal the arrival of riders with a short blast on a whistle.

M12.11.3. In official training, Marshals shall wave a yellow flag and sound the whistle to indicate a potential hazard on the course. Riders observing a yellow flag must reduce speed and proceed with caution.

M12.11.4. In official training and Events, Marshals shall wave a red flag and sound the whistle to indicate a serious incident on the course which warrants the stopping of the Race. Riders observing a red flag must stop immediately and await instructions from an Official.

M13. SPECIFIC COMPETITION PROVISIONS - FOUR CROSS, DUAL SLALOM AND PUMP TRACK

M13.1. Riders shall start from a stationary position.

M13.2. Forward movement of the cycle resulting in a barge of the starting gate shall result in a penalty being awarded against the offending rider on that run. It is considered a barge when a rider causes a gate or other starting mechanism to malfunction by hitting it or by forcing it to open by leaving before the command to start.

M13.3. Breaking the gate shall result in Disqualification.

M13.4. Crossing the start line with any part of the front wheel before the official signal to start shall result in the maximum time/race position penalty for that run.

M13.5. Gate Marshals must have flags which are raised when a gate is missed or run over.

M13.6. If all riders fall or fail to finish in the same heat, the winner shall be the rider that travelled furthest down the course.

M13.7. The course must, wherever possible, be held on land with a gradual moderate slope and may include Berms, jumps, dips and table tops.

M13.8. Drop gates which can be operated simultaneously shall be used at the start line of each Event.

M13.9. Course Signals

M13.10. Course Marshals shall be equipped with yellow and red flags and a whistle in order to indicate race incidents.

M13.11. In official training, Marshals shall wave a yellow flag and sound the whistle to indicate a potential hazard on the course. Riders observing a yellow flag must reduce speed and proceed with caution.

M13.12. In official training and Events, Marshals shall wave a red flag and sound the whistle to indicate a serious incident on the course which warrants the stopping of the Race. Riders observing a red flag must stop immediately and await instructions from an Official.

M13.13. Four Cross Racing: 4X

M13.13.1. Head to head competition between a minimum of two and a maximum of four riders on a single course, which may be interspersed with flexible poles forming 'gates' that have to be negotiated. The nature of the Event is such that there shall be some measure of potential contact between riders, which shall be tolerated when the contact is in the spirit of racing, sportsmanship, and fairness to fellow competitors.

M13.13.2. Training sessions must be scheduled on the day of the Final.

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- M13.13.3. For qualification, each rider completes one timed run on the course. A qualifying system involving Motos is also acceptable.
- M13.13.4. A start list shall be prepared which must be adhered to. Riders not appearing for their start time shall not be permitted to qualify. Riders shall start on the Starter's command.
- M13.13.5. Following the qualification round the top 32 men and top 16 women (or other multiples of 8) are seeded according to their time in qualification and shall move into the main event.
- M13.13.6. The quartets shall be organised in such a way to ensure that the only time the fastest and second fastest seeded riders meet is in the Final.
- M13.13.7. The first two riders to pass the finish line, without incurring a penalty, shall move to the next round. There shall be one heat only.
- M13.13.8. The rider with the fastest qualifying time of any quartet shall choose their start position.
- M13.13.9. In addition to the Final, a further Race shall take place between the third and fourth placed riders from the penultimate round, to determine fifth to eighth place.
- M13.13.10. Riders finishing ninth onwards shall have their positions determined firstly by which round they reached and secondly by their qualifying time.
- M13.13.11. The first five metres of the course must be free of any obstacles and there may be white lines dividing the separate starting lanes. In qualification rounds, riders who cross, or ride on the white line, shall be placed last. In later rounds the penalty shall be Disqualification.
- M13.13.12. The duration of the courses shall be between 30 and 60 seconds, with the optimum being 45-60 seconds.
- M13.13.13. Riders are required to pass through each gate without running over it, i.e. both wheels of the cycle must trace a path inside each gate. During the knock-out phases any rider who misses a gate (that is not returned to and passed correctly), or who runs over a gate, shall be disqualified. If a Moto format is used, then the penalty during the Motos stage shall be to award the offending rider last place points. Clipping or dislodging a flag is not in itself considered an offence.
- M13.13.14. If deemed appropriate by the Organiser, a three or four Moto qualification event can replace the timed run before moving into the single round elimination phase.

M13.14. Dual Slalom Racing: DS

- M13.14.1. Dual Slalom Racing is contested by a maximum of two riders competing over two parallel courses interspersed with flexible poles forming 'gates' that have to be negotiated. The courses are designed to avoid the potential of contact between the two riders.
- M13.14.2. Unless authorised, training on the course is not permitted in advance of competition. The courses should only be inspected on foot prior to the commencement of racing.
- M13.14.3. Any riders training on the course with a cycle without authorisation may be subject to a penalty and Disqualification.
- M13.14.4. The two parallel courses shall be as close to identical as possible, marked with gates around which the riders ride with an average time difference of less than 5%.
- M13.14.5. Riders may be selected on a predetermined basis laid down by the Organiser or via a qualifying round. The chosen method of selection shall be advertised prior to the day of racing.
- M13.14.6. Where a qualification round is held, there is a choice of qualifying systems:
- M13.14.6.1. Each rider completes one run on the same course;
- M13.14.6.2. Each rider rides each course once and the times for the two runs are added together; and
- M13.14.6.3. A multiple number of runs on either course in a given period of time, with the rider's best run on either course counted as their qualifying time.
- M13.14.7. The seeding list shall be announced after riders present from the pre-selected entry are confirmed or after the completion of any qualifying runs. The highest ranked competitor or fastest qualifier shall be seeded against the lowest ranked or slowest qualifier, the second highest ranked or second fastest qualifier against the second lowest ranked or second slowest qualifier, and so on.

- M13.14.8. The riders shall race head-to-head on each course with the rider holding the faster combined time moving to the next round of the competition.
- M13.14.9. Any rider that misses their start time by more than two minutes after the final call shall be disqualified.
- M13.14.10. The duration of the course should be between 20 seconds and 45 seconds, with the optimal time being 30 seconds.
- M13.14.11. Alternating left and right, riders must ride around each gate, ensuring that both tyre tracks pass the outside of each gate. A missed gate (that is not returned to and passed correctly), or a run over a gate, shall result in the maximum time penalty for the rider concerned on that run.
- M13.14.12. The most a rider can lose by is the maximum time penalty which is determined for that particular course.
- M13.14.13. The maximum time penalty is calculated by taking 10% of the fastest time recorded in the qualification runs.
- M13.14.14. Where there is no qualification round, by taking 10% of the time of the fastest rider in the first round of the competition proper to that point in time. The time may be rounded out to the nearest 1/10th of a second.
- M13.14.15. If there is a tie in the combined times after two runs have been completed by both riders in a heat, the winner of the second run advances to the next round

M13.15. Pump Track Racing: PTR

- M13.15.1. Individual Race runs over a course combining Berms, jumps and other obstacles. Courses can be looped with a parallel start and finish area or point to point. The emphasis shall be on technical skills rather than pedalling. The course shall be traversed one rider at a time with the fastest riders progressing to the next round.
- M13.15.2. For qualification, each rider completes one timed run on the course. A list of start times shall be prepared which must be adhered to. Riders not appearing for their start time shall not be permitted to qualify. Riders shall start on the Starter's command.

- M13.15.3. Following the qualification round the top men and top women are seeded according to their time in qualification and shall move into the main competition starting with the slowest time.

- M13.15.4. Both wheels of the cycle must stay on the course at all times.

- M13.15.5. The course shall be a minimum of one metre wide.

M14. SPECIFIC COMPETITION PROVISIONS – OTHER

M14.1. Course Signals

- M14.1.1. Course Marshals shall be equipped with yellow and red flags and a whistle in order to indicate race incidents.

- M14.1.2. In official training and Events, Marshals shall wave a yellow flag and sound the whistle to indicate a potential hazard on the course. Riders observing a yellow flag must reduce speed and proceed with caution.

- M14.1.3. On the instructions of the Chief Commissaire, Marshals shall wave a red flag and sound the whistle to indicate a serious incident on the course which warrants the stopping of the Event. Riders observing a red flag must stop immediately and await instructions from an Official.

M14.2. Hill Climb: HC

- M14.2.1. A point to point course containing at least 80% of uphill riding. Group or individual starts are permitted. The course starts in one location and finishes in another at a higher elevation.

M14.3. Urban Races: XCU & DHU

- M14.3.1. Urban Downhill (DHU) and Cross Country (XCU) Races utilise off road, paved and asphalt surfaces and may also include man made obstacles. Events held on public roads or spaces are required to follow all relevant highway regulations and bye-laws.

- M14.3.2. Courses must be fully marked with barriers or course tape. Where spectators have access, barriers must be used.

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- M14.3.3. Additional signs must be used to direct participants to the top of the course ensuring that the safest route is utilised.
- M14.3.4. Events that take place during the hours without daylight must be lit by permanent or temporary lighting to normal street light levels.

M14.4. Mixed Competitions: MMX

- M14.4.1. Any Event which combines a series of Events, trials or tests to determine an overall classification, but which falls outside the definition of a Stage Race. Such Events may include Mountain Bike disciplines as defined in these Technical Regulations, cycle handling trials, skills tests or other formats, but all should be performed using a mountain bike-style cycle. Generally, the same cycle should be used for all elements of the competition.
- M14.4.2. Organisers wishing to run such an Event under these Technical Regulations should submit to the Federation a technical guide detailing the format and regulations of each element of the competition.

APPENDIX M1

Sanctions and Penalties Guidance

Pursuant to G8.1, at their discretion, Commissaires may impose a penalty or penalties upon Members (or participants in Events) for infringements of these Technical Regulations. In exercising this discretion, Commissaires must take into account the nature of the infringement and the category of Event concerned.

The following tables shall be used by Commissaires as a guide to the penalty or penalties appropriate for any relevant infringements. Where one or more penalties may be applied to an infringement, the Commissaire shall, using their discretion, decide which is the most appropriate penalty (or penalties).

General infringements

INFRINGEMENTS		NATIONAL EVENTS	REGIONAL/CLUB EVENTS
1	Failure to correctly register and/or sign on	Verbal warning, fine of at least £30 and/or Disqualification	Verbal warning, fine of at least £20 and/or Disqualification
2	Use of inappropriate or non-regulation cycle, clothing, or equipment	Fine of between £50 and £100, start refused, Disqualification and/or referral to Disciplinary Officer	Fine of between £25 and £100, start refused, Disqualification and/or referral to Disciplinary Officer
3	Prohibited/non-regulation assistance, equipment exchange, refreshment	Fine of between £50 and £100 and/or Disqualification	Fine of between £25 and £100 and/or Disqualification
4	Continuing in an event after being withdrawn, or failure to complete a course	Time penalty, Relegation, Disqualification and/or fine of up to £100	Time penalty, Relegation, Disqualification and/or fine of up to £50
5	Disobeying an Official's instructions	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50
6	Dangerous riding and/or compromising the safety of another Participant.	Fine of between £50 and £100, referral to Disciplinary Officer and/or Disqualification	Fine of between £25 and £50, referral to Disciplinary Officer and/or Disqualification
7	Conspiring, cheating or collusion to pre-determine or alter a result/placing	Disqualification, fine of £100 and referral to Disciplinary Officer	Disqualification and referral to Disciplinary Officer
8	Non-return of number/transponder/or any other equipment	Fine of £50 plus cost of item	Fine of £25 plus cost of item
9	Failure to attend official ceremonies	Forfeiture of prizes or fine of £100 and forfeiture of prizes	Forfeiture of prizes or fine of £50 and forfeiture of prizes
10	Breach of the British Cycling Code of Conduct	Referral to Disciplinary Officer, Disqualification and/or fine of £50	Referral to Disciplinary Officer, Disqualification and/or fine of £50
11	Conduct that may bring the sport into disrepute	Referral to Disciplinary Officer or fine of between £20 and £100 and referral to Disciplinary Officer	Referral to Disciplinary Officer or fine of up to £100 and referral to Disciplinary Officer

MOUNTAIN BIKE TECHNICAL REGULATIONS

Mountain Bike Infringements

INFRINGEMENTS		SANCTION OR PENALTY
1	Appearance at the start of a race or stage with a cycle that does not comply with the Technical Regulations	See NOTE 1 below
2	Use of a cycle that does not comply with the Technical Regulations	See NOTE 1 below
3	Presentation at the start with non-regulation clothing	See NOTE 1 below
4	Use of non-compliant clothing	See NOTE 1 below
5	Rider at the start without helmet	See NOTE 1 below
6	Rider taking off helmet during the Race	See NOTE 1 below
7	Change of cycle during Race	Disqualification
8	Use of onboard technology device without Federation permission	See NOTE 1 below
9	Rider failing to respect the starting order	See NOTE 1 below
10	Body number, shoulder number, bicycle number or frame number modified or not positioned in accordance with the regulations	See NOTE 1 below
11	Deliberate deviation from the Race route, attempting to be placed without having covered the entire Race route by cycle	See NOTE 1 below
12	Unintentional detour from the Race route constituting an advantage	See NOTE 1 below
13	Failure to respect the instructions of the Organiser or Commissaires <i>Repeated infringements</i>	See NOTE 1 below <i>Disqualification and referral to Disciplinary Officer</i>
14	Recrossing the finish line in the direction of the race while still wearing a body number and/or transponder (chip)	See NOTE 1 below
15	Unauthorised feeding outside the Feed/Technical Assistance Zone	Disqualification
16	Spraying water on riders or cycles	See NOTE 1 below
17	Irregular assistance	Relegation or disqualification
18	Assistance from a member of a different Team	Disqualification
19	Substitution for another rider	Relegation or disqualification
20	Rider turn back on the course to reach Feed/Technical Assistance Zone	See NOTE 1 below
21	Use of a means of communication	See NOTE 1 below
22	Delayed or lapped rider continuing the Race in breach of the Technical Regulations	See NOTE 1 below
23	Rider fails to return to the course	See NOTE 1 below
24	Failure to display handlebar number during training	See NOTE 1 below
25	Identification frame number modified	See NOTE 1 below
26	Altering the course	See NOTE 1 below
27	Passing through a level crossing that is closed	See NOTE 1 below
28	Irregular sprint (including obstruction and taking hands off handlebars)	Relegation or disqualification
29	Training outside training time during the event and when course stated as "closed" on the event schedule	See NOTE 1 below
30	Cutting the course – short cut	Relegation or disqualification
31	Failure to wear the race leader's jersey	See NOTE 1 below
32	Insult, threats, inappropriate behaviour <i>Repeated infringements</i>	See NOTE 1 below <i>Disqualification and referral to Disciplinary Officer</i>
33	Act of violence <i>Serious cases</i>	Disqualification and exclusion <i>Referral to Disciplinary Officer</i>
34	Jersey pulling, pushing or pulling another rider (whether given or received)	Relegation or disqualification
35	Leaning on another competitor (except in Dual/Four Cross)	Relegation or disqualification

Mountain Bike Downhill Infringements

In addition to the above General and Mountain Bike infringements guidance, Commissaires may impose the below penalty or penalties during Mountain Bike Downhill Events.

INFRINGEMENTS		SANCTION OR PENALTY
1	Rider not completing at least 2 training runs	See NOTE 1 below
2	Start training run below the start line	See NOTE 1 below

Mountain Bike Pump Track Infringements

In addition to the above General and Mountain Bike infringements guidance, Commissaires may impose the below penalty or penalties during Mountain Bike Pump Track Events.

INFRINGEMENTS		SANCTION OR PENALTY
1	False start	Time penalty
2	Not finishing in possession of the cycle	Time penalty
3	Not keeping both wheels within the course	Time penalty

Mountain Bike Dual Slalom Infringements

In addition to the above General and Mountain Bike infringements guidance, Commissaires may impose the below penalty or penalties during Mountain Bike Dual Slalom Events.

INFRINGEMENTS		SANCTION OR PENALTY
1	Changing from one course to another	Maximum time penalty
2	Interfering with the opposing rider's progress;	Maximum time penalty
3	Not finishing in possession of their cycle;	Maximum time penalty
4	Not passing both wheels around a gate;	Maximum time penalty
5	Missing a gate and going beyond the next gate;	Maximum time penalty
6	Running over a gate;	Maximum time penalty
7	Missing the last gate and going over the finish line	Maximum time penalty
8	Making a false start or barging the starting gate	Maximum time penalty

1. Penalties can be imposed according to the nature of the infringement and one or more of the following can be used:
 - a. Verbal warning;
 - b. Written warning;
 - c. Fine (Minimum £20.00);
 - d. Relegation of position (by one or more positions);
 - e. Time or points penalty;
 - f. Disqualification; and
 - g. Referral to Disciplinary Officer.

ROAD TECHNICAL REGULATIONS

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R1. APPLICATION

- R1.1. These Road Regulations, together with the General Regulations, shall apply to and bind any individual who participates (whether personally or through another individual), organises or officiates in any Road Event (which shall include all competition types referred to in these regulations).

R2. CYCLES, CLOTHING AND EQUIPMENT

R2.1. Cycles

- R2.1.1. Unless expressly authorised by the format of the competition, Events held under these Technical Regulations are restricted to cycles that are compliant with UCI Regulations. Under all circumstances, Events held under these Technical Regulations are restricted to cycles that are compliant with the following Technical Regulations.

- R2.1.2. The following cycles only are eligible for use in Road Events held under the Technical Regulations:

- R2.1.2.1. For bicycle Events - any two-wheeled one-track cycle carrying one rider;

- R2.1.2.2. For tandem bicycle Events - any two-wheeled one-track cycle carrying two riders seated one directly behind the other;

- R2.1.2.3. For tricycle Events – any three-wheeled cycle, two or more tracked, carrying one rider; the width of the track made by its wheels being at least 18 inches and having all wheels on the ground;

- R2.1.2.4. For tandem tricycle Events - any three-wheeled cycle, two or more tracked, carrying two riders seated one directly behind the other; the width of the track made by its wheels being at least 18 inches and having all wheels on the ground; and

- R2.1.2.5. For paracycling Events - tandems, tricycles and handcycles in accordance with UCI Regulations unless otherwise approved by the Federation.

- R2.1.3. Any cycle used in Road Events held under the Technical Regulations must operate wholly through the motive power of its rider(s).

- R2.1.4. Cycles used for any Road Events (save for Scottish Time Trial Events):

- R2.1.4.1. must have dropped handlebars; and

- R2.1.4.2. must not have tri-bars, arm extensions or arm pads.

- R2.1.5. Handlebar ends shall be plugged, not merely covered by tape, and other projections shall be protected as far as possible.

- R2.1.6. Cycles used for any Road Events (save for Scottish Time Trial Events) must be fitted with a freewheel and two independent brakes, with their brake levers securely fastened to the handlebars. The use of disc brakes is permitted.

- R2.1.7. Appendix R2 deals with the equipment to be used in Scottish Time Trial Events.

- R2.1.8. Youth and Junior Cycles

- R2.1.8.1. Riders shall be restricted to a maximum gear such that the distance covered per crank revolution is as shown in the following table:

CATEGORY	ROAD RACING
Junior	7.93 metres
Youth A	6.93 metres
Youth B	6.45 metres
Youth C	6.05 metres
Youth D	5.40 metres
Youth E	5.10 metres

- R2.1.8.2. Before an Event, gear checks must be performed on the equipment of all riders subject to gear restrictions. Supplementary gear checks may take place after the Event.

- R2.1.8.3. Cycles used by riders in Youth B and younger categories for any Road Events (including Scottish Time Trial Events) must:

- R2.1.8.3.1. have wheels with:

- R2.1.8.3.1.1. a maximum rim depth of 35mm; and

- R2.1.8.3.1.2. a minimum of 16 and a maximum of 40 spokes. Spokes can be round, flattened or oval but must not exceed 10mm in width; and

- R2.1.8.3.2. not have tri-bars, arm extensions or arm pads.

ROAD TECHNICAL REGULATIONS

R2.2. Clothing

- R2.2.1. Where racing clothing has been registered by a Club or Team, that racing clothing must be worn by all riders representing such Club or Team when competing in Events.
- R2.2.2. Riders must be clothed from neck to at least mid-thigh. Jerseys must be sleeved beyond the shoulder.
- R2.2.3. Save where R2.2.5 applies, riders must wear the registered design and colours of the Club, Team, Region or Home Country they are representing unless required to wear the clothing prescribed by the Event they are participating in.
- R2.2.4. Save where R2.2.5 applies, riders not representing a Club, Team, Region or Home Country must wear predominantly plain clothing free of any lettering save for the mark of the manufacturer.
- R2.2.5. Except in British National Events, Youth riders, 4th Category riders and those who do not hold Racing Licence or Day Licence are permitted to wear any suitable clothing whilst competing.

R2.3. Equipment

- R2.3.1. All accessories must be securely fastened and any equipment that is not essential for racing purposes must be removed.
- R2.3.2. In Road and Circuit Events, including Stage Races, two identification numbers (whether on a one-piece panel or not) must be worn on the body.
- R2.3.3. In Time Trial Events, single identification numbers must be worn on the body.
- R2.3.4. Identification numbers must be securely attached, not folded, obscured or altered and displayed in accordance with Organiser's instructions.
- R2.3.5. The use of non-shatterproof vessels of any kind is prohibited.

R3. RIDER ELIGIBILITY AND ENTRY PROCEDURES

- R3.1. A Racing Licence must be held in order to compete in any British National Championships, other national level Events and Home Country and Regional Championships.

R4. AGE CATEGORIES

- R4.1. The following age categories for participating in Events shall apply:

AGE CATEGORIES	AGE
Youth E - Under 8	Until 31 December in year of 8th birthday
Youth D - Under 10	From 1 January in year of 9th birthday until 31 December in year of 10th birthday
Youth C - Under 12	From 1 January in year of 11th birthday until 31 December in year of 12th birthday
Youth B - Under 14	From 1 January in year of 13th birthday until 31 December in year of 14th birthday
Youth A - Under 16	From 1 January in year of 15th birthday until 31 December in year of 16th birthday
Junior	From 1 January in year of 17th birthday until 31 December in year of 18th birthday
Senior	From 1 January in year of 19th birthday until 31 December in year of 29th birthday
Under 23	From 1 January in year of 19th birthday until 31 December in year of 22nd birthday
Master	From 1 January in year of 30th birthday who is not a member of a UCI WorldTeam or UCI ProTeam

- R4.2. The Masters category shall be sub-divided as follows:

MASTERS GROUP	AGE
Group A	30 to 34
Group B	35 to 39
Group C	40 to 44
Group D	45 to 49
Group E	50 to 54
Group F	55 to 59
Group G	60 to 64
Group H	65 to 69
Group I	70 to 74
Group J	75 to 80
Group K	80+

R4.3. Female Masters may compete in non-Championship open Masters events up to two age bands (10 years) older than their age band.

R5. ABILITY CATEGORIES, EVENT CLASSIFICATION AND LICENCE POINTS

R5.1. Ability Categories

R5.1.1. The following ability categories shall apply:

R5.1.1.1. 4th Category - any new or existing Junior or Senior Licence Holder who shall not fall within any other ability category.

R5.1.1.2. 3rd Category - any Junior or Senior Licence Holder who has gained at least 12 Licence Points during any one Year whilst being a 4th Category rider. Members are not downgraded to 4th Category once 3rd Category status has been achieved.

R5.1.1.3. 2nd Category - any Junior or Senior Licence Holder who has gained 40 Licence Points during any one Year whilst being a 3rd Category rider.

R5.1.1.3.1. To retain 2nd Category status for any subsequent Year, a rider must obtain at least 25 Licence Points from Events open to that category of rider.

R5.1.1.4. 1st Category - any Junior or Senior Licence Holder who has gained at least 200 Licence Points during any one Year whilst being a 2nd Category rider.

R5.1.1.4.1. To retain 1st Category status for any subsequent Year, a rider must obtain at least 100 Licence Points from Events open to that category of rider.

R5.1.1.5. Elite status - any Senior Licence Holder who has gained at least 300 Licence Points during any one Year whilst being an Elite or 1st Category rider.

R5.1.1.5.1. To retain Elite status for any subsequent Year, a rider must obtain at least 300 Licence Points.

R5.1.2. Junior Riders – On reaching the Junior age category, the following ability categories shall apply:

R5.1.2.1. 4th Category – any rider who has not gained any Youth category Licence Points in the previous Year.

R5.1.2.2. 3rd Category - any rider who has gained any Licence Points in Youth category Events in the previous Year.

R5.1.2.3. 2nd Category male - any rider who has achieved:

R5.1.2.3.1. a top 15 ranking in the Youth A Boys British National Circuit Race Series in the previous Year;

R5.1.2.3.2. a top 3 ranking in any Road Youth A Boys British National Championship in the previous Year; or

R5.1.2.3.3. a top 10 ranking in Youth A Boys British National Rankings in the previous Year.

R5.1.2.4. 2nd Category female - any rider who has achieved:

R5.1.2.4.1. a top 5 ranking in the Youth A Girls British National Circuit Race Series in the previous Year;

R5.1.2.4.2. a top 3 ranking in any Road or Track Youth A Girls British National Championship in the previous Year; or

R5.1.2.4.3. a top 5 ranking in Youth A Girls British National Rankings in the previous Year.

R5.1.3. Junior riders will not be eligible for Elite status.

R5.1.4. Senior riders selected for Great Britain shall be in the Elite Category in that Year and the following Year. Junior riders selected for Great Britain shall be in the 1st Category in that Year and the following Year.

R5.1.5. Riders who have changed category during the course of any Year shall start the following Year in that new category, even if they have not obtained the required number of points for the new category.

R5.1.6. Upon an application by the rider, the Chief Executive may:

R5.1.6.1. grant any status to any rider;

R5.1.6.2. grant 1st Category status to Master riders who have achieved Elite status;

ROAD TECHNICAL REGULATIONS

R5.1.6.3. authorise a Youth B rider who has gained 50 Licence Points in a Year to compete for the remainder of their time as a Youth B in Closed Road Circuit Events restricted to Youth A riders. This authorisation will not extend to British National Events, Home Country and Regional Championships.

R5.1.6.4. authorise a Youth A rider who has gained 50 Licence Points in a Year to compete for the remainder of their time as a Youth A against riders of any older category in Closed Road Circuit Events. This authorisation will not apply to British National A Events or to British National, Home Country and Regional Championships.

R5.1.7. Riders receiving authorisation under R5.1.6 shall be issued with a card by the Federation which must be produced by the rider when signing on at any relevant Events.

R5.2. Event Classification

R5.2.1. Road and Circuit Events other than those exclusively for Youth, Junior or Masters riders shall be classified as follows:

R5.2.1.1. National A (Male) – open to male Senior Elite, 1st and 2nd Category male riders.

R5.2.1.1.1. National A Closed Road Circuit Events shall also be open to 1st and 2nd Category Junior riders.

R5.2.1.1.2. British National Time Trial Championships for male riders shall be run as National A (Male).

R5.2.1.1.3. The following shall apply to all National A Events:

R5.2.1.1.3.1. Only one National A Event can be held on a particular day.

R5.2.1.1.3.2. The minimum distance for a single day Road Event shall be 130 km if terrain is demanding (to be determined by the Federation), rising to a maximum of 180 km on flatter terrain (to be determined by the Federation).

R5.2.1.1.3.3. The minimum distance for a Road stage of a Stage Event shall be 80 km.

R5.2.1.1.3.4. The minimum duration for a Circuit Event shall be 60 minutes, and the maximum duration shall be 90 minutes.

R5.2.1.1.3.5. The total prize monies paid must be a minimum of £2,000. Prize money must be paid to riders placed 1st to 20th in accordance with the following structure:

R5.2.1.1.3.5.1. 1st-3rd = 20%;

R5.2.1.1.3.5.2. 4th-6th = 8%;

R5.2.1.1.3.5.3. 7th-9th = 5%; and

R5.2.1.1.3.5.4. 10th-20th = 3%.

R5.2.1.2. National A (Female) – open to senior female Elite, 1st, 2nd and 3rd Category riders. All Races except the National Road Race Championships shall also be open to junior female 1st, 2nd and 3rd Category riders.

R5.2.1.2.1. Only one National A (Female) Event shall be held on the same day.

R5.2.1.2.2. The minimum distance for a single day Road Race shall be 100km.

R5.2.1.2.3. The minimum time for a Circuit Race shall be 45 minutes

R5.2.1.2.4. The minimum distance for a Road stage of a Stage Race shall be 70km.

R5.2.1.2.5. British National Championship Time Trials for female riders shall be run as National A Events.

R5.2.1.2.6. The total prize monies paid must be a minimum of £2,000. Prize money must be paid to riders placed 1st to 20th in accordance with the following structure:

R5.2.1.2.6.1. 1st-3rd = 20%;

R5.2.1.2.6.2. 4th-6th = 8%;

R5.2.1.2.6.3. 7th-9th = 5%; and

R5.2.1.2.6.4. 10th-20th = 3%.

R5.2.1.3. National B – open to male Senior Elite, 1st, 2nd and 3rd Category riders, final year male, Junior 1st, 2nd and 3rd Category riders and female Senior Elite, 1st and 2nd Category riders.

R5.2.1.3.1. Where the minimum distance for a Road Event is not achieved, the National B Event shall be open to all male Junior 1st, 2nd and 3rd Category riders and all female Junior 1st and 2nd Category riders.

R5.2.1.3.2. The following should apply to all National B Events:

R5.2.1.3.3. The minimum distance for a Road Event shall be 120 km on demanding terrain (to be decided by the Federation), or 100 km with a minimum of 1,500m of climbing over the course of the Event distance; and

R5.2.1.3.4. The minimum duration for a Circuit Event shall be 60 minutes.

R5.2.1.4. National B (Female) - open to Senior female Elite, 1st, 2nd and 3rd Category riders and 1st, 2nd and 3rd Category Junior riders.

R5.2.1.4.1. The minimum distance for a Single Day Road Event shall be 80km.

R5.2.1.4.2. The minimum time for a Circuit Event shall be 45 minutes.

R5.2.1.5. Regional A – open to Senior and Junior 2nd, 3rd and 4th Category male riders and Senior and Junior female riders of all categories.

R5.2.1.5.1. The minimum distance for a Road Event shall be 80 km.

R5.2.1.5.2. The minimum duration for a Circuit Event shall be 50 minutes.

R5.2.1.6. Regional A (Female) - open to senior female 2nd, 3rd and 4th Category and Junior riders.

R5.2.1.6.1. The minimum distance for a Road Event shall be 70km.

R5.2.1.6.2. The minimum time for a Circuit Event shall be 40 minutes.

R5.2.1.7. Regional B – open to male Senior and Junior 3rd and 4th Category riders and female Senior and Junior female riders of all categories.

R5.2.1.7.1. The maximum distance for a Road Event shall be 90 km.

R5.2.1.7.2. The minimum duration for a Circuit Event shall be 40 minutes.

R5.2.1.8. Regional B (Female) - open to senior and junior female 3rd and 4th Category riders.

R5.2.1.8.1. The minimum distance for a Road Event shall be 60km.

R5.2.1.8.2. The minimum time for a Circuit Event shall be 40 minutes.

R5.2.1.9. Regional C and Regional C+ – open to Senior and Junior male and female riders of all Categories.

R5.2.1.9.1. A Regional C or Regional C+ Event may be run as a Handicap Event or other appropriate format. Such Events may also be restricted to 4th Category riders only.

R5.2.1.9.2. The following shall apply to all Regional C+ Events only:

R5.2.1.9.2.1. The maximum duration shall be 90 minutes.

R5.2.1.9.2.2. Where the circuit is too small to allow for a Handicap Event which meets the minimum time requirement, the Organiser may choose to use another appropriate format, provided such format reasonably caters for the widest possible range of ability.

R5.2.1.9.3. Except the British National Championships, all other Time Trials shall be run as Regional C+ or Regional C Events.

R5.2.1.10. Regional C and Regional C+ (Female)

- open to female riders of all Categories, to be run as a Handicap or other appropriate format. Such Events may also be restricted to 4th Category riders only.

R5.2.1.10.1. The following shall apply to all Regional C+ Events only:

R5.2.1.10.1.1. The minimum time for a Circuit Event shall be 30 minutes.

ROAD TECHNICAL REGULATIONS

R5.3. Licence Points

R5.3.1. Licence Points for Road and Track Events shall be awarded as follows:

POINTS BAND	1	2	3	4	5
Position	Nat A Road	Nat B Road Nat A Circuit	Reg A Road Nat B Circuit	Reg B Road Reg A Circuit	Reg C+ Reg B Circuit
1	100	60	30	15	10
2	85	52	25	12	8
3	75	45	21	10	7
4	66	40	17	8	6
5	58	35	14	6	5
6	51	31	12	5	4
7	45	27	10	4	3
8	39	23	8	3	2
9	34	20	7	2	1
10	29	17	6	1	1
11	25	15	5		
12	21	13	4		
13	18	11	3		
14	15	9	2		
15	12	7	1		
16	10	6			
17	8	5			
18	6	3			
19	4	2			
20	2	1			

R5.3.2. Regional C and Go Race Events do not qualify for Licence Points.

R5.3.3. Where the minimum Road Event distance, as defined in R5.2.1, is not achieved, the next lower Points Band is utilised.

R5.3.4. For Road and Circuit Events, other than those restricted to Youth riders only, the following Points Bands shall apply:

EVENT	POINTS BAND
National A Stage Races: Individual Stage (including Time Trials)	3
National B Stage Races: Individual Stage (including Time Trials)	4
Regional Stage Races: Individual Stage (including Time Trials)	5
National Championship or National Series Event for Juniors	2
Other Event open only to Juniors	3
National Championship or National Series Event for Masters	3
Other Event open only to Masters	4
National Championships for Paracycling sport groups MC5, FC5, MC4, FC4, MB & FB.	3

R5.3.5. For Road and Circuit Events with fewer than 10 rider entries, the Licence Points awarded will be limited to three points for first place, two points for second place and one point for third place.

R5.3.6. Except for Regional C and Go Race Events, or Events under G6.4, Points Band 5 shall apply to all Closed Road Circuit Events taking place between 1st November and the last day of February and to weekday Closed Circuit Events on 'permanent traffic-free' facilities taking place throughout the year.

R5.3.7. For Road and Circuit Events restricted to Youth A or Youth B riders, the following Points Bands shall apply:

EVENT	POINTS BAND
British National Championship	3
National Series Event	4
Standard Event	5

R5.3.8. Where a Youth Event includes riders of both genders and/or both Youth A and B Categories, Licence Points shall be awarded as if they were riding in separate Races for their category and gender.

R5.3.9. For Stage Events, Licence Points shall be additionally awarded in accordance with the final General Classification.

R5.3.10. In the case of equal placings, the relevant combined points shall be divided amongst the riders concerned equally and rounded up to the nearest whole number.

R5.3.11. A rider who has obtained sufficient points for upgrading to a different ability category, but has entered an Event under their current category for which the closing date has passed, may compete in that Event but shall not be eligible for any Licence Points.

R5.3.12. No Licence Points shall be awarded for participation in Events restricted to members of the same Club.

R5.3.13. Upon an upgrade to a different ability category, a rider shall forfeit the number of Licence Points required to achieve that category status. Any surplus Licence Points may be carried forward to the new category status.

R5.3.14. Licence Points shall not be carried from one Year to another.

R5.3.15. British National and Regional Rankings

R5.3.15.1. Licence Points gained in National Events shall be utilised to determine the following British National Road rankings:

R5.3.15.1.1. British National Individual Rankings. A ranked list of individual riders shall be determined by total Licence Points scored in National Events, and produced for Elite, 1st, 2nd and 3rd Category riders. Separate rankings shall be produced for male and female riders;

R5.3.15.1.2. British National Club/Team Rankings. A ranked list of Clubs/Teams shall be determined by cumulative Licence Points scored in National Events by a maximum of three scoring riders per Club/Team per Event;

R5.3.15.1.3. British National Regional Rankings. A ranked list of all Regions shall be determined by cumulative Licence Points scored in National Events by a maximum of three scoring riders per Region per Event;

R5.3.15.1.4. British National Youth A Rankings. A ranked list of all Youth A riders shall be determined by total Licence Points scored in Youth A Events. Points scored in non-Youth A Events (for example, where a rider has authorisation to ride in Junior Events) shall not count towards a rider's Youth A ranking; and

R5.3.15.1.5. British National Youth B Rankings. A ranked list of all Youth B riders shall be determined by total Licence Points scored in Youth B Events. Points scored in non-Youth B Events (for example, where a rider has authorisation to ride in Youth A Events) shall not count towards a rider's Youth B ranking.

R5.3.15.2. No British national rankings shall be produced for Youth C or younger riders.

R5.3.15.3. Licence Points gained in Home Country and Regional Events will be utilised to determine the following Regional rankings:

R5.3.15.3.1. Home Country and Regional Individual Rankings. A ranked list of individual riders will be determined by total Licence Points scored in Regional Events, and produced for 2nd, 3rd and 4th Category riders. Separate rankings will be produced for male and female riders; and

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- R5.3.15.3.2. Home Country and Regional Club/Team Rankings. A ranked list of Clubs/Teams shall be determined by cumulative Licence Points scored in Home Country and Regional Events by a maximum of three scoring riders per Club/Team per Event. Licence Points shall only be scored by a Club/Team if the Event is held in the Home Country or Region in which the Club/Team is registered.
- R5.3.15.4. Licence Points scored by Elite and 1st Category riders in Regional C+ Events shall count towards British national rankings.
- R5.3.15.5. Licence Points scored by 2nd, 3rd and 4th Category riders in Home Country/Regional C+ Events shall count towards Home Country/Regional rankings.
- R5.3.15.6. Licence Points scored by 2nd and 3rd Category riders in British national Events shall count towards both British National and Home Country/Regional rankings.
- R5.3.15.7. For the purpose of British National Region rankings and Regional Individual rankings, Licence Points shall be awarded on the basis of the rider's Region of permanent residence, and not of their Club/Team location. Those residing at a non-permanent address may opt to record their Licence Points in the Region of that non-permanent address for the purposes of Regional Individual Rankings.

R6. OFFICIALS

- R6.1. The Chief Commissaire for an Event must not be the Organiser, a member of the organising Club or related to the Organiser.
- R6.2. The Organiser shall be responsible for the appointment of Officials other than the Chief Commissaire and Commissaire(s). These may include but not be limited to: judges, drivers, starters, gear checkers, recorders, lap scorers, licence and sign-on stewards, course marshals and other roles according to the needs of the Event.
- R6.3. The appointment of Accredited Marshals and National Escort Group support shall be managed by a Region or Home Country's co-ordinator(s).

- R6.4. The conduct of all Stage Races will be in the hands of a Race Jury. The Race Jury shall consist of the Chief Commissaire, Finish Commissaire/Chief Judge and the Organiser. All decisions of the Race Jury shall be final.

R7. INFRINGEMENTS

- R7.1. The relevant penalty or penalties for infringements are outlined in Appendix R1.

R8. GENERAL COMPETITION PROVISIONS

R8.1. Competition Types

- R8.1.1. Road Race. A single Race held on public roads, whether or not closed to all other traffic. Road Races may be scratch or Handicap Events.
- R8.1.2. Handicap Events may be individual, Team or group Events. In Team Handicaps all the members of a Team shall start together. In group Handicaps each rider shall be individually handicapped and all riders with the same allowance shall be started together
- R8.1.3. Closed Circuit or Criterium Race. A single Race run over multiple laps of a circuit, held on public roads closed to all traffic, or in an enclosed area off the public highway such as a park, motor racing circuit, or disused airfield. Closed Circuit Races may be scratch or Handicap Events.
- R8.1.4. Individual Time Trial. A trial against the clock restricted to individual riders.
- R8.1.5. Team Time Trial. A trial against the clock restricted to Teams of two or more riders.
- R8.1.6. Stage Race. A Race comprising two or more stages, with the overall result being determined by a general time classification. Individual stages may be Road Races, Closed Circuit Races or Time Trials.
- R8.2. Youth competitors must not take part in Events on the public highway unless all roads are closed to all other traffic, except in Scotland where riders aged 12 years and older may compete in Time Trials.
- R8.3. Where the number of advance entries received for an Event exceeds the maximum number permitted, the Organiser may allow reserves of up to 25% of the authorised number of starters.

- R8.4. Where appropriate, riders shall indicate on entry whether they wish to be nominated as reserves.
- R8.5. When more than the permitted maximum number of riders present themselves for an Event, entry fees shall be returned to those reserves who, having signed on for the Event, are not allowed to start.
- R8.6. Organisers may accept substitute riders in Events for Teams of three or more riders. These substitutions may take place until sign on (or sign on for the first Stage in a Stage Race) is closed, after which no further substitutions will be permitted.
- R8.7. Organisers shall not accept entries from riders in categories other than those to which the Event listing indicates the Event to be open.
- R8.8. It is the responsibility of the rider to keep to the course.
- R8.9. All riders in Events must observe the law of the land in relation to road travel, and exercise extreme care at all times.
- R8.10. If instructed by the Chief Commissaire, a rider in a Road or Circuit Event when lapped must retire from the Event and report to the control point at the finish of the Race immediately.
- R8.11. Where lapped riders are allowed to continue, they shall not give pace or shelter to riders by whom they have been lapped. Otherwise, riders in a Road Race may take pace or shelter from each other but not from any other vehicle.
- R8.12. To be entitled to a finishing time/position, riders when dismounted must wheel or carry their machines without assistance whilst covering any portion of the course.
- R8.13. Having completed an Event, riders must return their race numbers and (where used) timing chips and retrieve their Racing Licence Cards.
- R8.14. Applications for Events to be run under the provisions of the Cycle Racing on the Highway Regulations, or on public roads closed to all traffic, or under the provisions of G6.4, shall be submitted to the relevant Home Country or Region for approval.
- R8.15. Once approved, an Event's course must not be altered without notification to the relevant police authorities.
- R8.16. Course Signals**
- R8.16.1. In all Events, riders must adhere to the following flags which shall be displayed as appropriate and as described:
- R8.16.1.1. The British National or Home Country Flag at the starting point;
- R8.16.1.2. A black and white chequered flag to denote the finish;
- R8.16.1.3. A yellow flag 200 metres from the finish;
- R8.16.1.4. A white flag at every prime point;
- R8.16.1.5. A green flag with a white border 200 metres from every prime point;
- R8.16.1.6. A blue flag at the commencement of each hill prime;
- R8.16.1.7. A red flag at danger points;
- R8.16.1.8. A red and white chequered flag at the start of a neutralised area;
- R8.16.1.9. A red and white chequered flag with a wide black border at the finish of a neutralised area; and
- R8.16.1.10. A black flag on the instructions of the Commissaire to stop the Event. All riders must stop safely.
- R9. BRITISH NATIONAL CHAMPIONSHIPS**
- R9.1. British National Championships shall be open to Silver and Gold Members who are citizens of the United Kingdom and dependent Territories, the Isle of Man, or the Channel Islands. Riders must hold a valid UCI-recognised licence showing the rider nationality as "GBR" which has been issued at least 28 days prior to the Event. If resident in another country the rider must hold a United Kingdom passport and must not, in the same Year, have competed in the national championship of any other UCI affiliated national federation.

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- R9.2. The list of entries shall be published as soon as practicable after the advertised closing date. After the list of entries has been published, no further entries shall be accepted.
- R9.3. Where the number of entrants is lower than three, a British National Championship may not be held. For British National Championships restricted by age categories, after the entries have closed the Federation may choose to combine one or more adjacent categories to create a new British National Championship Event where the number of entries exceeds this limit.
- R9.4. If a British National Championship is held, jerseys and medals shall be presented as follows:

AGE CATEGORY	NUMBER OF ENTRIES	MEDALS	JERSEY
Youth A Youth B	3 or more	Gold, silver and bronze	Winner
Youth C Youth D	2	Gold and silver	Winner
Youth E Junior	1	Gold	Winner
Senior Under-23	4 or more	Gold, silver and bronze	Winner
Master	3	Gold and silver	Winner
	2	Gold	Winner
	1	None	None

R10. HOME COUNTRY AND REGIONAL CHAMPIONSHIPS

- R10.1. *INTENTIONALLY LEFT BLANK*

R11. SPECIFIC COMPETITION PROVISIONS – ROAD RACE

- R11.1. Riders shall start with one foot on the ground and pushers/holders shall not be permitted.
- R11.2. Where a vehicle connected with a rider or riders in a Race (but not being an Official vehicle) immediately precedes or follows a Race without the permission of the Chief Commissaire, the rider or riders concerned may be withdrawn from the Race.

- R11.3. With the agreement of the Organiser and Chief Commissaire, any Team consisting of at least three riders starting the Event shall each be permitted one service vehicle to follow the Race. Such vehicles shall be provided by the Club or Team and must be appropriately insured. The driver and mechanic shall be Members and one of the occupants of the vehicle must be the holder of a Team Manager's licence.
- R11.4. Riders may receive service from the technical personnel of their Team or from a neutral service vehicle.
- R11.5. Whatever the position of a rider in the Race, they may only receive such service at the rear of their bunch and on the left-hand side of the road.
- R11.6. Persons riding in service vehicles shall not reach or lean out of the vehicle whilst it is in motion.
- R11.7. If motorcycle service is permitted, the only service equipment to be carried shall be spare wheels.
- R11.8. If a breakaway group, or individual, having a lead of more than 30 seconds, is halted by a closed railway level crossing and is caught by the Main Field, the Chief Commissaire shall ensure that the waiting time is recorded accurately and they shall cause the Main Field to be halted for an identical period of time. When only the Main Field is halted by a closed railway level crossing the Chief Commissaire shall take no action to halt any breakaways which have passed through the crossing.
- R11.9. Any rider who passes the first lead vehicle in an Event may be disqualified.

R12. SPECIFIC COMPETITION PROVISIONS – CLOSED CIRCUIT OR CRITERIUM RACE

- R12.1. Riders shall start with one foot on the ground and pushers/holders shall not be permitted.
- R12.2. Circuit Races and Closed Circuit Races for Under 16's shall not exceed the following distances:

CATEGORY	SINGLE RACE	DISTANCE PER DAY IN STAGE EVENTS
Youth A Boys	60 km	80 km
Youth A Girls	60 km	80 km
Youth B Boys	45 km	60 km
Youth B Girls	45 km	60 km
Youth C Boys	20 km	30 km
Youth C Girls	20 km	30 km

R13. SPECIFIC COMPETITION PROVISIONS – STAGE RACES

- R13.1. Organisers may only impose additional regulations to Stage Events if they deal with items which are not already covered by these Technical Regulations.
- R13.2. Stage Races for Juniors must not exceed four days in duration. Maximum distances for Stage Races for Juniors shall be as follows:

	MAX. AVERAGE DAILY DISTANCE	MAX. DISTANCE PER STAGE	MAX. DISTANCE PER ITT STAGE	MAX. DISTANCE PER TTT STAGE
Junior Males	100km	120km	30km (half stage 15km)	40km (half stage 25km)
Junior females	60km	80km	15km	20km

- R13.3. In the event of any racing incident, mechanical issue or puncture occurring within the last 3km of any Stage, any riders concerned shall be credited with the finishing time of the last competitor of the group they were with at the time of the incident, providing that the finishing line is crossed by the affected riders within the time limit in R13.10.

- R13.4. In timing Stage finishes, each rider in a group shall be awarded the time of the leading rider at the line save that, where a gap of one full second or more is recorded between riders, the riders after that gap shall be timed as another group and given the time of the leading rider in that group.
- R13.5. The winner of the individual General Classification shall be the rider having the lowest total time taken to complete each Stage of the Race plus penalties and less bonuses.
- R13.6. In the event of two or more riders having equal times, the fractions of a second registered during the Individual Time Trials shall be added back into the total time to decide the rankings. If the result is still tied or if there are no individual Time Trial stages the placings obtained in each Stage, except Team Time Trial Stages, shall be added and, as a last resort, the place obtained in the last stage ridden shall determine the rankings.
- R13.7. Team classification results shall be calculated as the aggregate of the Team times for each Stage. Team times for each Stage shall be the aggregate of the best three individual times from each Team for that Stage.
- R13.8. In Team Stage Races, the winner of the Event shall be the Team having the lowest net time. In the event of two or more teams having equal times, the order shall be determined by the number of Stage wins obtained by each Team and then, if still tied, by the number of second places and so forth.
- R13.9. A rider who does not complete a Stage of the Race or is disqualified or finishes outside the time limit shall be excluded from the remainder of the Event.
- R13.10. Where a time limit (used to eliminate riders) that is a percentage of the Stage winner's time is to be applied during a Stage Race, details must be included in the Event manual. The limit may be increased at the discretion of the Race Jury.

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R14. SPECIFIC COMPETITION PROVISIONS – TIME TRIALS

R14.1. Time Trial Courses

- R14.1.1. Courses shall be of an out and home or circuit nature (or of a combination of the two).
- R14.1.2. For all fixed distance Events up to and including 50 miles and all non-fixed distance Events: no length of single carriageway road may be covered more than three times, regardless of the direction travelled. On dual carriageways, each carriageway may be covered no more than twice.
- R14.1.3. For 100 mile and 12 hours Events,; a length of road may be covered no more than four times, regardless of the direction travelled, provided that overlapping of riders can be strictly monitored.
- R14.1.4. For 12 Hour Events: riders must cover not less than 200 miles out and home or circuit except as allowed for in R14.1.5 before going onto the finishing circuit which may be covered as many times as required. The finishing circuit must not be less than 7 miles.
- R14.1.5. During 12 and 24 hour Events, when it becomes apparent that a rider will not cover sufficient distance in order to reach the finishing circuit and have a total distance accurately measured, the Organiser and/or their assistants may direct a rider to omit part of the course. The exact distance of the section omitted must be accurately known.
- R14.1.6. The straight-line distance between start and finish of standard distance Events must not exceed:
 - R14.1.6.1. 1.5 miles in the case of 10 mile Events;
 - R14.1.6.2. 2.5 miles in the case of 25, 30, and 50 mile Events;
 - R14.1.6.3. 5 miles in the case of 100 mile Events; or
 - R14.1.6.4. 25 miles in the case of 12 and 24 hour Events.
- R14.1.7. Team Time Trials shall be held on courses that do not include "dead" turns

R14.2. Individual Time Trials

- R14.2.1. All cycles used in Scottish Time Trial Events must comply with Appendix R2 save where required otherwise by Event regulations.
- R14.2.2. The maximum number of competitors shall be as approved by the Home Country or Region, up to a maximum of 120.
- R14.2.3. Riders not ready to start at their stated time must report to the start when ready. The Chief Commissaire shall decide if and when such riders may start. Such riders shall be penalised by adding the time between their original starting time and their time of reporting to the start to their finishing time.
- R14.2.4. No rider shall be allowed a re-start.
- R14.2.5. Riders shall be started at intervals of not less than one minute.
- R14.2.6. Riders must ride entirely alone and unassisted. They must not ride in company with, nor take shelter from any other rider or from any vehicle. If one rider overtakes another they must pass as widely as possible and no shelter must be given or received. The onus of avoiding riding in company shall be upon the rider overtaken who must drop back by at least 25 metres.
- R14.2.7. Riders shall not be accompanied, followed or in any way encouraged by anyone in or on a motorised vehicle whilst such a vehicle is moving unless permitted by the Federation.
- R14.2.8. Any such permitted vehicle must carry a bold identification name of the rider and/or number to the front and rear of the vehicle.
- R14.2.9. Any permitted following vehicle shall carry a Commissaire/Observer approved by the Chief Commissaire. Such following vehicle must remain at least 20 metres behind the rider and is not permitted to pass the competitor or draw alongside. In the event that service is required, the rider must come to a complete stop.

- R14.2.10. When one rider is catching any vehicle permitted by R14.2.7 which is following another rider, that vehicle must drop back behind any vehicle following the chasing rider as soon as the distance between the two riders is 100 metres. When the chasing rider catches another rider, the vehicle following the chasing rider must not pass the overtaken rider until there is a gap of 60 metres between the riders. If the gap should subsequently close, that vehicle must drop behind the overtaken rider.
- R14.2.11. The use of loudhailers or speaker systems for the purpose of encouraging riders from following vehicles is not permitted.
- R14.2.12. With the exception of British National Championships, the minimum licence status criteria shall be that of Provisional Licence. The minimum Membership shall be that of Silver.
- R14.3. Team Time Trial**
- R14.3.1. Regulations under R14.2 shall also apply to Team Time Trials as appropriate.
- R14.3.2. Teams must be of two or more riders. All Teams in any one Race shall consist of an equal number of riders.
- R14.3.3. Teams shall be started at intervals of not less than two minutes for Teams of two and not less than three minutes in other cases.
- R14.3.4. Incomplete Teams may start but shall not qualify for a Team prize - except Teams of three starting in a competition for Teams of four.
- R14.3.5. All riders in each Team shall be clothed in jerseys of similar colour and design.
- R14.3.6. Each rider must be issued with a separate number with such numbers including those of substitutes being numbered consecutively.
- R14.3.7. Teams may nominate one substitute in the case of Teams of three and two substitutes in the case of four. The names of all substitutes must appear on the start sheet.
- R14.3.8. When passing other Teams or vehicles, Teams shall always be in single file.
- R14.3.9. No Teams or members of Teams shall take shelter from other vehicles or members of other Teams.
- R14.3.10. If one Team overtakes another, the onus shall be upon the overtaken Team to avoid giving shelter by dropping back at least 25 metres.
- R14.3.11. An overtaking Team must pass on the outside leaving a reasonable gap between itself and the other Team.
- R14.3.12. The time of a Team shall be that recorded by the last member of the complete Team to finish, except that in Teams of four the time shall be that recorded on the third member of the Team to finish who shall have completed the course. Awards won by a Team shall be given to all starting members of that Team and no special award shall be given to any individual member of a Team.
- R14.3.13. At no time may a following vehicle approach closer than 20 metres behind the last rider of the Team or the third rider of a four-rider Team if the fourth rider has been dropped.
- R14.3.14. Any exchange of food, drink and equipment may only take place among members of the same Team.
- R14.3.15. Pushing between Team members is not permitted.

ROAD TECHNICAL REGULATIONS

APPENDIX R1

Sanctions and Penalties Guidance

Pursuant to G8.1, at their discretion, Commissaires may impose a penalty or penalties upon Members (or participants in Events) for infringements of these Technical Regulations. In exercising this discretion, Commissaires must take into account the nature of the infringement and the category of Event concerned.

The following tables shall be used by Commissaires as a guide to the penalty or penalties appropriate for any relevant infringements. Where one or more penalties may be applied to an infringement, the Commissaire shall, using their discretion, decide which is the most appropriate penalty (or penalties).

General infringements

INFRINGEMENTS		NATIONAL EVENTS	REGIONAL/CLUB EVENTS
1	Failure to correctly register and/or sign on	Verbal warning, fine of at least £30 and/or Disqualification	Verbal warning, fine of at least £20 and/or Disqualification
2	Use of inappropriate or non-regulation cycle, clothing, or equipment	Fine of between £50 and £100, start refused, Disqualification and/or referral to Disciplinary Officer	Fine of between £25 and £100, start refused, Disqualification and/or referral to Disciplinary Officer
3	Prohibited/non-regulation assistance, equipment exchange, refreshment	Fine of between £50 and £100 and/or Disqualification	Fine of between £25 and £100 and/or Disqualification
4	Continuing in an event after being withdrawn, or failure to complete a course	Time penalty, Relegation, Disqualification and/or fine of up to £100	Time penalty, Relegation, Disqualification and/or fine of up to £50
5	Disobeying an Official's instructions	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50
6	Dangerous riding and/or compromising the safety of another Participant.	Fine of between £50 and £100, referral to Disciplinary Officer and/or Disqualification	Fine of between £25 and £50, referral to Disciplinary Officer and/or Disqualification
7	Conspiring, cheating or collusion to pre-determine or alter a result/placing	Disqualification, fine of £100 and referral to Disciplinary Officer	Disqualification and referral to Disciplinary Officer
8	Non-return of number/transponder/or any other equipment	Fine of £50 plus cost of item	Fine of £25 plus cost of item
9	Failure to attend official ceremonies	Forfeiture of prizes or fine of £100 and forfeiture of prizes	Forfeiture of prizes or fine of £50 and forfeiture of prizes
10	Breach of the British Cycling Code of Conduct	Referral to Disciplinary Officer, Disqualification and/or fine of £50	Referral to Disciplinary Officer, Disqualification and/or fine of £50
11	Conduct that may bring the sport into disrepute	Referral to Disciplinary Officer or fine of between £20 and £100 and referral to Disciplinary Officer	Referral to Disciplinary Officer or fine of up to £100 and referral to Disciplinary Officer

Road Infringements

INFRINGEMENTS		NATIONAL EVENTS (SENIOR, JUNIOR AND YOUTH) REGIONAL EVENTS (WHERE TEAM VEHICLES ARE PRESENT)	REGIONAL EVENTS (WHERE NO TEAM VEHICLES ARE PRESENT)
1. PROCEDURES AT THE START AND FINISH AND OFFICIAL CEREMONIES			
1.1	Starting without signing on, failing to respect the order or timing of signing the signing-on sheet or the Team presentation <i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i>	Rider: £35 fine Team Manager: £35 fine <i>Elimination or disqualification</i>	Disqualification and verbal warning <i>Elimination or disqualification</i>
1.2	Failing to attend official ceremonies (including press conference etc.) or failing to respect the 10 minute deadline after the rider crosses the finish line	Rider: £100 and/ or forfeit of prizes	Rider: Forfeit of prizes
1.3	Non-compliant clothing during podium obligations	Rider: £50 per rider involved Team member in charge: £50 fine (regardless of no. of riders involved)	Rider: Verbal warning
1.4	Rider who has abandoned or been eliminated crossing the finish line while displaying a body number or frame number	Rider: £100	Rider: Verbal warning
1.5	Recrossing the finish line in the direction of the Race while still displaying body number or frame number	Rider: £35 fine	Rider: Verbal warning
2. EQUIPMENT AND INNOVATIONS			
2.1	Rider attempting to start a Race or Stage with a cycle that does not comply with the Technical Regulations	Rider: Start refused and referral to Disciplinary Officer depending on severity of intent	Rider: Start refused and referral to Disciplinary Officer depending on severity of intent
2.2	Use of cycle that does not comply with the Technical Regulations	Rider: Elimination or disqualification and referral to Disciplinary Officer depending on severity of intent	Rider: Elimination or disqualification and referral to Disciplinary Officer depending on severity of intent
2.3	Presence of a cycle that does not comply with the Technical Regulations	Rider: Elimination or disqualification Team: Elimination or disqualification	Rider: Elimination or disqualification
2.4	Use of a prohibited remote communication system by a rider	Rider: Start refused, elimination or disqualification Team Manager: Exclusion Team vehicles: Exclusion	Rider: Start refused, elimination or disqualification
2.5	Use of technical innovation, innovative clothing or equipment not yet approved by the Federation	Rider: Start refused, elimination or disqualification	Rider: Start refused, elimination or disqualification
2.6	Evading, refusing or obstructing an equipment check	Rider: Elimination or disqualification Other Team member: Exclusion	Rider: Elimination or disqualification
3. RIDERS' CLOTHING AND RIDER IDENTIFICATION			
3.1	Failure to wear the Race leader's jersey or skinsuit or distinctive sign	Rider: £35 fine and start refused, elimination or disqualification	Rider: verbal warning and start refused, elimination or disqualification

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3.2	Use of a non-compliant clothing	Rider: Start refused, disqualification or elimination and/or £35 fine Team Manager: £70 fine	Rider: verbal warning, start refused or disqualification or elimination
3.3	Rider at the start without mandatory helmet	Rider: Start refused	Rider: Start refused
3.4	Rider taking off mandatory helmet during the Event	Rider: £35 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification
3.5	Rider identification		
3.5.1	Identification number replicated on a medium other than that provided by the Organiser	Rider: start refused	Rider: start refused
3.5.2	Identification number (body of number or frame number) missing, not visible, modified, incorrectly positioned or not recognisable	Rider: 1st infringement: £35 fine 2nd infringement: £70 fine 3rd infringement: £140 fine Team manager: £35 fine per rider involved	Rider: verbal warning
3.5.3	Evading, refusing or obstructing the installation or discarding a timing or tracking device	Rider: Start refused, elimination or disqualification Other Team member: Exclusion	Rider: Start refused, elimination or disqualification Other Team member: Exclusion
3.6	Failure to return a body number to a Commissaire or the broom wagon after abandoning or failure to inform a Commissaire or the broom wagon of abandoning	Rider: £35 fine Team Manager: £35 fine per rider involved	Rider: verbal warning
3.7	Non-compliant rain jacket (different design to that of the standard Team jersey or non-transparent material) or Team name does not appear on rain jacket	Rider: Warning Team: Warning	Rider: Warning
3.8	Different clothing (jersey, shorts, rain jacket) for different riders of a Team	Rider: Warning Team: Warning	Rider: Warning

4. IRREGULAR ASSISTANCE, REPAIRS OR FEEDING

4.1	Irregular mechanical assistance to a rider of another Team		
4.1.1	One-day Race	Rider: £70 fine and elimination or disqualification of the riders involved	Each rider involved: verbal warning
4.1.2	Stage Race	Rider: 1st infringement: £35 fine and 2 minute penalty 2nd infringement: £70 fine and 5 minute penalty 3rd infringement: £70 fine and 10 minute penalty 4th infringement: £70 and elimination Other licence holder: £70 fine	Each rider involved: verbal warning
4.2	Hand sling between riders of the same Team		
4.2.1	One-day Race <i>In the case of an infringement at the end of a Race</i>	Rider: £70 fine per rider involved and per infringement <i>And elimination or disqualification</i>	Each rider involved: verbal warning <i>And elimination or disqualification</i>

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4.2.2	Stage Race <i>In the case of an infringement in the last kilometre of the Stage</i>	Rider: £70 fine, 10 seconds and 20% penalty in points and mountains classifications per rider involved per infringement <i>And 20-second penalty and a further 80% penalty in the points and mountains classifications and relegated to last place in their group</i>	Rider: verbal warning, 10 seconds and 20% penalty in points and mountains classifications per rider involved per infringement <i>And 20-second penalty and a further 80% penalty in the points and mountains classifications and relegated to last place in their group</i>
4.3	Hand sling between riders from different Teams	And elimination or disqualification	Rider: verbal warning per rider involved and elimination or disqualification of the riders involved
4.4	Pushing off against car, motorcycle, rider; rider pushing another rider; repeated or extended push(es) from spectator(s)		
4.4.1	One-day Race	Rider(s): £35 fine per infringement	Rider: verbal warning
4.4.2	Stage Race	Rider(s): £35 fine, 20% penalty in points and mountains classifications and 10 seconds penalty	Rider(s): verbal warning, 20% penalty in points and mountains classifications and 10 seconds penalty
4.5	Prohibited assistance between riders during a Circuit Race or Circuit finish (riders not at the same distance in the Race)		
4.5.1	One-day Race	Rider: £70 fine per rider involved and elimination or disqualification	Rider: verbal warning per rider involved and elimination or disqualification
4.5.2	Stage Race <i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i>	Rider £70 fine per rider involved and relegation of the riders involved to last place on the Stage <i>Elimination or disqualification</i>	Rider verbal warning per rider involved and relegation of the riders involved to last place on the Stage <i>Elimination or disqualification</i>
4.6	Rider not completing the Race entirely on his or her own effort and without the assistance of any other person	Rider: £70 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification
4.7	Rider holding on to own Team vehicle, or vehicle of another Team or other motor vehicle or being pushed/ towed/ held by a vehicle passenger, or a mechanical intervention on the rider's cycle from a moving vehicle	Rider: 70 fine and elimination or disqualification Driver: £70 fine and exclusion Team Manager responsible for vehicle: £70 fine and exclusion Other licence holder involved: £70 fine and exclusion Other person involved: exclusion Vehicle: exclusion of the vehicle until the end of the Event without the possibility of replacement	Rider: verbal warning and elimination or disqualification Other person(s) involved: verbal warning
4.8	Sheltering behind or taking advantage of the slipstream of a vehicle		

ROAD TECHNICAL REGULATIONS

4.8.1	<p>One day Race</p> <p><i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i></p>	<p>Rider: 1st infringement: £35 fine 2nd infringement: £70 fine</p> <p>Driver: 1st infringement: warning 2nd infringement: £70 fine</p> <p>Team Manager responsible for vehicle: 1st infringement: warning 2nd infringement: £70 fine</p> <p><i>Rider: Elimination or disqualification</i></p> <p><i>Other licence holder: Exclusion</i></p>	<p>Rider: 1st infringement: verbal warning 2nd infringement: disqualification</p> <p>Driver: 1st infringement: warning 2nd infringement: Referral to Disciplinary Officer</p> <p><i>Rider: Elimination or disqualification</i></p> <p><i>Other licence holder: Exclusion</i></p>
4.8.2	<p>Stage Race</p> <p><i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i></p>	<p>Rider: 35 fine, 20% penalty in the points and mountain classifications and 20 seconds to 5 minute penalty per infringement</p> <p>Driver: £70 fine</p> <p>Team Manager responsible for vehicle: £70 fine</p> <p><i>Rider: Elimination or disqualification</i></p> <p><i>Other licence holder: Exclusion</i></p>	<p>Rider: 1st infringement: verbal warning, 20% penalty in the points and mountain classifications and 20 seconds to 5 minute penalty per infringement 2nd infringement: disqualification</p> <p>Driver: 1st infringement: warning 2nd infringement: Referral to Disciplinary Officer</p> <p><i>Rider: Elimination or disqualification</i></p> <p><i>Other licence holder: Exclusion</i></p>
4.9	<p>Changing a cycle other than from Team vehicles, neutral service or the broom wagon or outside authorised zones</p>	<p>Rider: £70 fine and elimination or disqualification</p>	<p>Rider: verbal warning and elimination or disqualification</p>
4.10	<p>Follower leaning out of vehicle or holding equipment outside of a vehicle</p> <p><i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i></p>	<p>Driver: £140 fine</p> <p>Team Manager responsible for vehicle: 1st infringement: £140 fine 2nd infringement: £350 fine 3rd infringement: £350 fine and exclusion</p> <p>Other licence holder: 1st infringement: £70 fine 2nd infringement: £140 fine 3rd infringement: £350 fine and exclusion</p> <p><i>Exclusion</i></p>	<p>N/A</p>
4.11	<p>Unauthorised feeding</p>		
4.11.1	<p>One day Race, in the first 30 km</p>	<p>Rider: £35 fine</p> <p>Other licence holder: £105 fine</p>	<p>Rider: verbal warning</p> <p>Other licence holder: verbal warning</p>
4.11.2	<p>One day Race in the last 20 km</p>	<p>Rider: £105 fine</p> <p>Other licence holder: £105 fine</p>	<p>Rider: verbal warning</p> <p>Other licence holder: verbal warning</p>
4.11.3	<p>Stage Race, in the first 30 km of the Stage</p>	<p>Rider: £35 fine</p> <p>Other licence holder: £105 fine</p>	<p>Rider: verbal warning</p> <p>Other licence holder: verbal warning</p>

4.11.4	Stage Race, in the last 20 km of the Stage Race	Rider: £35 fine and 20 second penalty per infringement Other licence holder: £105 fine	Rider: verbal warning Other licence holder: verbal warning
4.11.5	Stage Race, from the 3rd infringement (during the same Event)	Rider: £105 fine Other licence holder: £105 fine	Rider: disqualification Other licence holder: verbal warning
4.12	Irregular feeding ('sticky bottle' for a short distance, feeding outside feed zone, etc)	Rider: £35 fine per infringement Other licence holder: £35 fine per infringement	Rider: verbal warning Other licence holder: verbal warning
5. INTERMEDIATE SPRINTS AND FINAL SPRINT			
5.1	Deviation from the chosen line that obstructs or endangers another rider or irregular sprint (including pulling the jersey or saddle of another rider, intimidation or threat, blow from the head, knee, elbow, shoulder, hand etc)		
5.1.1	One day Race <i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i>	Rider: £70 fine and relegation to last place in the rider's group <i>Elimination or disqualification</i>	Rider: verbal warning and relegation to last place in the rider's group <i>Elimination or disqualification</i>
5.1.2	Stage Race <i>Serious cases, repeated infringement or aggravating circumstances or if an infringement offers an advantage</i>	Rider: 1st infringement: £70 fine, 25% penalty in the points classification, and/or mountains classification and relegation to last place in the rider's group 2nd infringement: £70 fine, 100% penalty in the points classification, and/or mountains classification and relegation to last place in the rider's group 3rd infringement: £140 fine and elimination or disqualification <i>Penalty of 10 seconds to 1 minute or elimination or disqualification</i>	Rider: 1st infringement: verbal warning, 25% penalty in the points classification, and/or mountains classification and relegation to last place in the rider's group 2nd infringement: verbal warning, 100% penalty in the points classification, and/or mountains classification and relegation to last place in the rider's group 3rd infringement: verbal warning and elimination or disqualification <i>Penalty of 10 seconds to 1 minute or elimination or disqualification</i>
6. CIRCULATION OF VEHICLES (CARS AND MOTORCYCLES) AND RIDERS IN THE RACE			
6.1	Obstruction by a rider or vehicle in order to prevent or delay the movement of another rider or vehicle		
6.1.1	One-day Race	Rider: £70 fine and elimination or disqualification Other licence holder: £140 fine and exclusion	Rider: verbal warning and elimination or disqualification

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6.1.2	<p>Stage Race</p> <p><i>Serious cases and/or repeated infringement and/or aggravating circumstances or if an infringement offers an advantage</i></p>	<p>Rider:</p> <p>1st infringement: £35 fine, 20% penalty in the points and mountains classifications and 10 second penalty</p> <p>2nd infringement: £70 fine and elimination or disqualification</p> <p>Infringement during last KM: £70 fine, 50% penalty in the points and mountains classifications, 30 second penalty and relegation to last on the Stage</p> <p>Infringement during the final Stage: £70 fine and elimination or disqualification</p> <p>Infringement against one of the top 10 riders in a classification: £70 fine and elimination or disqualification.</p> <p>Other licence holder: £140 fine per infringement</p> <p><i>Rider: Elimination or disqualification</i></p>	<p>Rider:</p> <p>1st infringement: verbal warning, 20% penalty in the points and mountains classifications and 10 second penalty</p> <p>2nd infringement: verbal warning and elimination or disqualification</p> <p>Infringement during last KM: verbal warning, 50% penalty in the points and mountains classifications, 30 second penalty and relegation to last on the Stage</p> <p>Infringement during the final Stage: verbal warning and elimination or disqualification</p> <p>Infringement against one of the top 10 riders in a classification: verbal warning and elimination or disqualification.</p> <p><i>Rider: Elimination or disqualification</i></p>
6.2	Spraying a rider with liquid from vehicle	<p>Driver: £35 fine per infringement</p> <p>Team Manager responsible for vehicle: £35 fine per infringement</p>	N/A
6.3	Breach of Federation regulations or guidelines concerning vehicle movements during the Race or failure to comply with the instructions of Commissaires and/or the Organiser	<p>Driver: £70 fine</p> <p>Team Manager responsible for the vehicle: £70 fine</p> <p>Team vehicle: relegation in the convoy of Team Manager, exclusion for one or more Stages or definitive exclusion</p> <p>Other vehicle: exclusion for one or more Stages or definitive exclusion</p>	Driver: verbal warning and referral to Disciplinary Officer depending on the severity
6.4	Interviewing a rider during the Race	<p>Media driver: £350 fine and exclusion</p> <p>Journalist: Exclusion</p> <p>Media vehicle: Exclusion</p>	N/A
6.5	Interviewing a Team Manager during the last 10 km of a Race or conducting the interview from a car rather than a motorcycle	<p>Team Manager: £70 fine</p> <p>Media driver: Exclusion</p> <p>Journalist: Exclusion</p> <p>Media vehicle: Exclusion</p>	N/A
7. IRREGULAR BEHAVIOUR, IN PARTICULAR BEHAVIOUR THAT AFFORDS A TEAM OR RIDER SPORTING ADVANTAGE OR THAT IS DANGEROUS			
7.1	Deviation from the Race route constituting an advantage, attempting to be placed without having covered the entire Race	Rider: £70 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification

ROAD TECHNICAL REGULATIONS

7.2	Resuming the Race after having been transported by a car or motorcycle	Rider: £70 fine and elimination or disqualification Driver: £70 fine Team Manager responsible for vehicle: £70 fine Team vehicle: One day Race: Exclusion Stage Race: Exclusion for one or more Stages or definitive exclusion Other vehicle: One day Race: Exclusion Stage Race: Exclusion for one or more Stages or definitive exclusion	Rider: verbal warning and elimination or disqualification
7.3	Attitude or behaviour that has the objective of avoiding elimination	Rider: £70 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification
7.4	Rider refusing to quit the Race after being eliminated by a Commissaire	Rider: £70 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification
7.5	Rider undertaking part of the Race route on foot, or crossing the finish line on foot, without his or her cycle	Rider: £70 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification
7.6	Use of sidewalks/ pavements, paths or cycle lanes that do not form part of the Race route <i>Serious cases and/or repeated infringement and/or aggravating circumstances or if an infringement offers an advantage</i>	Rider: £35 to £70 fine Furthermore, for Stage Races a 20 second penalty and 80% penalty in the points and mountain classifications <i>Relegation to last place on the Stage, elimination or disqualification</i>	Rider: verbal warning Furthermore, for Stage Races a 20 second penalty and 80% penalty in the points and mountain classifications <i>Relegation to last place on the Stage, elimination or disqualification</i>
7.7	Passing through a level crossing that is closed or in the process of closing (lights flashing and/ or audible warnings)	Rider: £140 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification
7.8	Cheating, attempted cheating, collusion between riders of different Teams or other licence holders who are involved or complicit		
7.8.1	One-day Race	Rider: £70 fine and elimination or disqualification of each rider involved Other licence holder: £70 fine and exclusion	Rider: verbal warning and elimination or disqualification of each rider involved Other licence holder: verbal warning and exclusion
7.8.2	Stage Race <i>Serious cases and/or repeated infringement and/or aggravating circumstances or if an infringement offers an advantage</i>	Rider: £70 fine and 100% in the points and mountains classifications and 10 minute penalty per rider involved. Other licence holder: £70 fine <i>Rider: Elimination or disqualification</i> <i>Other licence holder: Exclusion</i>	Verbal warning and 100% in the points and mountains classifications and 10 minute penalty per rider involved. Other licence holder: verbal warning <i>Rider: Elimination or disqualification</i> <i>Other licence holder: Exclusion</i>
7.9	Using a non-compliant position or point of support on the cycle that represents a danger to the rider or competitors	Rider: £140 fine and elimination or disqualification	Rider: verbal warning and elimination or disqualification

8. FAILURE TO RESPECT INSTRUCTIONS, IMPROPER, DANGEROUS OR VIOLENT BEHAVIOUR; DAMAGE TO THE ENVIRONMENT OR THE IMAGE OF THE SPORT

ROAD TECHNICAL REGULATIONS

8.1	Failing to respect the instructions of the Organiser or Commissaires	Rider: £35 to £70 fine Other licence holder: £35 to £140 fine	Rider: verbal warning Other licence holder: verbal warning
8.2	Assault, intimidation, insults, threats, improper conduct (including pulling the jersey or saddle of another rider, blow with the helmet, knee, elbow, shoulder, foot or hand etc.), or behaviour that is indecent or that endangers others		
8.2.1	Between riders or directed at a rider <i>Serious cases and/or repeated infringement and/or aggravating circumstances or if an infringement offers an advantage</i>	Riders: £35 to £350 fine per infringement Other licence holder: £350 fine <i>Rider: Elimination or disqualification and referral to Disciplinary Officer</i>	Riders: verbal warning Other licence holder: verbal warning <i>Rider: Elimination or disqualification and referral to Disciplinary Officer</i>
8.2.2	Directed at any other person (including spectators) <i>Serious cases and/or repeated infringement and/or aggravating circumstances or if an infringement offers an advantage</i>	Rider: £35 to £350 fine per infringement Other licence holder: £700 <i>Rider: Elimination or disqualification and referral to Disciplinary Officer</i>	Rider: verbal warning Other licence holder: verbal warning <i>Rider: Elimination or disqualification and referral to Disciplinary Officer</i>
8.3	Rider or Team staff disposing of waste or other objects outside of litter zones, or not returned to Team or organisation staff, not collected by Team, thrown at a spectator. Disposing of waste or other objects in a careless or dangerous manner (e.g. bottle or other object remaining or bouncing back on the road, thrown directly or with excessive force at spectator, causing dangerous manoeuvre by other rider or vehicle, causing spectator to move onto the road).		
8.3.1	One-day Race	Rider or any other licence holder: 1st infringement: £70 fine Subsequent infringements: £140 fine and elimination or disqualification <i>The financial penalty is applied to the Team if the licence holder cannot be specifically identified</i>	Rider or any other licence holder: 1st infringement: verbal warning 2nd infringement: elimination or disqualification <i>The financial penalty is applied to the Team if the licence holder cannot be specifically identified</i>
8.3.2	Stage Race	1st infringement: £70 fine 2nd infringement: £140 fine and a 1 minute penalty. 3rd infringement: £280 fine and elimination or disqualification <i>The financial penalty is applied to the Team if the licence holder cannot be specifically identified</i>	Rider or any other licence holder: 1st infringement: verbal warning 2nd infringement: 1 minute penalty 3rd infringement: elimination or disqualification <i>The financial penalty is applied to the Team if the licence holder cannot be specifically identified</i>
8.4	Carrying, using or discarding a glass object	All licence holders: £35 fine and exclusion	Rider: verbal warning and disqualification or elimination
8.5	Unseemly or inappropriate behaviour (in particular undressing or urinating in public at the start or finish or during the Race)	Rider or any other licence holder: 1st infringement: £35 fine Subsequent infringements: £70 fine and referral to Disciplinary Officer <i>The penalty is applied to the Team if the licence holder cannot be specifically identified</i>	Rider or any other licence holder: verbal warning and disqualification or elimination and referral to Disciplinary Officer <i>The penalty is applied to the Team if the licence holder cannot be specifically identified</i>

1. Monetary fines do not apply to riders in Regional, Junior and Youth Events.

Time Trial Infringements

In addition to the above General and Road infringements guidance, Commissaires may impose the below penalty or penalties during Time Trial Events.

INFRINGEMENTS		NATIONAL EVENTS (SENIOR, JUNIOR AND YOUTH) REGIONAL EVENTS (WHERE TEAM VEHICLES ARE PRESENT)	REGIONAL EVENTS (WHERE NO TEAM VEHICLES ARE PRESENT)
1	Starting on a cycle that has not been checked by the Commissaires in an individual Time Trial	Rider: elimination or disqualification Team: £140 fine	N/A
2	Starting on a cycle that has not been checked by the Commissaires in a Team Time Trial	Team: £140 fine and elimination or disqualification	N/A
3	Cycles and equipment not presented for checking at least 15 minutes before a rider's or Team's start time in a Time Trial	Rider: £35 fine per rider involved Team Manager: £35 fine per rider involved	N/A
4	Rider or Team failing to respect regulation distances and gaps during a Time Trial	Rider: £35 fine per infringement Team: £140 fine per infringement	Rider or Team: verbal warning
5	Slipstreaming (individual Time Trial)	Rider: £35 fine per infringement and time penalty	Rider: disqualification
6	Slipstreaming (Team Time Trial)	Team: £35 fine per infringement Rider: time penalty Team: £35 fine per infringement	Team: disqualification
7	Following vehicle failing to respect a distance of 10m during an individual Time Trial	Rider: 20 seconds per infringement Team Manager: £70 fine per infringement	N/A
8	Assistance of any kind (nudging, guiding or pushing) among riders of the same Team during a Team Time Trial, except in cases of imminent danger		
8.1	One day Race	Rider: £35 fine per rider involved Team: 1 minute penalty	Rider: verbal warning Team: 1 minute penalty
8.2	Stage Race	Rider: £35 per rider involved and 1 minute penalty in Stage result for each rider of the Team	Rider: verbal warning per rider involved and 1 minute penalty in Stage result for each rider of the Team
9	Following vehicle failing to respect a distance of 10 m during a Team Time Trial		
9.1	One day Race	Team: 20 second penalty Team Manager: £70 fine	Team: 20 second penalty
9.2	Stage Race	Team: 20 second penalty Team Manager: £70 fine	Team: 20 second penalty
10	False start less than 3 seconds during a mixed relay event	Team: 10 second penalty	Team: 10 second penalty
11	False start more than 3 second during a mixed relay event	Team: elimination or disqualification	Team: elimination or disqualification

1. Monetary fines do not apply to riders in Regional, Junior and Youth Events.

ROAD TECHNICAL REGULATIONS

APPENDIX R2 – SCOTTISH TIME TRIAL EQUIPMENT REGULATIONS

These regulations shall apply to all Scottish Time Trial Events, unless otherwise stated in the Event manual:

1. The riding position shall be set so that the rider has good forward vision when in a competitive position;
2. Brake levers must be secured to the handlebars in such a position as to enable the rider to readily apply both brakes whilst holding the handlebars at their widest point. The width of handlebars shall be no less than 35cms;
3. On tricycles and tandem tricycles, two brakes may operate on the front wheel but otherwise the braking systems must operate independently on both front and rear wheels;
4. Bicycles with a fixed wheel shall have a left-hand threaded locking device securing the fixed sprocket. Similarly, tricycles with a fixed wheel shall have a suitable locking device or alternatively shall include an integral system as part of the design. Cycles with fixed wheel require only a brake operating on the front wheel(s);
5. Cycles fitted with triathlon handlebars and derivations thereof which have forearm supports may be used provided that when the rider adopts a competitive position on these bars:
 - (i) The wrists are no lower than the elbows.
 - (ii) The height from the ground to the forearm resting position is no less than 80% of the height of the saddle from the ground;
6. Tyres shall be in good condition and tubular tyres shall be securely attached to the rims;
7. Disc wheels may be used only on the rear of a cycle;
8. Deep section rims, tri-spoke and wheels of a similar design may be used. The front wheel must have at least 45% of the surface area open; and
9. The use of recumbent cycles, protective shields, windbreaks or other means of reducing air resistance is prohibited.

The use of the so called "tuck" and "superman" positions would be a breach of this Appendix and that such use is not in the best interests of the safety of riders or the welfare of the sport.

Para-cyclists who are unable to ride a cycle that complies with this regulation shall apply to the Chief Executive for dispensation.

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TRACK TECHNICAL REGULATIONS

T1. APPLICATION

- T1.1. These Track Regulations, together with the General Regulations, shall apply to and bind any individual who participates (whether personally or through another individual), organises, or officiates in any Track Event.

T2. CYCLES, CLOTHING AND EQUIPMENT

T2.1. Cycles

- T2.1.1. Unless expressly authorised by the format of the competition, Events held under these Technical Regulations are restricted to cycles that are compliant with UCI Regulations. Under all circumstances, Events held under these Technical Regulations are restricted to cycles that are compliant with the following Technical Regulations.

- T2.1.2. The following cycles only are eligible for use in Track Events held under the Technical Regulations:

- T2.1.2.1. For bicycle Events – any two-wheeled one-track cycle carrying one rider.
- T2.1.2.2. For tandem bicycle Events – any two-wheeled one-track cycle carrying two riders seated one directly behind the other.
- T2.1.2.3. For paracycling Events – cycles in accordance with UCI Regulations.
- T2.1.3. Any cycle used in Track Events held under the Technical Regulations must operate wholly through the motive power of its rider(s).
- T2.1.4. All cycles shall have their wheels securely fastened to their frames, with their tyres firmly secured.
- T2.1.5. Handlebar ends shall be plugged, not merely covered by tape, and other projections shall be protected as far as possible.
- T2.1.6. Cycles used must not be fitted with freewheels, quick release wheels, wing nuts, brakes or similar accessories.
- T2.1.7. Tyres used for grass Track Events must have treads suitable for the terrain.

T2.1.8. Youth and Junior Cycles

- T2.1.8.1. All cycles used by any riders of Youth B age or under, save where dispensation under T2.1.8.3 has been provided, must:
- T2.1.8.1.1. have wheels with:
- T2.1.8.1.1.1. a maximum rim depth of 35mm; and
- T2.1.8.1.1.2. a minimum of 16 and a maximum of 40 spokes. Such spokes can be round, flattened or oval but must not exceed 10mm in width;
- T2.1.8.1.2. have dropped handlebars; and
- T2.1.8.1.3. not have tri-bars, arm extensions or arm pads.
- T2.1.8.2. All Youth category riders shall be restricted to a maximum gear such that the distance covered per crank revolution is as shown in the following table:

CATEGORY	TRACK RACING
YOUTH A	6.93 metres
YOUTH B	6.45 metres
YOUTH C	6.05 metres
YOUTH D	5.40 metres
YOUTH E	5.10 metres

- T2.1.8.3. Where a Youth A or B rider has received dispensation to compete against riders of an older category, the rider shall be permitted to utilise the gearing applicable to that older category only when competing in that older category.
- T2.1.8.4. Juniors may compete with all older categories without gear restrictions.
- T2.1.8.5. Before an Event, gear checks must be performed on the equipment of all riders subject to gear restrictions. Supplementary gear checks may take place after the Race.

T2.2. Clothing

- T2.2.1. Where racing clothing has been registered by a Club or Team, that racing clothing must be worn by all riders representing such Club or Team when competing in Events.
- T2.2.2. Riders must be clothed from neck to at least mid-thigh. Jerseys must be sleeved beyond the shoulder.

- T2.2.3. Save where T2.2.5 applies, riders must wear the registered design and colours of the Club, Team, Region or Home Country they are representing unless required to wear the clothing prescribed by the Event they are participating in.
- T2.2.4. Save where T2.2.5 applies, riders not representing a Club, Team, Region or Home Country must wear predominantly plain clothing free of any lettering save for the mark of the manufacturer.
- T2.2.5. Except in British National Championships, Youth riders, 4th Category riders and those who do not hold Racing Licence or Day Licence are permitted to wear any suitable clothing whilst competing.

T2.3. Equipment

- T2.3.1. All accessories must be securely fastened and any equipment that is not essential for racing purposes must be removed.
- T2.3.2. Riders must not carry or use any music player or radio communication system on the track.
- T2.3.3. Any electronic device with display (for instance speedometer or power meter) used by a rider on the track must be hidden from view from all riders.
- T2.3.4. Identification numbers must be securely attached, not folded, obscured or altered and displayed in accordance with Organiser's instructions.

T3. RIDER ELIGIBILITY AND ENTRY PROCEDURES

- T3.1. Youth category riders may only compete amongst themselves except in the following circumstances:
- T3.1.1. Where dispensation is issued under the provisions of T5.1.5, or under the provision of T5.2.1.2;
- T3.1.2. Events open to Youth A category male riders, with the exception of National Championships, shall also be open to 1st Category Junior female riders, and 2nd, 3rd and 4th Category female riders of any age; and
- T3.1.3. All female-only Youth A Events, with the exception of National Championships, shall

also be open to 3rd and 4th Category female riders.

- T3.2. A Racing Licence must be held in order to compete in any British National Championships, other national level Events and Home Country and Regional Championships.

T4. AGE CATEGORIES

- T4.1. The following age categories for participating in Events shall apply:

AGE CATEGORIES	AGE
Youth E – Under 8	Until 31 December in year of 8th birthday
Youth D – Under 10	From 1 January in year of 9th birthday until 31 December in year of 10th birthday
Youth C – Under 12	From 1 January in year of 11th birthday until 31 December in year of 12th birthday
Youth B – Under 14	From 1 January in year of 13th birthday until 31 December in year of 14th birthday
Youth A – Under 16	From 1 January in year of 15th birthday until 31 December in year of 16th birthday
Junior	From 1 January in year of 17th birthday until 31 December in year of 18th birthday
Senior	From 1 January in year of 19th birthday until 31 December in year of 29th birthday
Under 23	From 1 January in year of 19th birthday until 31 December in year of 22nd birthday
Master	From 1 January in year of 30th birthday (who is not a member of a UCI pro-clash tour or professional continental trade team)

- T4.2. The Masters category shall be sub-divided as follows:

MASTERS GROUP	AGE
Group A	30 to 34
Group B	35 to 39
Group C	40 to 44
Group D	45 to 49
Group E	50 to 54
Group F	55 to 59
Group G	60 to 64
Group H	65 to 69
Group I	70 to 74
Group J	75 to 80
Group K	80+

TRACK TECHNICAL REGULATIONS

T5. ABILITY CATEGORIES, EVENT CLASSIFICATION AND LICENCE POINTS

T5.1. Ability Categories

- T5.1.1. The following ability categories shall apply to all Racing Licence Holders:
- T5.1.1. The following ability categories shall apply to all Racing Licence Holders:
- T5.1.1.1. 4th Category – any new or existing Junior or Senior Licence Holder who does not fall within any other ability category.
- T5.1.1.2. 3rd Category – any Junior or Senior Licence Holder who has gained at least 12 Licence Points during any one Year whilst being a 4th Category rider. Members are not downgraded to 4th Category once 3rd Category status has been achieved.
- T5.1.1.3. 2nd Category – any Junior or Senior Licence Holder who has gained 40 Licence Points during any one Year whilst being a 3rd Category rider.
- T5.1.1.3.1. To retain 2nd Category status for any subsequent Year, a rider must obtain at least 25 Licence Points from Events open to that category of rider.
- T5.1.1.4. 1st Category – any Junior or Senior Licence Holder who has gained at least 200 Licence Points during any one Year whilst being a 2nd Category rider.
- T5.1.1.4.1. To retain 1st Category status for any subsequent Year, a rider must obtain at least 100 Licence Points from Events open to that category of rider.
- T5.1.1.5. Elite Status – any Senior Licence Holder who has gained at least 300 Licence Points during any one Year whilst being an Elite or 1st Category rider.
- T5.1.1.5.1. To retain Elite status for any subsequent year, a rider must obtain at least 300 Licence Points.
- T5.1.2. Junior Riders – On reaching the Junior age category, the following ability categories shall apply:
- T5.1.2.1. 4th Category – any rider who has not gained Youth category Licence Points in the previous Year.
- T5.1.2.2. 3rd Category – any rider who has gained Licence Points in Youth category Events in the previous Year.
- T5.1.2.3. 2nd Category male – any rider who has achieved:
- T5.1.2.3.1. a top 10 ranking in the Youth A Boys Track Omnium Series in the previous Year;
- T5.1.2.3.2. a top 3 ranking in any Track Youth A Boys British National Championship in the previous Year; or
- T5.1.2.3.3. a top 10 ranking in Youth A Boys British National Rankings in the previous Year.
- T5.1.2.4. 2nd Category female – any rider who has achieved:
- T5.1.2.4.1. a top 10 ranking in the Youth A Girls Track Omnium Series in the previous Year;
- T5.1.2.4.2. a top 3 ranking in any Road or Track Youth A Girls British National Championship in the previous Year; or
- T5.1.2.4.3. a top 5 ranking in Youth A Girls British National Rankings in the previous Year.
- T5.1.3. Junior riders shall not be eligible for Elite status.
- T5.1.4. Upon an application by the rider, the Chief Executive may grant any status to any rider.
- T5.1.5. The Chief Commissaire of an Event may allow a Youth A or B rider to compete in Track Events open to Junior riders.
- T5.1.6. Youth B riders must not compete in Track Races against Elite or 1st Category Senior riders.
- T5.1.7. Any rider who has improved their ability category status part way through a Year shall begin the next Year in their new ability category, even if they have not obtained the required number of points for the new category.

T5.2. Event Classification

- T5.2.1. Events shall be classified as:
- T5.2.1.1. Regional C and Regional C+ – open to Senior and Junior riders of all categories.
- T5.2.1.2. Go Race – open to 4th Category riders, Members without Racing Licences, non-Members and Youth A and B riders without any Licence Points in that Year.

T5.3. Licence Points

- T5.3.1. Save for any Events restricted to Youth riders, the following shall qualify for Licence Points:

- T5.3.1.1. endurance non-Handicap Events, including Pursuits and Time Trials of not less than 3km;
- T5.3.1.2. for Track Leagues, the final standings only;
- T5.3.1.3. for Omnium Events, the final standings only.
- T5.3.2. Regional C and Go Race events do not qualify for Licence Points.
- T5.3.3. Save for any Events restricted to Youth riders, the following shall qualify for Licence Points:

POINTS BAND	1	2	3	4	5
Position	Senior & Junior World Championships	British National Championship & Other UCI Calendar Races	National Series Event & Final Track Leagues	Standard Event	Reg C+ Reg B Circuit
1	60	30	15	10	10
2	52	25	12	8	8
3	45	21	10	7	7
4	40	17	8	6	6
5	35	14	6	5	5
6	31	12	5	4	4

- T5.3.4. For Events restricted to Youth A or B riders, Licence Points for Track Events shall be awarded as follows:

POINTS BAND	3	4	5
Position	National Championships	National Series Event	Standard Event
1	30	15	10
2	25	12	8
3	21	10	7
4	17	8	6
5	14	6	5
6	12	5	4
7	10	4	3
8	8	3	2
9	7	2	1
10	6	1	1
11	5		
12	4		
13	3		
14	2		
15	1		

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- T5.3.5. In the case of equal placings, the relevant combined points shall be divided amongst the riders concerned equally and rounded up to the nearest whole number.
- T5.3.6. A rider who has obtained sufficient points for upgrading to a different ability category, but has entered an Event under their current category for which the closing date has passed, may compete in that Event but shall not be eligible for any Licence Points.
- T5.3.7. No Licence Points shall be awarded for participation in Events restricted to members of the same Club.
- T5.3.8. Upon an upgrade to a different ability category, a rider shall forfeit the number of Licence Points required to achieve that category status. Any surplus Licence Points may be carried forward to the new category status.
- T5.3.9. Licence Points shall not be carried from one Year to another.
- T5.3.10. British National and Regional Rankings
- T5.3.10.1. Licence Points gained in British National Events shall be utilised to determine the following British National Track rankings:
- T5.3.10.1.1. British National Individual Rankings. A ranked list of individual riders shall be determined by total Licence Points scored in British National Events and produced for Elite, 1st, 2nd and 3rd Category riders. Separate rankings shall be produced for male and females.
- T5.3.10.1.2. British National Club/Team Rankings. A ranked list of Clubs/Teams shall be determined by cumulative Licence Points scored in British National Events by a maximum of three scoring riders per Club/Team per Event.
- T5.3.10.1.3. British National Regional Rankings. A ranked list of all Regions shall be determined by cumulative Licence Points scored in British National Events by a maximum of three scoring riders per Region per Event.
- T5.3.10.1.4. British National Youth A Rankings. A ranked list of all Youth A riders shall be determined by total Licence Points scored in Youth A Events. Points scored in non-Youth A Events (for example, where a rider has authorisation to ride in Junior Events) shall not count towards a rider's Youth A ranking.
- T5.3.10.1.5. British National Youth B Rankings. A ranked list of all Youth B riders shall be determined by total Licence Points scored in Youth B Events. Points scored in non-Youth B Events (for example, where a rider has authorisation to ride in Youth A Events) shall not count towards a rider's Youth B ranking.
- T5.3.10.2. No British national rankings shall be produced for Youth C or younger riders.
- T5.3.10.3. Licence Points gained in Home Country and Regional Events shall be utilised to determine the following Regional rankings:
- T5.3.10.3.1. Home Country and Regional Individual Rankings. A ranked list of individual riders shall be determined by total Licence Points scored in Regional Events, and produced for 2nd, 3rd and 4th Category riders. Separate rankings shall be produced for male and female riders.
- T5.3.10.3.2. Home Country and Regional Club/Team Rankings. A ranked list of Clubs/Teams shall be determined by cumulative Licence Points scored in Home Country and Regional Events by a maximum of three scoring riders per Club/Team per Event. Licence Points shall only be scored by a Club/Team if the Event is held in the Home Country or Region in which the Club/Team is registered.
- T5.3.10.4. Licence Points scored by Elite and 1st Category riders in Regional C+ Events shall count towards British national rankings.
- T5.3.10.5. Licence Points scored by 2nd, 3rd and 4th Category riders in Home Country/Regional C+ Events shall count towards Home Country/Regional rankings.
- T5.3.10.6. Licence Points scored by 2nd, 3rd and 4th Category riders in British national Events shall count towards both British National and Home Country/Regional rankings.

- T5.3.10.7. For the purpose of British National Region Rankings and Regional Individual Rankings, Licence Points shall be awarded on the basis of the rider's region of permanent residence, and not of their Club/Team location. Those residing at a non-permanent address may opt to record their Licence Points in the Region of that non-permanent address for the purposes of Regional Individual Rankings.

T6. OFFICIALS

- T6.1. The Chief Commissaire for an Event must not be the Organiser, a member of the organising Club or related to the Organiser.

T7. INFRINGEMENTS

- T7.1. The relevant penalty or penalties for infringements are outlined in Appendix T1 and the General and Specific Competition Provisions at T8 and T11 to T26.

T8. GENERAL COMPETITION PROVISIONS

- T8.1. The Chief Commissaire shall prepare formulae showing the composition of any qualifying rounds, heats and/or Finals, including the number of riders or Teams, distances, points and other such defining details for each Race. These shall all be published in advance of the first Race in any Event.
- T8.2. A rider or team qualifying in a preliminary heat must ride in the next round unless they have the sanction of the Chief Commissaire to abandon their position. The Chief Commissaire may allow the next highest qualifier in that heat to compete in the next round instead.
- T8.3. While riding on the track riders shall, at all times, be in firm control of the cycle and have at least one hand on the handlebar (or extension).
- T8.4. Riders shall refrain from any collusion, manoeuvre or movement likely to hinder the conduct or distort the result of the Race. In the case of collusion between riders, the Chief Commissaire may disqualify or relegate the riders concerned, and order a rerun of the Race.

- T8.5. During the final sprint, even if launched before the last 200 metres, each rider must hold their line, unless they have at least a clear cycle-length lead and shall not make any manoeuvre to prevent an opponent from passing.

- T8.6. The Chief Commissaire may withdraw riders or teams who fall too many laps behind the leaders or who, in the opinion of the Chief Commissaire, constitute a danger to other riders.

T8.7. Course Signals

- T8.7.1. Except in the case of Flying Start Time Trial, the start shall be signalled by a pistol shot, whistle or audible electronic device.
- T8.7.2. The Race shall be suspended by a double pistol shot or two short sharp blasts of the whistle. The Chief Commissaire shall determine whether the Race shall be Neutralised or stopped. Riders must follow the instructions of Officials to ensure that the Event is concluded in a safe manner.

T8.8. Tracks

- T8.8.1. The circumference of a hard track must be marked with a 50mm wide black Gauge Line with its inner edge set at 200mm from the inside edge of the track. This line must be white on tracks with a dark surface.
- T8.8.2. The measurement of a track shall be along the inner edge of the Gauge Line.
- T8.8.3. On all hard tracks the following markings are obligatory and must be painted on before any track can be approved for competition:
- T8.8.3.1. A 40mm wide black Finishing Line in the centre of a 720mm wide white line, painted radially across the track at the end of the finishing straight. This line must continue up the safety fence.
- T8.8.3.2. A 50mm wide red Sprinter's Line circumferentially round the track with its outside edge 900mm from the inside edge of the track.
- T8.8.3.3. A 50mm wide blue Stayer's Line circumferentially round the track with its outside edge one-third of its width but not less than 2.5 metres from the inside edge.

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- T8.8.3.4. A 50mm wide white 200 metre line positioned across the track 200 metres before the Finishing Line.
- T8.8.3.5. A 50mm wide red line positioned halfway across the width of the track at the centre of each straight to indicate the finishing point in Pursuit Races.
- T8.8.4. Numbered marks must be placed at the inside edge of the track at every 10-metre interval from the start line. Plain marks must be placed at every intervening 5 metres from the start line.
- T8.8.5. Where the colour of any painted line does not provide a sufficient contrast with the track surface, a suitable alternative colour shall be used subject to the prior approval of the Federation being obtained.

T8.9. Grass Tracks

- T8.9.1. On all grass tracks the Finishing Line must consist of three 25mm parallel white lines distinctly marked across the track. The two outside lines must not be more than 300mm apart and the centre line shall be the official finish line. Alternatively, a single line of not less than 40mm may be used.
- T8.9.2. The inside edge of all grass tracks must be marked with a white line of not less than 40mm.
- T8.9.3. On all grass tracks where pegs or flags are used to mark the inner boundary of the track, such pegs or flags must be placed at least 200mm inside the inner boundary of the track. The pegs or flags must be no larger than 200 x 40 x 15mm and must be at an angle with the ground of no more than 45 degrees.

T8.10. Track Safety

- T8.10.1. A Security Zone must be provided on the inside edge of all tracks (including grass tracks). The zone must be a minimum width of 4 metres for tracks 250 metres or longer, or 2.5 metres for tracks shorter than 250 metres. Where the Security Zone is between 2.5 and 3 metres in width, a smooth, unbroken guard wall of at least 90cm in height must be provided on its inner edge.
- T8.10.2. During competitions, any personnel standing in the Security Zone shall be kept to a minimum. There shall be no equipment in the Security Zone.

T8.11. British National Records

- T8.11.1. The Federation shall decide which records shall be recognised.
- T8.11.2. The Chief Executive shall adjudicate on claims by citizens of the United Kingdom for track records. Such records shall be known as British National Records.
- T8.11.3. No claim for a record shall be considered unless the ride has been made:
- T8.11.3.1. On a track approved by the UCI or in accordance with T8.8.
- T8.11.3.2. In the presence of an Official Observer and timed by at least one Chief Timekeeper who have, for the purpose of timing the record or records, used electronic timing devices possessing appropriate certification.
- T8.11.3.3. In an open or confined Race or a Time Trial at an open Track meeting or a private Time Trial authorised by the Federation or in an event authorised under the UCI Regulations.
- T8.11.3.4. Using any gear and equipment restrictions which are in place for the age category or Event in question.
- T8.11.4. Where any record remains to be established, the Federation may set a standard for such record and no claim for the record shall be considered unless the standard is equalled or beaten.
- T8.11.5. All records should be electronically timed and where so timed shall be to the nearest 1/1000th of a second. A 1/10th of a second beating of an existing record shall establish a new record.
- T8.11.6. The area of the track inside the Gauge Line must be made unrideable during record attempts.
- T8.11.7. At Olympic Games, World Championships, World Cup, Continental and Regional Championships (UCI sanctioned), an event on the UCI International Track Calendar, British National Championships and any Event which conforms with T8.11.3.2, unpaced standing start records may be approved over distances up to and including 4km when two riders or two teams start on opposite sides of the track. For all other distances and for record attempts

outside such events the rider or team must be alone on the track.

- T8.11.8. In all attempts on standing start records, except motor-paced record attempts, a mechanical starting gate shall be the preferred starting method. The time shall start upon the release of the starting gate. In motor-paced record attempts, a running push start shall be permitted.
- T8.11.9. No record attempt set up outside the provisions of T8.11 shall be considered unless four weeks' notice of the attempt is given to the Federation, together with written confirmation that all the relevant provisions of T8.11.3.2 are in place.
- T8.11.10. Within the notice period in T8.11.9, the Federation must seek to appoint an Official Observer and facilities for anti-doping control. All other Officials must be obtained by the rider or their representative.
- T8.11.11. Records achieved at UCI recognised World Championships, Continental Championships, events on the UCI International Track Calendar and British National Championships shall be recognised on publication of the official result communiqué.
- T8.11.12. All other records must be claimed by the rider within 14 days of the attempt and upon the Federation's record claim form which shall be provided by the appointed Official Observer present for the attempt. The Federation may, at its discretion, extend the time within which a record claim may be made. The original time sheets signed by the Chief Timekeeper, and which shall record lap by lap times shall accompany all record claims.
- T8.11.13. No rider must attempt, claim or permit to be published a British National Record unless under these Regulations.
- T8.11.14. The Federation may decline to recognise any claim it considers to be contrary to the interests of the sport.
- T8.11.15. Any person improperly claiming or supporting a record shall be in breach of these Regulations.

- T8.11.16. During attempts on the one-hour record arrangements shall be made to indicate the last lap. To calculate the distance covered in the hour, the rider shall, when the time is up, continue for the additional distance and complete the lap. The time taken for the last lap shall be used to calculate the distance covered during the time remaining to complete the hour in accordance with the formula $D = (L \times TR) / TL$. (D is the additional distance. L is the length of the track. TR is the time remaining to complete the hour. TL is the time for the last lap.)

T9. BRITISH NATIONAL CHAMPIONSHIPS

- T9.1. British National Championships shall be open to Silver and Gold Members who are citizens of the United Kingdom and dependent Territories, the Isle of Man, or the Channel Islands. Riders must hold a valid UCI-recognised licence showing the rider nationality as "GBR" which has been issued at least 28 days prior to the Event. If resident in another country the rider must hold a United Kingdom passport and must not, in the same Year, have competed in the national championship of any other UCI affiliated national federation.
- T9.2. The list of entries shall be published as soon as practicable after the advertised closing date. After the list of entries has been published, no further entries shall be accepted.
- T9.3. Where the number of entrants is lower than three, a British National Championship may not be held. For British National Championships restricted by age categories, after the entries have closed the Federation may choose to combine one or more adjacent categories to create a new British National Championship Event where the number of entries exceeds this limit.

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- T9.4. If a British National Championship is held, jerseys and medals shall be presented as follows:

AGE CATEGORY	NUMBER OF ENTRIES	MEDALS	JERSEY
Youth A Youth B	3 or more	Gold, silver and bronze	Winner
Youth C Youth D Youth E Junior	2 1	Gold and silver Gold	Winner Winner
Senior Under-23 Master	4 or more 3 2 1	Gold, silver and bronze Gold and silver Gold None	Winner Winner Winner None

T10. HOME COUNTRY AND REGIONAL CHAMPIONSHIPS

- T10.1. *INTENTIONALLY LEFT BLANK*

T11. SPECIFIC COMPETITION PROVISIONS – FLYING START TIME TRIAL

T11.1. Organisation

- T11.1.1. A "Flying Start Time Trial" shall be held as a series of individual rides over a distance of approximately 200m, with each rider initially given a distance of approximately 800m before starting their effort.

- T11.1.2. The winner of a Race shall be the rider recording the fastest time.

T11.2. Race Procedure

- T11.2.1. Riders shall start as indicated by the Chief Commissaire.
- T11.2.2. Should two or more riders record the same time, they shall be classified according to the best time in the last 100m. In the case that the last 100m time cannot be recorded or if the riders are still tied, the riders concerned shall be classified by drawing lots.

T11.3. Mishaps

- T11.3.1. A rider who suffers a Mishap shall be permitted a restart. No rider shall make more than two attempts to establish a time.

T12. SPECIFIC COMPETITION PROVISIONS – SPRINT

T12.1. Organisation

- T12.1.1. For the purposes of seeding, riders may initially ride a qualifying Flying Start Time Trial.
- T12.1.2. A "Sprint" shall be held over a series of rides over a distance of approximately 500m to 1000m, each with two or more riders taking the start.
- T12.1.3. The winner of a Race shall be the rider who crosses the Finishing Line first.

T12.2. Race Procedure

- T12.2.1. The starting position of each rider shall be decided by the drawing of lots.
- T12.2.2. Should the round be on a best of three basis, each rider shall lead one Race and a further draw shall be made should a deciding Race prove necessary after two Races.
- T12.2.3. The rider on the inside of the track, unless overtaken, shall lead at least at walking pace and make no manoeuvre to force their opponent(s) through until reaching the Pursuit Line on the opposite side of the track. A maximum of two standstills shall be permitted for each Race. The maximum period for a standstill shall be 30 seconds following which, the leading rider shall be directed by the Starter to continue. If they fail to do so, the Starter shall stop the Race and declare the other rider the winner of the heat. In a three or four-up Race, the Race shall be immediately rerun as a two or three-up Race, without the relegated rider.
- T12.2.4. In the event of a rider failing to appear in a two-up heat, the other rider, in order to be declared the winner, must be present at the Starting Line but need not cover the distance.
- T12.2.5. No rider shall attempt to pass inside the Sprinter's Line when a preceding rider is on such line or inside it.
- T12.2.6. If, in a three or four-up Race, a rider behaves in an irregular manner to favour another rider, they shall be relegated. The Race shall be immediately rerun as a two or three-up Race.

T12.3. Mishaps

T12.3.1. In the event of a rider suffering a Mishap in the first half lap, the Race shall be restarted.

T12.3.2. Should a Mishap occur after the first half lap, the Chief Commissaire shall decide whether to allow a new start, with or without the rider deemed responsible, or whether to consider the result as having been decided.

T12.3.3. At each stage of the Event a rider shall only be permitted one false start or Mishap. Any rider failing this shall be placed last in that stage of the competition.

T13. SPECIFIC COMPETITION PROVISIONS – TANDEM SPRINT

T13.1. Organisation

T13.1.1. A "Tandem Sprint" shall be organised in accordance with the Individual Sprint Regulations, except as detailed below.

T13.1.2. No more than three tandem cycles may be lined up together.

T13.2. Race Procedure

T13.2.1. *INTENTIONALLY LEFT BLANK*

T13.3. Mishaps

T13.3.1. *INTENTIONALLY LEFT BLANK*

T14. SPECIFIC COMPETITION PROVISIONS – TEAM SPRINT

T14.1. Organisation

T14.1.1. A "Team Sprint" shall be held over two or three laps, with teams of two or three riders each leading for one lap.

T14.1.2. The winner of a Race shall be the Team recording the fastest time.

T14.2. Race Procedure

T14.2.1. The riders of each team shall start side by side behind the Starting Line. The lateral distance between riders shall be 1.5m.

T14.2.2. The rider on the inside of the track shall be the leading rider from the start and shall be held by a starting block or an appointed Official. All the riders in the team shall be only held and not pushed or swung at the start. Riders shall assemble on the track in the order that they shall lead on subsequent laps.

T14.2.3. A false start shall be declared if the rider on the inside of the track crosses the line before the signal to start is given or another member of the team crosses the line before the inside rider or starts before the signal to start has been given.

T14.2.4. At the completion of their lap, the leading edge of the leading rider's front wheel must cross the Pursuit Line ahead of the leading edge of the front wheel of the following rider. Thereafter, the leading rider must draw aside immediately and ride above the Sprinter's Line no later than 15m after the Pursuit Line.

T14.2.5. Pushing between members of the same team is strictly forbidden.

T14.2.6. If any of the requirements above are not met, the team shall be relegated to the last place in the stage of the competition.

T14.3. Mishaps

T14.3.1. During the qualification heats, if a team suffers a Mishap at any point during the Race, it may restart at the discretion of the Chief Commissaire. It is at the discretion of the Chief Commissaire whether to allow any other team, who may have been hindered by a Mishap, a restart at the end of the qualifying round.

T14.3.2. From the Semi-finals onwards, in the event of a Mishap at any point in the Race, the Race shall be stopped and restarted immediately.

T14.3.3. At each stage of the Event, a Team shall only be permitted one false start or Mishap. Any Team failing to establish a time shall be placed last in that stage of the competition.

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T15. SPECIFIC COMPETITION PROVISIONS – TIME TRIAL

T15.1. Organisation

T15.1.1. A "Time Trial" shall be held as a series of individual rides over a distance of approximately 500m to 1000m.

T15.1.2. The winner of a Race shall be the rider recording the fastest time.

T15.2. Race Procedure

T15.2.1. An appointed holder or mechanical starting gate shall support the rider at the start. The rider must not be swung or pushed.

T15.2.2. Should two or more riders record the same time, they shall be equally placed.

T15.3. Mishaps

T15.3.1. In the event of a rider suffering a Mishap in the first half lap, the Race shall be restarted.

T15.3.2. If a Mishap occurs after the first half lap, the rider concerned must drop out and, subject to the provisions of T15.3.3 be permitted a restart, but the other rider(s) must continue to complete the distance.

T15.3.3. A rider shall only be permitted one false start or Mishap. Any rider failing to establish a time shall be placed last in the competition.

T16. SPECIFIC COMPETITION PROVISIONS – INDIVIDUAL PURSUIT

T16.1. Organisation

T16.1.1. An "Individual Pursuit" shall be held as a series of individual rides, with two or more riders taking to the track at the same time, over a distance of approximately 2000m to 4000m.

T16.1.2. The winner of a Race shall be the rider that catches their opponent before the distance has been completed, or if that does not occur, the rider recording the fastest time.

T16.2. Race Procedure

T16.2.1. Riders shall take up position on the inside of the track on the opposite side of the track to each other.

T16.2.2. In multi-station pursuits riders shall be spaced around the track at equal distances.

T16.2.3. A lap board and bell shall be set up at each finishing point.

T16.2.4. An appointed holder or mechanical starting gate shall support the rider at the start. The rider must not be swung or pushed.

T16.2.5. In any preliminary round only the time of each rider shall be considered for the purposes of T16.2 and all riders, including those caught, shall continue to cover the full distance to record a time.

T16.2.6. In all heats a rider who catches their opponent shall continue for the full distance to record a time.

T16.2.7. A rider shall be considered caught when the pursuer's cycle draws level with theirs.

T16.2.8. Riders who are caught must not take pace or shelter from the leading rider.

T16.2.9. A caught rider may unlap themselves provided that they do not take pace or shelter from the leading rider.

T16.2.10. A caught rider may only re-pass the leading rider once.

T16.2.11. In the case of a dead heat at the finish, the riders shall be placed according to the best time recorded for the last lap, followed by the penultimate lap and so on.

T16.3. Mishaps

T16.3.1. In the event of a Mishap in the first half-lap, the Race shall be stopped and restarted immediately.

T16.3.2. During any preliminary round (if applicable), in the event of a Mishap after the first half lap the rider concerned shall drop out, and subject to the provisions of T16.3.3 be permitted a restart, but the other rider(s) shall continue to complete the distance.

T16.3.3. A rider shall only be permitted one false start or Mishap. Any rider failing to establish a time shall be placed last in that stage of the competition.

T17. SPECIFIC COMPETITION PROVISIONS – TEAM PURSUIT

T17.1. Organisation

T17.1.1. A "Team Pursuit" shall be held in accordance with the Regulations for Individual Pursuit, except as detailed below.

T17.2. Race Procedure

T17.2.1. The riders of each team shall start side by side behind the Starting Line. The lateral distance between riders shall be 1m.

T17.2.2. The rider on the inside of the track shall be the leading rider from the start.

T17.2.3. An appointed holder or mechanical starting gate shall support the leading rider at the start. Appointed holders shall support the remaining riders. No riders shall be pushed or swung.

T17.2.4. A false start shall be declared if the rider on the inside of the track crosses the line before the signal to start is given, or another member of the team crosses the line before the inside rider.

T17.2.5. In the event of any rider interfering with or impeding the other team, the rider's team shall be disqualified.

T17.2.6. Pushing between team members is not permitted.

T17.2.7. A team shall be considered caught when the first rider of the leading team (at least three riders riding together) is within 1m of catching their opponent team.

T17.2.8. When a team is about to be caught, they shall, in order to avoid a collision with the other team or hinder its progress, not effect any more relays and remain at the bottom of the track until the opposing team has passed.

T17.2.9. The Race shall be over at the moment that the last counting rider of each team crosses the Finishing Line for the final time at full distance or, in the Finals, at the point that one team (all counting riders riding together) catches the other team.

T17.3. Mishaps

T17.3.1. During any preliminary round (if applicable), should a Mishap occur after the first half-lap, the team must either drop out or, if there are sufficient remaining riders to record a time, continue. Should the team drop out, it must do so within one lap of the Mishap occurring.

T17.3.2. At each stage of the Event a team shall only be permitted one false start or Mishap. Any team failing to establish a time shall be placed last in that stage of the competition.

T18. SPECIFIC COMPETITION PROVISIONS – KEIRIN

T18.1. Organisation

T18.1.1. A "Keirin" shall be held over a series of rides over a distance of approximately 1500m, each with between five and nine riders taking the start. Under no circumstances shall a Race consist of more than nine riders.

T18.1.2. The winner of a Race shall be the rider who crosses the Finishing Line first.

T18.2. Race Procedure

T18.2.1. The starting positions of the riders shall be determined by drawing lots. The riders shall be placed side by side in that order on the Pursuit Line, the Sprinter's Lane being left free. The riders shall be held, but not pushed, by assistants.

T18.2.2. The pacesetter (or pacer) shall ride within the Sprinter's Lane. They shall gradually raise the speed to the maximum and shall not accelerate sharply.

T18.2.3. For Junior and Senior categories, the start speed of the pacesetter must be a minimum of 30km/ph. The maximum speed is 50km/ph. For Youth categories, the speed of the pacesetter shall be set by the Chief Commissaire.

T18.2.4. The pacesetter must leave the track at a pre-determined point, in principle 600-800m before the finish.

T18.2.5. The Event shall begin when the pacer approaches the Pursuit Line in the Sprinter's Lane. The riders must then take their positions, determined by the draw, directly behind the

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pacesetter for at least one lap. If the riders fail to stay behind the pacer, the Race must be stopped and riders that failed to comply must be disqualified. At the restart, the remaining riders must take the same relative positions as before.

T18.2.6. If any rider passes the leading edge of the front wheel of the pacer before they have left the track, the Race shall be stopped and rerun and the offending rider(s) disqualified.

T18.2.7. Riders must not barge other riders in order to gain advantage behind the pacesetter or other riders. In such instances the Race must be stopped and re-started. The offending rider(s) may be disqualified.

T18.3. Mishaps

T18.3.1. In the event of a rider suffering a Mishap in the first half lap, the Race shall be restarted.

T19. SPECIFIC COMPETITION PROVISIONS – SCRATCH RACE

T19.1. Organisation

T19.1.1. A "Scratch Race" shall be held over a single ride over a distance of approximately 5km to 20km.

T19.1.2. The winner of a Race shall be the rider who crosses the Finishing Line first.

T19.2. Race Procedure

T19.2.1. The winner shall always complete the appropriate distance of the Race. Lapped riders need not fulfil lost laps and will be placed in relation to the winner. The bell shall be rung to indicate the last lap for all riders.

T19.2.2. The final placings are determined during the final sprint, taking into account laps gained.

T19.2.3. Any riders not finishing the Race shall not be placed.

T19.3. Mishaps

T19.3.1. In the case of a fall or a puncture, a rider shall be entitled to a Neutralisation for the number of laps closest to 1,250 metres. The Chief Commissaire shall decide the number of laps accorded in such a case. The rider shall re-join the Race in the same relative position to the field as at the time of the incident.

T19.3.2. Neutralised riders may not return to the track within the last kilometre.

T20. SPECIFIC COMPETITION PROVISIONS – POINTS RACE

T20.1. Organisation

T20.1.1. A "Points Race" shall be held over a single ride over a distance of approximately 15km to 40km.

T20.1.2. Sprints shall take place on pre-determined laps with the first four riders over the line gaining five, three, two and one point(s) respectively. Double points shall be awarded for the final sprint.

T20.1.3. Any rider that gains a lap on the Main Field is awarded 20 points. Any rider that loses a lap on the Main Field is deducted 20 points.

T20.1.4. The winner shall be the rider with the highest number of points gained. Where two or more riders are equal on points, the rider placing higher in the final sprint shall be placed higher.

T20.2. Race Procedure

T20.2.1. A rider shall be considered to have gained a lap when they have caught up with the rear of the Main Field.

T20.2.2. Any rider(s) lapping the Main Field shall cease to be the Head of the Race. The Head of the Race is then taken over by the rider(s) in front of the Main Field on the track or failing that by the rider leading the Main Field.

T20.2.3. A whistle or bell shall indicate the start of a sprint lap and must always be for the Head of the Race.

T20.2.4. A rider lapped during a sprint lap shall not qualify for points in that particular sprint.

T20.2.5. The final lap shall be that of the Head of the Race.

T20.2.6. Lapped riders need not complete lost laps and shall be classified in accordance with points gained. Any rider who retires from the Race shall not be included in the result, regardless of the number of points gained.

T20.3. Mishaps

- T20.3.1. In the case of a fall or a puncture, a rider shall be entitled to a Neutralisation for the number of laps closest to 1,250 metres. The Chief Commissaire shall decide the number of laps accorded in such a case. The rider shall re-join the Race in the same relative position to the field as at the time of the incident.
- T20.3.2. Neutralised riders may not return to the track within the last kilometre. Should the last kilometre start during an allowed Neutralisation period of a recognised Mishap, and the riders not be able to return prior to the start of the last kilometre, these Neutralised riders shall appear in the final placings depending on the points accumulated prior to the Mishap.

T21. SPECIFIC COMPETITION PROVISIONS – TEMPO RACE

T21.1. Organisation

- T21.1.1. A "Tempo Race" shall be held in accordance with the Regulations for a Points Race pursuant to T20, except as detailed below.
- T21.1.2. The first sprint lap shall be after a pre-designated number of laps following which each lap shall be a sprint lap. For each sprint lap, the first rider shall gain one point including in the final sprint.
- T21.1.3. Final placings in Tempo Races are determined according to accumulated points won by riders during the sprints and by taking laps.

T21.2. Race Procedure

See T20.2.

T21.3. Mishaps

See T20.3.

T22. SPECIFIC COMPETITION PROVISIONS – MADISON

T22.1. Organisation

- T22.1.1. A "Madison" shall be held in accordance with the Regulations for a Points Race, except as detailed below.
- T22.1.2. The Race shall be between Teams composed of two or three riders, who must be wearing the same design of clothing and number.

T22.2. Race Procedure

- T22.2.1. There must be one rider of each team in the Race at all times.
- T22.2.2. Riders may relieve each other at any time during the Race.
- T22.2.3. Relief shall be given by one rider drawing level with the other and touching through a push or hand sling.
- T22.2.4. Relief shall take place as near to the inside edge of the track as practicable.
- T22.2.5. Relieved riders must take up a position outside the Stayer's Line as soon as it is safe and practicable.
- T22.2.6. A bell will be rung at the start of the last lap.

T22.3. Mishaps

- T22.3.1. Should one of the riders suffer a fall or mechanical incident, their team mate shall immediately take the team position in the Race. There shall be no Neutralisation.
- T22.3.2. Any team retiring from the Race shall inform the Chief Commissaire immediately.
- T22.3.3. The Chief Commissaire may Neutralise or terminate a Race should they consider it necessary to do so.
- T22.3.4. Neutralised riders or teams may not return to the track within the last kilometre. Should the last kilometre start during an allowed Neutralisation period of a recognised Mishap, and the riders not be able to return prior to the start of the last kilometre, these Neutralised riders or teams shall appear in the final placings depending on the points accumulated prior to the Mishap.

T23. SPECIFIC COMPETITION PROVISIONS – ELIMINATION RACE

T23.1. Organisation

- T23.1.1. An "Elimination Race" shall be held over a single ride over a distance determined by the number of riders taking to the start.

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T23.1.2. Elimination sprints shall be set at regular intervals. The Chief Commissaire shall determine the intervals and the number of riders to be eliminated at each sprint.

T23.1.3. Laps gained shall have no significance.

T23.1.4. The winner of a Race shall be the remaining rider who crosses the Finishing Line first.

T23.2. Race Procedure

T23.2.1. The start of the elimination lap may be indicated by a whistle or a bell. The start of the last lap shall be indicated by the ringing of a bell. The bell to indicate the last lap must be rung when a predetermined number of riders are left to contest the final sprint.

T23.2.2. The rider whose cycle is the last to fully cross the Finishing Line shall be eliminated. On the final sprint, the winner shall be determined by the position of the front wheel.

T23.2.3. Regulation T12 shall apply for the duration of the elimination lap.

T23.3. Mishaps

T23.3.1. The Commissaires' Panel shall also eliminate any rider who suffers a Mishap, who is not contesting the Race, or who in the opinion of the Chief Commissaire has gained an unfair advantage from the Race.

T24. SPECIFIC COMPETITION PROVISIONS – MOTOR PACED

T24.1. Organisation

T24.1.1. A "Motor Paced" Event shall be held in accordance with the Regulations for a Scratch Race, except as detailed below.

T24.1.2. Motor pacing shall be under the direct control of the Pacing Marshal, who may be the Chief Commissaire, and who may order the pacer to leave the track and enclosure for disobeying their directions or for being guilty of misbehaviour.

T24.1.3. The motorcycles used must conform to UCI Regulations.

T24.1.4. Irrespective of differences in the stature of pacers the only clothing that may be worn under the pacing leathers is: normal underwear

of not more than one thickness; a long or short sleeved racing jersey without pockets; a pair of normal racing shorts; a pair of ankle length socks; a pair of racing gloves but not lined or gauntlets; an unpadded one-piece belt free from extensions or flaps. No loose padding whatsoever shall be allowed. All clothing so employed must be tucked into the breeches and secured by means of a belt.

T24.1.5. Motor pacers must wear crash helmets of an appropriate design.

T24.2. Race Procedure

T24.2.1. Riders must draw lots for the order of start and line up in that order, one behind the other, with the leader on the start line.

T24.2.2. The motor pacers shall get into the same order as the riders and circle the track.

T24.2.3. When the Pacing Marshal is satisfied the riders and motor pacers are in the correct position and ready to start, they shall instruct the Starter to commence the Event in accordance with their instructions.

T24.2.4. Riders may receive a running push at the start of a Race.

T24.2.5. A motor pacer must not ride outside the Stayer's Line except when attempting to pass the rider in front.

T24.2.6. At all times, the motor pacer must leave sufficient space on their right for the other riders to overtake.

T24.2.7. Any rider attempting to overtake on the inside of a motor pacer shall be disqualified.

T24.2.8. A rider who has been lapped must allow free passage to the rider who has lapped them should that rider wish to pass on a subsequent lap.

T24.3. Mishaps

T24.3.1. A false start must be signalled should a mechanical failure or puncture occur before the riders have joined their motor pacers.

T24.3.2. Any disabled pacer or pacing machine may be replaced with the consent of the Pacing Marshal.

T24.3.3. In the case of a fall or a puncture, a rider shall be entitled to a Neutralisation for the number of laps closest to 2,000 metres. The Chief Commissaire shall decide the number of laps accorded in such a case. The rider shall re-join the Race in the same relative position to the field as at the time of the incident.

T24.3.4. Neutralised riders may not return to the track within the last two kilometres. Should the last two kilometres start during an allowed Neutralisation period of a recognised Mishap, and the riders not be able to return prior to the start of the last two kilometres, these riders shall appear in the final placings at the back of the group they were in immediately prior to the Mishap.

T25. SPECIFIC COMPETITION PROVISIONS – HANDICAPS

T25.1. Organisation

T25.1.1. A “Handicap” Event shall be held in accordance with the Regulations for a Scratch Race, except as detailed below.

T25.1.2. Except where an established handicap system is in place, all Handicap Races shall be handicapped by the Chief Commissaire or their delegate using their knowledge of each rider’s ability and performances in previous Races run within that same meeting. The decision by the Chief Commissaire or their delegate on the allocation of each rider’s handicap shall be final.

T25.2. Race Procedure

T25.2.1. Each rider shall be allowed an attendant to push off, but no part of the body of the attendant must touch the track in front of the rider’s mark or Starting Line, failing which the Chief Commissaire may disqualify the rider.

T25.2.2. Each rider must start from their proper mark, failing which the Chief Commissaire may disqualify the rider. The Chief Commissaire may permit the rider to start from a mark behind the one allotted to them.

T25.2.3. At the start, the foremost part of the cycle shall be in line with the rider’s mark, unless permitted otherwise under T25.2.2, and on banked tracks near the base of the banking whenever possible unless directed otherwise by the Chief Commissaire.

T25.2.4. Where more than one rider starts from the same mark, lots may be drawn to decide their positions counting from the inside of the track.

T25.3. Mishaps

T25.3.1. Any rider who commits a false start shall be put back at the discretion of the Chief Commissaire for a distance not exceeding 10% of their handicap allowance and, on a repetition of the offence, shall be disqualified.

T26. Specific Competition Provisions – Omnium

T26.1. Organisation

T26.1.1. An “Omnium” is a single competition consisting of multiple Races held over one day.

T26.2. Race Procedure

T26.2.1. The Specific Competition Provisions for each Race within an Omnium shall apply.

T26.2.2. Whenever possible, there shall be an interval of at least 15 minutes between two Races.

T26.2.3. Any rider failing to attempt to start in one of the Races shall not be allowed to take part in the subsequent Races but shall be considered to have abandoned the competition. They shall be recorded as last in the final classification with the provision “DNF”.

T26.2.4. In case of a rider being withdrawn by the Chief Commissaire during a Race, that rider will be allocated to the next available ranking after riders who failed to finish under the provisions of T26.3.1. The rider may be penalised with a deduction of 40 points in the classification of the Omnium at the discretion of the Chief Commissaire.

T26.2.5. In the event of a tie in the final ranking, the places in the last Race shall break the tie.

T26.3. Mishaps

T26.3.1. Any rider not finishing a Race due to a Mishap will be allocated the next available ranking (and points) considering the laps taken and the number of riders remaining on the track at that moment.

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APPENDIX T1

Sanctions and Penalties Guidance

Pursuant to G8.1, at their discretion, Commissaires may impose a penalty or penalties upon Members (or participants in Events) for infringements of these Technical Regulations. In exercising this discretion, Commissaires must take into account the nature of the infringement and the category of Event concerned.

Together with the relevant General Competition Provisions and Specific Competition Provisions at T8 and T10 to T26, the following table shall be used by Commissaires as a guide to the penalty or penalties appropriate for any relevant infringements.

General infringements

INFRINGEMENTS		NATIONAL EVENTS	REGIONAL/CLUB EVENTS
1	Failure to correctly register and/or sign on	Verbal warning, fine of at least £30 and/or Disqualification	Verbal warning, fine of at least £20 and/or Disqualification
2	Use of inappropriate or non-regulation cycle, clothing, or equipment	Fine of between £50 and £100, start refused, Disqualification and/or referral to Disciplinary Officer	Fine of between £25 and £100, start refused, Disqualification and/or referral to Disciplinary Officer
3	Prohibited/non-regulation assistance, equipment exchange, refreshment	Fine of between £50 and £100 and/or Disqualification	Fine of between £25 and £100 and/or Disqualification
4	Continuing in an event after being withdrawn, or failure to complete a course	Time penalty, Relegation, Disqualification and/or fine of up to £100	Time penalty, Relegation, Disqualification and/or fine of up to £50
5	Disobeying an Official's instructions	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50	Relegation, referral to Disciplinary Officer, Disqualification and/or fine of up to £50
6	Dangerous riding and/or compromising the safety of another Participant.	Fine of between £50 and £100, referral to Disciplinary Officer and/or Disqualification	Fine of between £25 and £50, referral to Disciplinary Officer and/or Disqualification
7	Conspiring, cheating or collusion to pre-determine or alter a result/placing	Disqualification, fine of £100 and referral to Disciplinary Officer	Disqualification and referral to Disciplinary Officer
8	Non-return of number/transponder/or any other equipment	Fine of £50 plus cost of item	Fine of £25 plus cost of item
9	Failure to attend official ceremonies	Forfeiture of prizes or fine of £100 and forfeiture of prizes	Forfeiture of prizes or fine of £50 and forfeiture of prizes
10	Breach of the British Cycling Code of Conduct	Referral to Disciplinary Officer, Disqualification and/or fine of £50	Referral to Disciplinary Officer, Disqualification and/or fine of £50
11	Conduct that may bring the sport into disrepute	Referral to Disciplinary Officer or fine of between £20 and £100 and referral to Disciplinary Officer	Referral to Disciplinary Officer or fine of up to £100 and referral to Disciplinary Officer

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GLOSSARY

This Glossary applies to the Technical Regulations.

The following terms shall be interpreted as follows within the Technical Regulations:

must/shall	shall mean an absolute requirement of the Technical Regulations and no discretion is permitted.
should	shall mean a recommendation that the Technical Regulation is applied but having limited discretion to do so. The full implications (in particular relating to risk and injury) must be considered when making this decision.
may	shall mean that there is discretion whether or not to implement the Technical Regulation, depending on the circumstances.

“A” Line	shall mean the direct course line to be taken by a rider.
Accredited Marshal	shall mean a trained and accredited public-facing road marshal.
Administrators	shall mean the individual(s) responsible for the registration and classification of all riders at the BMX Event, the processing and posting of the Moto sheets, and the processing of all results (both intermediate and final results).
Anti-Doping Inspector	shall mean a doping control officer.
Articles of Association	shall mean the Articles of Association of the Federation.
Berms	shall mean a banked turn.
Board	shall mean the board of directors of the Federation.
Bye-Laws	shall mean the bye-laws of the Federation, as amended from time to time.
Chief Commissaire	shall mean the most senior Official at an Event.
Chief Executive	shall mean the most senior executive in charge of managing the Federation. The Chief Executive may be contacted via the email address: chiefexecutivedirectorate@britishcycling.org.uk .
Chief Judge	shall mean the most senior judge in the judging team.
Chief Marshal	shall mean the Marshal appointed to lead the team of Marshals.
Chief Timekeeper	shall mean the senior Official responsible for timing the Event.
Circuit Race	shall mean in Road Events a Race or Racing on roads in an enclosed area such as a park, motor racing circuit, or disused airfield, and not subject to the provisions of the Cycle Racing on Highways Regulations, 1960.
Closed Circuit Race	shall mean a Single Race run over multiple laps of a circuit, held on public roads closed to all traffic, or in an enclosed area off the public highway such as a park, motor racing circuit, or disused airfield. Closed circuit races may be scratch or handicap events.
Closed Road	shall mean public roads closed to all traffic.
Club	shall mean a club affiliated with the Federation.
Club Event	shall mean a Race or Event open only to members of groups of the same Club, school, or similar organisation.
Commissaire	shall mean the Federation-qualified Official appointed to ensure the observance of the rules governing the sport and oversee the running of an Event.
Commissaire Panel	shall mean a number of Commissaires appointed to oversee the running of an Event, one of whom shall be deemed a Chief Commissaire.

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Competition	shall mean BMX Freestyle judged Events, in which riders are scored based upon their skill at executing a routine, including one or more of a variety of different manoeuvres, that are known as "tricks".
Competitions Officer	shall mean the individual employed by the Federation to oversee a particular Discipline(s)
Course Marshal	shall mean a race-facing marshal.
Criterion Race	shall mean a Closed Circuit Race.
Day Licence	shall mean a temporary license issued to competitors at an Event that is valid for the day on which it is purchased only.
Disciplinary Officer	shall mean the individual approved by the Board to act on behalf of the Federation in matters arising under the Technical Regulations.
Disciplinary Regulations	shall mean the means by which the Federation exercises disciplinary authority in relation to its regulations, rules, bye laws, policies, codes and procedures.
Discipline (and all Disciplines)	shall mean one of the following cycle sport disciplines: BMX Freestyle, BMX Racing, Cycle Speedway, Cyclo-Cross, eRacing, Mountain Bike, Road and Track.
Disqualification	shall mean the barring of a Rider from further participation in either the competition category in which the infringement occurred or the entire Event.
DNF	shall mean Did Not Finish.
DNS	shall mean Did Not Start.
Equipment Pits	shall mean the section adjoining the course whereby riders can change wheels or cycles or receive mechanical assistance.
Error	shall mean certain interruptions in a Run or losses of control.
Event	shall mean a competitive Race, Match, event or Competition (or a programme of competitive Races, Matches, events or Competitions) sanctioned by the Federation, wherever held.
Event Platform	shall mean the computer software used to conduct an Event.
Exclusion	shall mean a rider shall be immediately prohibited from participating or continuing to participate in a Race or Event.
Federation	shall mean the British Cycling Federation.
Feed/Technical Assistance Zones	shall mean a section or location along the course where team personnel can hand refreshments to passing riders or provide mechanical assistance.
Final or Finals	shall mean the phase of an Event following the Qualifiers or Semi-Final.
Finish Commissaire	shall mean the Commissaire responsible for recording the finish positions of every rider as they cross the finish line.
Finish Line Control Area Officials	shall mean the individuals responsible for controlling the passage of riders and other persons into and out of the finish line area.
Finishing Line	shall mean the point which riders must reach in order to complete a Race.
Gauge Line	shall mean the radial black line above which all riders must ride.
General Classification	shall mean the overall standings in a stage race.
Handicap	shall mean Events where riders are given different start times or positions to give riders of different abilities a similar chance.
Head of the Race	shall mean the leading cyclist or group of cyclists.
Home Country	shall mean England, Scotland or Wales.
ICSF	shall mean the International Cycle Speedway Federation.
Judge	shall mean a person responsible for scoring a rider in a BMX Freestyle Event.

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Licence Holder	shall mean any individual who holds a licence issued by the Federation.
Licence Points	shall mean the points attributed to a Licence Holder following participation in an Event or ranking points for Cyclo-Cross.
Live Race	shall mean a Race held with riders competing in one or more real-world locations, where each location is under the control of Officials.
Main Field	shall mean the largest group of riders in a Race.
Marshal	shall mean an appointed individual assisting in the administration of an Event.
Match or Matches	shall mean a competition comprising a predefined number of Races between the same riders or Teams.
Match Ban	shall mean the barring of the Rider, Club or Team member from the remainder of the Match in which the ban is imposed and the next Match in the same competition. Where it would not have been possible to have participated in further rounds of that competition in that Year, the Match Ban shall apply to the first potential Match in the same competition in the following Year. Such Rider, Club or Team member shall leave the area of the track and Pits immediately and take no further part in the Match.
Member	shall mean an individual granted Membership of the Federation.
Membership	shall mean an individual who has subscribed to the Federation in accordance with the Bye Laws.
Membership Card	shall mean identity document which records the Member's Membership.
Memorandum	shall mean the Memorandum of Association of the Federation.
Mishap	shall mean a mechanical failure or crash causing a rider to be unable to continue in the Race.
Moto	shall mean the stage of an Event which is subdivided in to 3 (or more) rounds, at the end of which the riders with the best overall result shall transfer to the Qualifiers.
National Escort Group	shall mean an accredited group of motorcyclists trained to assist with the safety of Events held on the public highway.
Neutralise or Neutralisation	shall mean a situation whereby the rider(s) is temporarily not participating in the Race, or the Race is temporarily paused while the rider(s) continue to ride.
Observer	shall mean an individual who monitors compliance with certain areas of the Technical Regulations.
Obstacle	shall mean an obstruction defined by its front and back slope and can be a single obstacle, double, triple or multi-jump as well as a 4-pack, 5-pack or multi-pack.
Official	shall mean any individual acting on behalf of the Federation in the administration of an Event or acting on behalf of the Federation in any other manner from time to time.
Official Warning	shall mean a warning issued to a rider in respect of an infringement which carries no specific penalty other than the advice of the warning.
One Bike Event	shall mean Cyclo-Cross Events which do not allow riders to change cycles during the course of an Event.
Organiser	shall mean the individual with overall responsibility for an Event save for the matters overseen by the Commissaire(s).
Pacing Marshal	shall mean the person controlling the speed of the Race.
Pit Lane	shall mean the entrance to the Equipment Pits.
Pits	shall mean an area fenced off for the exclusive use of riders and Officials engaged in a meeting.
Pits Marshal	shall mean an individual who manages access to the Pits.
Points Band	shall mean the level of Event which attracts certain Licence Points.
Promoting Club	shall mean the host Club at an Event.
Provisional Licence	shall mean the Licence issued to a Silver or Gold Member before being granted a Racing Licence.

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Pursuit Line	shall mean radial line on a velodrome at the halfway point along the start and finish straight.
Qualifiers (BMX Racing)	shall mean the elimination phase of the Event. They are subdivided into several stages, which are distinguished from each other by their degree of removal from the final (1/32, 1/16, 1/8, 1/4 and 1/2 finals depending on the number of participants).
Qualifiers/Qualification (BMX Freestyle)	shall mean the phase of the Competition preceding the Final. Riders shall be randomly assigned to each heat unless the Competition is part of a series, at which point the riders shall be assigned in reverse order to their series ranking.
Race	shall mean any single cycling competition which may form part of an Event.
Race Exclusion	shall mean, in Cycle Speedway, a rider shall be immediately prohibited from participating or continuing to participate in a Race.
Race Jury	shall mean a number of Commissaires and other Officials appointed to oversee the running of a Road Race.
Racing Licence	shall mean the Federation's authorisation to participate in certain levels of Events.
Racing Licence Card	shall mean the Member's identity document which authorises its holder to participate in certain levels of Events.
Region or Regional	shall mean any geographical location defined by the Federation or the governing body of the relevant Home Country. For the avoidance of doubt, this shall include Cyclo-Cross and BMX Racing areas/leagues.
Relay	shall mean an Event between Teams of two or more riders.
Relegation	shall mean: <ul style="list-style-type: none"> (1) In Cycle Speedway, the Rider receives a score equal to the number of Riders who started the heat, plus two. This Rider will be eligible to transfer to the next stage of competition if their points allow; (2) In all other Disciplines, as described in the Discipline Specific Regulations or the assignment of a lower rank or position.
Remote Race	shall mean a race held with riders competing in separate real-world locations from each other without oversight by event officials for all riders.
Rider	shall mean any competitor taking part in an Event.
Risk Assessment	shall mean the systematic process and/or record of evaluating potential risks that may be involved at an Event.
Run	shall mean the individual unit of Competition in a BMX Freestyle Event, during which a rider performs a routine consisting of various tricks, which is evaluated by the judges.
Run-Off	shall mean a one off, head to head Race used to rank riders who are drawing on points after the predetermined number of Races within the Match.
Security Zone	shall mean a designated area connected to a course with restricted access.
Semi-final	shall mean the round immediately preceding the Final.
Single Day Race	shall mean a Race completed in one day.
Sprinter's Line	shall mean the circumferential red line on a velodrome.
Stage Race	shall mean a Race completed in more than one round.
Staging Official (BMX Racing)	shall mean the Official responsible for organising riders into the correct lane.
Start Official or Starter	shall mean the Official responsible for conducting the start of each Race.
Starting Hill Official	shall mean the Official responsible for informing riders of their correct start lane according to the Moto sheets prior to the start of each Race and checking if riders' safety equipment is correct.

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Starting Line	shall mean the beginning point for a Race.
Stayer's Line	shall mean the radial line at least halfway up the bank of the Track.
Team	shall mean a sports organisation comprising riders and persons supporting them with the aim of taking part in an Event. Depending on the context the term "team" may also denote the riders of a Team who are taking part in a given Event.
Team Manager	shall mean the individual responsible for the management of a Team.
Technical Regulations	shall mean the following technical regulations of the Federation: (a) General; (b) BMX Freestyle; (c) BMX Racing; (d) Cycle Speedway; (e) Cyclo-Cross; (f) eRacing; (g) Mountain Bike; (h) Road and (i) Track, each as amended from time to time.
Timekeeper	shall mean the Official responsible for timing the Event.
Trainee Commissaire	shall mean an individual who attends Events to shadow and learn from qualified Commissaires.
UCI	shall mean the Union Cycliste Internationale.
UCI Regulations	shall mean the rules and regulations of the UCI, as amended from time to time.
UK Anti-Doping Rules	The anti-doping rules of British Cycling published by UK Anti-Doping (or its successor), as amended from time to time. An up to date version of the UK Anti-Doping Rules is available at www.britishcycling.org.uk/antidoping .
Year	shall mean 1 January to 31 December inclusive for all Disciplines, save for Cyclo-Cross, BMX Racing and BMX Freestyle. For Cyclo-Cross, this shall mean 1 September to 31 August inclusive. For BMX Racing, this shall mean 1 December to 30 November inclusive. For BMX Freestyle, this shall mean 1 January to 30 November inclusive.

BRITISH NATIONAL CHAMPIONSHIPS

BRITISH NATIONAL CHAMPIONSHIPS

BMX FREESTYLE

MEN'S AND WOMEN'S CHAMPIONSHIPS

Elite (15+ years old)

BMX RACING

MEN'S AND WOMEN'S CHAMPIONSHIPS

Junior (17-18 years old)

Elite (19+ years old)

CYCLE SPEEDWAY

MEN'S CHAMPIONSHIPS

Individual Championship
 Junior Individual Championship
 Indoor Championship
 Open Club Championship
 Junior Club Championship
 Open Indoor Fours Championship
 Junior Indoor Fours Championship
 Over 40s Individual Championship
 Over 50s Individual Championship
 Over 60s Individual Championship
 Indoor Over 40s Riders Championship
 Open Club Championship
 Over 40s Club Championship
 Indoor Junior Riders Championship
 Indoor Under-16 Riders Championship
 Indoor Under-14 Riders Championship

BOYS' CHAMPIONSHIPS

Under-16 Individual Championship
 Under-14 Individual Championship
 Under-12 Individual Championship
 Under-16 Club Championship
 Under-14 Club Championship
 Under-12 Club Championship

WOMEN'S CHAMPIONSHIPS

Club Championship
 Under-16 Individual Championship
 Under-14 Individual Championship
 Under-12 Individual Championship
 Under-16 Club Championship
 Under-14 Club Championship
 Under-12 Club Championship
 Indoor Championship

Note: If a Championship category is not available to women, then they are permitted to enter the men's equivalent.

CYCLO-CROSS

MEN'S AND WOMEN'S CHAMPIONSHIPS

Senior
 Under 23
 Junior
 Youth Under 16
 Youth Under 14
 Veteran 40-49
 Veteran 50-59
 Veteran 60+

eRACING

MEN'S AND WOMEN'S CHAMPIONSHIPS

Elite (19+ years old)

MOUNTAIN BIKE

CROSS COUNTRY OLYMPIC MEN'S AND WOMEN'S CHAMPIONSHIPS

Super Veterans
 Grand Veterans
 Veteran 40-44
 Veteran 45-49
 Masters 30-34

Masters 35-39
 Senior
 Junior
 Youth
 Juvenile
 Espoir (U23 men and women)

DOWNHILL INDIVIDUAL MEN'S AND WOMEN'S CHAMPIONSHIPS

Grand Veterans
 Veteran 40-44
 Veteran 45-49
 Masters 30-34
 Masters 35-39
 Senior
 Junior
 Youth and Juvenile

If a Junior rider achieves the best time within the Senior competition he/she shall be awarded the senior title and jersey. The junior jersey is not awarded in this case.

FOUR CROSS MEN'S AND WOMEN'S CHAMPIONSHIPS

Veteran 40+
 Masters 30-39
 Senior
 Junior
 Youth
 Juvenile

MARATHON MEN'S AND WOMEN'S CHAMPIONSHIPS

Senior
 Veteran 40-49
 Veteran 50+

ENDURO MEN'S AND WOMEN'S CHAMPIONSHIPS

Junior
 Senior
 Master
 Veteran
 Grand Veteran

ROAD

SENIOR MEN'S CHAMPIONSHIPS

Road Race
 Closed Circuit Criterium
 Senior Individual Time Trial
 Under 23 Individual Time Trial
 Under 23 Road Race

SENIOR WOMEN'S CHAMPIONSHIPS

Road Race
 Closed Circuit Criterium
 Individual Time Trial
 Under 23 Road Race
 Under 23 Time Trial

PARA-CYCLING MEN'S AND WOMEN'S CHAMPIONSHIPS

Para-cycling categories shall be as defined by the UCI.

The following Events shall be organised in line with those distances as specified within the current UCI regulations for each gender and rider classification:

Closed Circuit Race
 Individual Time Trial

JUNIOR MEN'S CHAMPIONSHIPS

A Road Race at a distance of between 90 and 120 km.
 An individual time trial over a distance of 20-30 km

JUNIOR WOMEN'S CHAMPIONSHIPS

A Road Race at a distance of between 60 and 80 km
 An individual time trial over a distance of 20-30 km

YOUTH A AND B BOYS AND GIRLS' CHAMPIONSHIPS

Circuit Race

BRITISH NATIONAL CHAMPIONSHIPS

MASTERS MEN'S AND WOMEN'S CHAMPIONSHIPS

Age Category A

Road Race at a minimum distance of 140 km

Individual Time Trial of 30-40 km

Circuit Race

Age Category B

Road Race at a minimum distance of 140 km

Individual Time Trial of 30-40 km

Circuit Race

Age Category C

Road Race at a minimum distance of 120 km

Individual Time Trial of 30-40 km

Circuit Race

Age Category D

Road Race at a minimum distance of 120 km

Individual Time Trial of 30-40 km

Circuit Race

Age Category E

Road Race at a minimum distance of 100 km

Individual Time Trial of 30-40 km

Circuit Race

Age Category F

Road Race at a minimum distance of 100 km

Individual Time Trial of 30-40 km

Circuit Race

Age Category G

Road Race at a minimum distance of 80 km

Individual Time Trial of 30-40 km

Circuit Race

Age Category H

Road Race at a minimum distance of 80 km

Individual Time Trial of 30-40 km

Circuit Race

Age Category I/J

Road Race at a minimum distance of 80 km

Individual Time Trial of 30-40 km

Circuit Race

TRACK

SENIOR MEN'S CHAMPIONSHIPS

Hard Tracks

Sprint

1 kilometre Standing Start Time Trial

4000 metres Individual Pursuit

4000 metres Team Pursuit for Club, Trade and Region teams
(teams may include women)

Scratch Race

Points Race

Madison for two-up teams

Omnium

Keirin

Team Sprint

Derny – to be run under terms and conditions as
laid down by the Board

Grass tracks

400 metres Sprint

800 metres Scratch Race

8 kilometres Scratch Race

SENIOR WOMEN'S CHAMPIONSHIPS

Hard Tracks

Sprint

500m Standing Start Time Trial

3000 metres Individual Pursuit

Points Race

Keirin

Derny – to be run under terms and conditions as
laid down by the Board

Scratch Race

Omnium

Team Sprint

Madison for two-up teams

Grass Tracks

800 metres Scratch Race

5 kilometres Scratch Race

PARA-CYCLING MEN'S AND WOMEN'S CHAMPIONSHIPS

Para-cycling categories shall be as defined by the UCI

Hard Tracks

The following Events shall be organised in line with those distances as specified within the current UCI regulations for each gender and rider classification:

200 metre flying start time trial

Standing start time trial

Pursuit Race

JUNIOR MEN'S CHAMPIONSHIPS**Hard Tracks**

Sprint

1 kilometre Standing Start Time Trial

Keirin

3000 metres Individual Pursuit

Points Race

Scratch Race

Madison for two-up teams

JUNIOR WOMEN'S CHAMPIONSHIPS**Hard Tracks**

Sprint

500m Standing Start Time Trial

Keirin

2000 metres Individual Pursuit

Points Race

Scratch Race

Madison for two-up teams

YOUTH A BOYS AND GIRLS' CHAMPIONSHIPS**Hard Tracks**

Sprint

500 metres Standing Start Time Trial

2000 metres Individual Pursuit

Points Race

Scratch Race

Omnium

Madison for two-up teams

YOUTH B BOYS AND GIRLS' CHAMPIONSHIPS**Hard Tracks**

Omnium

MASTERS MEN'S AND WOMEN'S CHAMPIONSHIPS**Hard Tracks**

Age Category A

Sprint, time trial (men 1000m, women 500m), Individual Pursuit (men 3000m, women 2000m), Scratch Race and Points Race.

Age Category B

Sprint, time trial (men 1000m, women 500m), Individual Pursuit (men 3000m, women 2000m), Scratch Race and Points Race.

Age category C

Sprint, time trial (men 750m, women 500m), Individual Pursuit (men 3000m, women 2000m), Scratch Race and Points Race.

Age category D

Sprint, time trial (men 750m, women 500m), Individual Pursuit (men 3000m, women 2000m), Scratch Race and Points Race.

Age category E

Sprint, 500 metre time trial, 2000 metres Individual Pursuit, Scratch Race and Points Race

Age category F

Sprint, 500 metre time trial, 2000 metres Individual Pursuit, Scratch Race and Points Race

Age category G

Sprint, 500 metre time trial, 2000 metres Individual Pursuit, Scratch Race and Points Race

Age category H

Sprint, 500 metre time trial, 2000 metres Individual Pursuit, Scratch Race and Points Race

Age category I

Sprint, 500 metre time trial, 2000 metres Individual Pursuit, Scratch Race and Points Race

Age category J

Sprint, 500 metre time trial, 2000 metres Individual Pursuit

Age category J+

Scratch Race and Points Race

Age category K and older (in 5 year age bands where 3 or more entries)

200m flying start time trial, 500 metre time trial, 1500 metres Individual Pursuit

SYNOPSIS OF AGE CATEGORIES FOR 2022

2022 AGE SYNOPSIS CHART

A rider's age category is determined as being on the 1st January of the year of the appropriate birthday.

2022 AGE	YEAR OF BIRTH	ROAD AND TRACK	MTB	BMX 20"	BMX CRUISER 24"	BMX CHAMPIONSHIP	BMX FREESTYLE
5	2017	Youth E Under 8	Under 12	6 And Under (Minimum Age 4)	9 - 12		Youth
6	2016			7			
7	2015			8			
8	2014			9			
9	2013	Youth D Under 10		10			
10	2012	Youth C Under 12		11			
11	2011		12				
12	2010			13			
13	2009	Youth B Under 14	Juvenile	14	13 - 14		
14	2008			15			
15	2007	Youth A Under 16	Youth	16	15 - 16		
16	2006						
17	2005	Junior	Junior			Junior	
18	2004						
19	2003	Under 23	Senior	17 - 24	17 - 29		Elite Or Amateur 15+
20	2002						
21	2001						
22	2000						
23	1999	Over 23		25 - 29			
24	1998						
25	1997						
26	1996						
27	1995						
28	1994						
29	1993						
30	1992	Master A 30 - 34	Master	Master	30 - 39	Elite Or Master 30+	
31	1991						
32	1990						
33	1989						
34	1988	Master B 35 - 39					
35	1987						
36	1986						
37	1985						
38	1984						
39	1983						

SYNOPSIS OF AGE CATEGORIES FOR 2022

		A rider's age category is determined as being on the 1st January of the year of the appropriate birthday.				A rider's age category is determined as being on the 1st September of the year of the appropriate birthday.			
2022 AGE	YEAR OF BIRTH	SPEEDWAY BRITISH CHAMPIONSHIPS		SPEEDWAY BRITISH YOUTH AND JUNIOR LEAGUE		CYCLO-CROSS UP TO 31ST AUGUST 2022	CYCLO-CROSS EFFECTIVE FROM 1ST SEPTEMBER 2022		
5	2017								
6	2016								
7	2015								
8	2014								
9	2013								
10	2012								
11	2011								
12	2010	Youth C Under 12							
13	2009		Youth B Under 14						
14	2008								
15	2007		Youth A Under 16						
16	2006								
17	2005			Junior					
18	2004								
19	2003								
20	2002								
21	2001								
22	2000								
23	1999								
24	1998								
25	1997								
26	1996								
27	1995								
28	1994								
29	1993								
30	1992								
31	1991								
32	1990								
33	1989								
34	1988								
35	1987								
36	1986								
37	1985								
38	1984								
39	1983								

Continued overleaf...

SYNOPSIS OF AGE CATEGORIES FOR 2022

2021 AGE	YEAR OF BIRTH	ROAD AND TRACK	MTB	BMX 20"	BMX CRUISER 24"	BMX CHAMPIONSHIP	BMX FREESTYLE
40	1983	Master C 40 - 44	Veteran		40 - 44		
41	1981						
42	1980						
43	1979						
44	1978	Master D 45 - 49					
45	1977						
46	1976						
47	1975						
48	1974	Master E 50 - 54	Grand Veteran				
49	1973						
50	1972						
51	1971						
52	1970	Master F 55 - 59					
53	1969						
54	1968						
55	1967						
56	1966	Master G 60 - 64				Elite Or Master 30+	Elite Or Amateur 15+
57	1965						
58	1964						
59	1963						
60	1962	Master H 65 - 69		Veteran	50+		
61	1961						
62	1960						
63	1959						
64	1958	Master I 70 - 74	Super Veteran				
65	1957						
66	1956						
67	1955						
68	1954	Master J 75 - 79					
69	1953						
70	1952						
71	1951						
72	1950	Master K 80+					
73	1949						
74	1948						
75	1947						
76	1946	Master J 75 - 79					
77	1945						
78	1944						
79	1943						
80+	1942 or earlier	Master K 80+					

SYNOPSIS OF AGE CATEGORIES FOR 2022

2021 AGE	YEAR OF BIRTH	SPEEDWAY: BRITISH CHAMPIONSHIPS	SPEEDWAY: BRITISH YOUTH AND JUNIOR LEAGUE	CYCLO-CROSS UP TO 31ST AUGUST 2022	CYCLO-CROSS EFFECTIVE FROM 1ST SEPTEMBER 2022
40	1983	Veteran		Vet 40	Vet 40
41	1981				
42	1980				
43	1979				
44	1978				
45	1977				
46	1976				
47	1975				
48	1974				
49	1973				
50	1972	Grand Veteran		Vet 45	Vet 45
51	1971				
52	1970				
53	1969				
54	1968				
55	1967				
56	1966				
57	1965				
58	1964				
59	1963				
60	1962	Super Veteran		Vet 50	Vet 50
61	1961				
62	1960				
63	1959				
64	1958				
65	1957				
66	1956				
67	1955				
68	1954				
69	1953				
70	1952	Senior	Veteran	Vet 55	Vet 55
71	1951				
72	1950				
73	1949				
74	1948				
75	1947				
76	1946				
77	1945				
78	1944				
79	1943				
80+	1942 or earlier	Senior	Veteran	Vet 60	Vet 60
		Senior	Veteran	Vet 65	Vet 65
		Senior	Veteran	Vet 70+	Vet 70+

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SCOTTISH NATIONAL CHAMPIONSHIPS AND RECORDS

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SCOTTISH NATIONAL CHAMPIONSHIPS AND RECORDS

SC1 ORGANISATION

- SC1.1 The holding of each Scottish National Championship shall be at the discretion of the Scottish Cycling Board, and it may cancel the holding of any Scottish National Championship where it is of the opinion that the quantity or quality of the entries received, or the arrangements made for such Championship do not justify holding the Championship.
- SC1.2 Organisers will register events ensuring a separate category is listed for each Championship to be contested within the event. Where Championship categories are combined within one race or start, riders are eligible to contest only the category they entered prior to the entry deadline. Where Championships for different age categories are held on the same day, riders may only enter the Championship relevant to their age.
- SC1.3 The closing date for all Scottish National Championship events shall be 14 days prior to the first day of the competition.
- SC1.4 When combining Scottish National Championship categories, Organisers must seek approval from Scottish Cycling.
- SC1.5 Where a National Championship is postponed during competition, the results of any completed rounds shall stand and remaining rounds rescheduled, except in cases specifically approved by the Scottish Cycling Board. Where no competition has commenced, the event may be re-scheduled. The closing date shall be set at 14 days prior to the re-scheduled date. Existing entries will have priority over new entries.
- SC1.6 Where a Championship exists for male competitors, a Championship will also be recognised for the same category of female competitors. In Championships, defined distances need not be the same for male and female competitors.
- SC1.7 In all individual Championships, medals shall be presented to the 1st, 2nd and 3rd placed competitors.

- SC1.8 All clothing shall conform strictly to the relevant Technical Regulations. Any competitor incorrectly attired shall not be permitted to start. Jerseys of the registered colour and design shall be worn. This rule also applies to Youth riders and 4th Category riders for Championship events only.

SC2 ELIGIBILITY

- SC2.1 Competitors in all Scottish Cycling Championships are required to have a full Scottish Cycling/British Cycling or UCI racing licence, which must be presented at sign on. Exceptions are as follows.
- SC2.1.1 In Road Time Trials and Team Time Trials the minimum eligibility is SC/BC Silver membership.
- SC2.1.2 In MTB XC, MTB DH and Cyclo-cross, unlicensed riders may compete in a Championship race but will not be eligible for a Championship placing. In all other Scottish Championships, only eligible riders shall participate in the event.
- SC2.2 All Scottish Cycling Championships shall be open to persons who meet at least one of the following criteria: -
- SC2.2.1 Persons whose primary club is affiliated to Scottish Cycling (licence showing that club or team at the time entries close).
- SC2.2.2 Scottish Nationals (persons born in Scotland).
- SC2.2.3 Scottish Residents (persons who have continuously lived in Scotland for the last three consecutive years prior to the day of the Championship).
- SC2.2.4 Persons who have at least one parent who was born in Scotland.
- SC2.2.5 Members of the armed forces who meet none of the above, but who by necessity are required to live in Scotland away from their normal residence.
- SC2.3 For all team Championships, excluding Track, eligibility requires each team member to meet at least one of the above criteria, as well as each rider's licence showing the same club or team at the time of entries closing. Clubs or teams, in this instance, may be affiliated to any UCI registered governing body. For Track Championships team eligibility see SC6.2.6.

SCOTTISH NATIONAL CHAMPIONSHIPS AND RECORDS

SC2.4 Persons in SC2.2.1-SC2.2.6 must be members of an UCI recognised Cycling Federation.

SC2.5 The Organiser and Scottish Cycling may select the field for any Championship from the competitors entered.

SC3 SCOTTISH NATIONAL CHAMPIONSHIP JERSEY DESIGN

SC3.1 The design of a jersey for the Scottish National Championship shall be approved by the Scottish Cycling Board.

SC3.2 The design of a jersey for the Scottish National Championship shall be white with 5cm wide purple, white and blue bands around the chest, the purple band being uppermost.

SC3.3 The design of a jersey for the Scottish National Championship shall be the same for all age categories, genders and disciplines, which are awarded as per the Scottish National Championship Regulations.

SC3.4 The only inscription which is permitted on the Scottish National Championship jersey presented to a rider on the podium immediately after a Scottish National Championship is that of the garment manufacturer which may appear once and within a rectangle of no more than of 25 square centimetres.

SC3.5 Advertising inscriptions are permitted on a replica Scottish National Championship jersey as follows:

SC3.5.1 if within a rectangle, with a maximum height of 10 cm on the front and back;

SC3.5.2 if a lateral band, with a maximum height of 9 cm on each side;

SC3.5.3 if on one line with a maximum height of 5 cm on quarter sleeves; and

SC3.5.4 the garment manufacturer's mark may also appear once and within a rectangle of no more than of 25 square centimetres.

SC4 SCOTTISH NATIONAL CHAMPIONSHIP EVENTS

SC4.1 Scottish National Time Trial Best All Rounder (B.A.R.) Championships

SC4.1.1. Unless otherwise stated, Scottish National B.A.R. Championships shall be decided by the average miles per hour over the qualifying distances. This shall be done by adding the average speed at each of the qualifying distances and dividing by the number of distances, corrected to the third decimal place. Each rider's fastest performance in eligible events will be used for Championship purposes.

SC4.1.2 The Scottish Championship will be limited to those open events over the qualifying distances which are approved on the Scottish Cycling Events Calendar.

SC4.1.3 The last Sunday in September will be the final date for events counting towards the Scottish B.A.R. championships.

SC4.1.4 For the Senior Middle Distance B.A.R., medals will be presented to the 1st and 2nd fastest teams consisting of 3 members of the same primary club.

SC4.1.5 For the Women's, Junior and Youth B.A.R., medals will be presented to the 1st fastest team consisting of 2 members of the same primary club.

SC4.1.6 Best All Rounder Time Trial Championships categories will be as follows:

CHAMPIONSHIP TITLE	QUALIFYING DISTANCES
Senior Middle Distance B.A.R.	25, 50 and 100 miles
Women's B.A.R.	10, 25 and 50 miles
Junior Men's B.A.R.; Junior Women's B.A.R.	10 and 25 miles
Youth Boys B.A.R.; Youth Girls B.A.R.	10 and 25 miles

SC4.2 Scottish National Team Time Trial Championships

SC4.2.1 Scottish Cycling shall recognise annually a Team Time Trial Championship, over a distance agreed by Scottish Cycling.

SC4.2.3 For both Men and Women, teams must have four members.

SCOTTISH NATIONAL CHAMPIONSHIPS AND RECORDS

SC4.2.4 Medals shall be presented to the 1st, 2nd and 3rd fastest teams.

SC4.2.5 The Championship categories shall be; Men, and Women.

SC4.2.6 Entries for all Team Time Trial Championships and categories must be selected on merit.

SC4.3 Scottish National Individual Time Trial Championships

SC4.3.1 Scottish Cycling shall recognise annually a Time Trial Championship for each of the following categories over the distance indicated in the table below.

SC4.3.2 A gold medal will be awarded to each member of the fastest team, made up of riders with the same Primary Club, in each category. For Men, a team is defined as three riders, for all other categories, a team is two riders.

SC4.3.3 Entries for all Time Trial Championships and categories must be selected on merit.

CHAMPIONSHIP	CHAMPIONSHIP CATEGORIES	DISTANCE
10 Mile Time Trial Championship	Men, Women, Junior Men, Junior Women	10 miles
25 Mile Time Trial Championship	Men, Women, Junior Men, Junior Women	25 miles
50 Mile Time Trial Championship	Men, Women, Junior Men, Junior Women	50 miles
100 Mile Time Trial Championship	Men, Women	100 miles
Olympic Time Trial	Men, Women, Junior Men, Junior Women	30-50 miles
Hill Climb	Men, Women, Junior Men, Junior Women	Minimum 1 mile
Youth Time Trial Championship	Youth A Boys, Youth A Girls, Youth B Boys, Youth B Girls	10-15 miles

SC4.4 Scottish National Road Race Championships

SC4.4.1 Scottish Cycling shall recognise annually a Road Race Championship for each of the following categories over the distance indicated in the table below.

SC4.4.2 Scottish National Champion's jerseys will be awarded to male and female road race champions in the Senior, Junior, Veteran categories.

SC4.4.3 Entries for all Road Race Championships and categories must be selected on merit.

CHAMPIONSHIP TITLE	DISTANCE
Senior Men	80-100 miles
Senior Women	40-60 miles
Junior Men	55-75 miles
Junior Women	40-50 miles
Veteran Men (40+, 50+)	50-65 miles
Veteran Women (40+, 50+)	40-60 miles

SC4.5 Scottish National Circuit Race Championships

SC4.5.1 Scottish Cycling shall recognise annually Circuit Race Championships for each of the following categories over the time indicated.

SC4.5.2 Scottish National Champion's jerseys will be awarded to male and female circuit race champions in the Youth A categories.

SC4.5.3 Entries for all Circuit Race Championships and categories must be selected on merit.

CHAMPIONSHIP TITLE	DISTANCE
Senior Men	1 hour
Senior Women	40 minutes
Junior Men	50 minutes
Junior Women	30 minutes
Youth A Boys	35 minutes
Youth A Girls	30 minutes
Youth B Boys	25 minutes
Youth B Girls	20 minutes
Youth C Boys	20 minutes
Youth C Girls	20 minutes

SC4.6 Scottish National Track Championships

SC4.6.1 Hard Track Championships

SC4.6.1.1 Scottish Cycling shall recognise annually Track Championships for each of the following categories.

SC4.6.1.2 Events marked with an asterisk are open to both male and female category riders. Where Championship races are combined, the regulations in SC1.2 shall apply.

SCOTTISH NATIONAL CHAMPIONSHIPS AND RECORDS

SC4.6.1.3 For supplementary Scottish National Track Championship regulations please see SC6.1-6.6.

Sprint*	Women's Sprint
Individual Pursuit*	Women's Individual Pursuit
Team Sprint*	Women's Team Sprint
Time Trial*	Women's Time Trial
Scratch Race*	Women's Scratch Race
Keirin*	Women's Keirin
Points Race*	Women's Points Race
Madison*	Women's Madison
Omnium*	Women's Omnium
Team Pursuit*	Women's Team Pursuit
Junior Men Sprint	Junior Women Sprint
Junior Men Time Trial	Junior Women Time Trial
Junior Men Individual Pursuit	Junior Women Individual Pursuit
Junior Men Scratch Race	Junior Women Scratch Race
Junior Men Keirin	Junior Women Keirin
Junior Men Points Race	Junior Women Points Race
Junior Men Madison	Junior Women Madison
Junior Men Team Sprint	Junior Women Team Sprint
Veteran Men Individual Pursuit	Veteran Women Individual Pursuit
Youth A Boys Sprint	Youth A Girls Sprint
Youth A Boys Time Trial	Youth A Girls Time Trial
Youth A Boys Individual Pursuit	Youth A Girls Individual Pursuit
Youth A Boys Scratch Race	Youth A Girls Scratch Race
Youth A Boys Points Race	Youth A Girls Points Race
Youth A Boys Madison	Youth A Girls Madison
Youth A Boys Team Sprint	Youth A Girls Team Sprint
Youth B Boys Omnium	Youth B Girls Omnium
Youth B Boys Scratch Race	Youth B Girls Scratch Race
Youth C Boys Omnium	Youth C Girls Omnium
MB Tandem Time Trial	WB Tandem Time Trial
MB Tandem Sprint	WB Tandem Sprint

SC4.7 Scottish National Grass or Cinder Track Championships

SC4.7.1 Scottish Cycling shall recognise annually Grass Track Championships, for both male and female, over the following distances:

800 metres
1500 metres
5km

SC4.8 Scottish National Cyclo-Cross Championships

SC4.8.1 Scottish Cycling shall recognise annually Cyclo-Cross Championships for both male and female in each of the following categories

Youth C
Youth B
Youth A
Junior
Senior
Veteran 40
Veteran 50
Veteran 60

SC4.9 Scottish National Mountain Bike Championships

SC4.9.1 Scottish Cycling shall recognise annually Mountain Bike Championships for both male and female, in the following categories:

DOWNHILL	CROSS COUNTRY
Juvenile	Juvenile
Youth	Youth
Junior	Junior
Senior	Senior
Master	Master
Veteran	Veteran
	Grand Veteran
	Super Veteran

SC4.10 Scottish National BMX Championships

SCOTTISH NATIONAL CHAMPIONSHIPS AND RECORDS

SC4.10.1 Scottish Cycling shall recognise annually BMX Championships for both male and female, in the following categories:

20"	24"
9-10	9-12
11-12	13-16
13-14	17-29
15-16	30-39
17-29	40-44
Master 30+	45-49
Veteran 40 +	50+

SC5 SCOTTISH RECORDS

SC5.1 Scottish Track & Road Records Organisation

SC5.1.1 The Scottish Cycling Board shall adjudicate on claims from persons who meet the Scottish National Championship eligibility criteria, as per SC2.2, for track and road records as specified below. Such records shall be known as Scottish National Records, or Scottish Allcomers Records, as applicable.

SC5.1.2 No claim shall be considered unless the performance to which it relates is made in an open event sanctioned by British Cycling or recognised by the Scottish Cycling Board.

SC5.1.3 No claim shall be considered unless the time-keeping arrangements in the event concerned comply with the standard laid down by the Scottish Cycling Board for timekeeping in open events.

SC5.1.4 The onus of making a claim shall rest with the rider. Records must be claimed by the rider within 14 days of the attempt and upon Scottish Cycling's record claim form. The Scottish Cycling Board may, at its discretion, extend the time within which a record claim may be made. The original time sheets signed by the timekeepers or the approved operator of a fully automatic timing device as appropriate, and showing lap by lap times shall accompany all record claims. Additionally, claims for records broken at an open or championship meeting shall be supported by the official result communiqué.

SC5.1.5 No rider shall attempt, claim, or permit to be published a track record unless under these Regulations or those of British Cycling or the UCI, and any rider so attempting, claiming, or

permitting, or any official assisting them, shall be in breach of these Regulations. Where a record time or distance is beaten more than once in the same day, each record time or distance will be considered for ratification in the order the rides were completed.

SC5.1.6 The Scottish Cycling Board may procure and use any evidence bearing upon a record claim, and shall retain all documents in connection therewith.

SC5.1.7 The Scottish Cycling Board may decline to consider any claim it may consider to be contrary to the interests of the sport. Any person improperly claiming or supporting a record shall be in breach of these Regulations.

SC5.2 Scottish Track Records

SC5.2.1 The Scottish Cycling Board shall adjudicate on claims by all other persons, not meeting the criteria in SC2.2, the specific Scottish Championship team competition provision, for track records set up in Scottish territory. Such records shall be known as Scottish Allcomers Records.

SC5.2.2 No claim for a record shall be considered unless the ride has been made:

SC5.2.2.1 On a track approved by the UCI or measured in accordance with T8.7 and the measurement certified by a qualified surveyor.

SC5.2.2.2 In the presence of an Official Observer and timed by at least two Timekeepers who have, for the purpose of timing the record or records, used timing devices registered with Scottish Cycling. Where electronic timing is being used, only one Timekeeper is required.

SC5.2.2.3 In an open or confined race or a time trial at an open track meeting or a private time trial for which a permit shall have been granted by Scottish Cycling or British Cycling.

SC5.2.2.4 Using any gear and equipment restrictions which are in place for the age category or event in question.

SC5.2.3 Where any of the records at the times or distances listed in these Regulations remains to be established the Scottish Cycling Board may set a standard for such record and no claim for the record will be considered unless the standard is equalled or beaten.

SCOTTISH NATIONAL CHAMPIONSHIPS AND RECORDS

- SC5.2.4 All records may be electronically timed and where so timed shall be to the nearest 1/1000th of a second. Where hand-held timing devices are used, records shall be timed to 1/100th of a second. A 1/100th second beating of an existing record shall establish a new record.
- SC5.2.5 At Olympic Games, World Championships, World Cup, Continental and Regional Championships (UCI sanctioned), British National Championships, Scottish National Championships and any event which conforms with SC5.2.1-SC5.2.5, unpaced standing start records as detailed in SC5.2.11, may be approved over distances up to and including 4 kilometres when two riders or two teams start on opposite sides of the track. For all other distances and for all record attempts outside such events and arranged by special permit, the rider or team shall be alone on the track.
- SC5.2.6 The area of the track inside the gauge line (the black band) shall be made un-rideable during special record attempts outside competition.
- SC5.2.7 For standing start arrangements for all record attempts, refer to starting procedures in SC6.6.
- SC5.2.8 No claim for a record set up outside the aforementioned events shall be considered unless four weeks' notice of the attempt shall have been given to Scottish Cycling.
- SC5.2.9 Within the notice period Scottish Cycling shall be responsible for providing an official observer who shall be at least a National Commissaire and, where considered appropriate, facilities for an anti-doping control. All other officials must be obtained by the rider or their representative. In events covered by SC5.2.5, the appointed Chief Commissaire shall act as the appointed observer.
- SC5.2.10 All motor-paced record attempts shall conform to conditions laid down by the Scottish Cycling Board.
- SC5.2.11 During attempts on the 1 hour record arrangements shall be made to indicate the last lap. To calculate the distance covered in the hour the rider shall, when the time is up, continue for the additional distance and complete the lap. The time taken for the last lap shall be used to calculate the distance covered during the time remaining to complete the hour in accordance with the following formula:
- $$D = L \times \frac{TR}{TL}$$
- Where: D is the additional distance, L is the length of the track, TR is the time remaining to complete the hour, TL is the time for the last lap. If a recognised incident prevents the rider from completing the last lap, the time of the preceding lap shall be taken to calculate the distance covered.



SCOTTISH NATIONAL CHAMPIONSHIPS AND RECORDS

SC5.2.12 The following distances and categories will be recognised for unpaced record attempts. Club and Regional Team records are recognised when all riders meet the eligibility criteria in SC2.2 and all riders are either members of the same primary club, or are residents of the same Scottish region:

Men	Standing Start 1km
	Standing Start 4km
	Standing Start 1 hour
	Flying Start 200m
	Flying Start 500m
Veteran Men	Standing Start 3km
Junior Men	Standing Start 1km
	Standing Start 3km
	Flying Start 200m
	Flying Start 500m
Youth A Boys	Standing Start 500m
	Standing Start 2km
	Flying Start 200m
	Flying Start 500m
Youth B Boys	Standing Start 500m
	Standing Start 1500m
	Flying Start 200m
	Flying Start 500m
Youth C Boys	Standing Start 500m
	Standing Start 1500m
	Flying Start 200m
	Flying Start 500m
Club and Regional Teams Men	Team Pursuit Standing Start 4km
	Team Sprint Standing Start 750m
Men	Team Pursuit Standing Start 4km
	Team Sprint Standing Start 750m
Club and Regional Teams Junior Men	Team Pursuit Standing Start 4km
	Team Sprint Standing Start 750m
Junior Men	Team Pursuit Standing Start 4km
	Team Sprint Standing Start 750m
Club and Regional Teams Youth A Boys	Team Pursuit Standing Start 4km
	Team Sprint Standing Start 750m
Youth A Boys	Team Pursuit Standing Start 2km
	Team Sprint Standing Start 750m
MB Tandem	Standing Start 1km
	Flying start 200m

Women	Standing Start 500m
	Standing Start 3km
	Standing Start 1 hour
	Flying Start 200m
	Flying Start 500m
Veteran Women	Standing Start 2km
Junior Women	Standing Start 500m
	Standing Start 2km
	Flying Start 200m
	Flying Start 500m
Youth A Girls	Standing Start 500m
	Standing Start 2km
	Flying Start 200m
	Flying Start 500m
Youth B Girls	Standing Start 500m
	Standing Start 1500m
	Flying Start 200m
	Flying Start 500m
Youth C Girls	Standing Start 500m
	Standing Start 1500m
	Flying Start 200m
	Flying Start 500m
Club and Regional Teams Women	Team Pursuit Standing Start 4km
	Team Sprint Standing Start 750m
Women	Team Pursuit Standing Start 4km
	Team Sprint Standing Start 750m
Club and Regional Teams Junior Women	Team Pursuit Standing Start 3km
	Team Sprint Standing Start 750m
Junior Women	Team Pursuit Standing Start 3km
	Team Sprint Standing Start 750m
Club and Regional Teams Youth A Girls	Team Pursuit Standing Start 3km
	Team Sprint Standing Start 750m
Youth A Girls	Team Pursuit Standing Start 2km
	Team Sprint Standing Start 750m
WB Tandem	Standing Start 1km
	Flying start 200m

SCOTTISH NATIONAL CHAMPIONSHIPS AND RECORDS

- SC5.3 Scottish Road Records
- SC5.3.1 The course must comply with R14.1. Where alterations have been made to a previously registered course no claim shall be considered until the course has been re-registered with the new details.
- SC5.3.2 The number of counting riders for Team records, shall be as per SC4.3.2.
- SC5.3.3 The lowest timing units by which competition records may be broken shall be one whole second in the case of fixed distance events and

in the case of 12 hours and 24 hours events the lowest unit shall be 1-100th of a mile. In the case of a claim to a 12 or 24 hours record where the claimant was not within sight of an official timekeeper at the conclusion of the ride, the Scottish Cycling Board will consider official timekeepers' certificates relating to their position along the course before and after their time expired and will decide upon the distance to be recorded.

- SC5.3.4 The following distances and categories will be recognised for unpaced record attempts

	10 MILES	25 MILES	30 MILES	50 MILES	100 MILES	12 HOURS	24 HOURS
Bicycle Men	X	X	X	X	X	X	X
Bicycle Men Team	X	X	X	X	X	X	X
Bicycle Women	X	X	X	X	X	X	X
Bicycle Women Team	X	X	X	X	X	X	X
Veteran Men	X	X	X	X	X	X	X
Veteran Men Team	X	X	X	X	X	X	X
Veteran Women	X	X	X	X	X	X	X
Veteran Women Team	X	X	X	X	X	X	X
Tandem Men	X	X	X	X	X	X	X
Tandem Women	X	X	X	X	X	X	X
Tandem Mixed	X	X	X	X	X	X	X
Tricycle Men	X	X	X	X	X	X	X
Tricycle Women	X	X	X	X	X	X	X
Tricycle Men Team	X	X	X	X	X	X	X
Tricycle Women Team	X	X	X	X	X	X	X
Bicycle Junior Men	X	X	X	X			
Bicycle Junior Men Team	X	X	X	X			
Bicycle Junior Women	X	X	X	X			
Bicycle Junior Women Team	X	X	X	X			
Bicycle Youth Boys	X	X					
Bicycle Youth Boys Team	X	X					
Bicycle Youth Girls	X	X					
Bicycle Youth Girls Team	X	X					

SCOTTISH NATIONAL CHAMPIONSHIPS AND RECORDS

SC6 SCOTTISH TRACK CHAMPIONSHIPS REGULATIONS

- SC6.1 Control
- SC6.1.1 All Scottish National Track Championship events ("Championships") shall be run in accordance with the UCI Cycling Regulations 3.1.001 to 3.2.264 ("UCI Regulation(s)") plus the rules contained herein. Should any conflicts arise between the British Cycling Technical Regulations ("BC Regulation(s)"), the UCI Regulations and these Scottish National Track Championship Regulations ("SC Championship Regulations"), these SC Championship Regulations shall take precedence.
- SC6.1.2 The President of the Commissaires Panel shall have sole responsibility to discipline riders due to their conduct or riding during the Championships, except as otherwise provided in UCI Regulation 3.2.011.
- SC6.2 Entries
- SC6.2.1 Senior Track Championship are open to Junior category riders. Youth A riders with the appropriate dispensation may compete in Junior Championships and Youth B & C riders with the appropriate dispensation may compete in Youth A and B Championships respectively. With the exception of Youth A Girls with dispensation who may contest Women's Championships, dispensation is only valid for the next highest age category e.g. Youth A Boys cannot compete in Senior Championships.
- SC6.2.2 Where only one entry is received, or only one rider signs on for a Championship, it will be cancelled. Should less than 6 riders sign on for either of the Senior, Women and respective Junior Championships in the same discipline to be held at the same meeting, the organiser may combine the fields. Under similar circumstances, Championships for Youth Boys and Youth Girls may be run with combined fields, combining genders and /or age categories, including heats where necessary. Where heats are required, no medals will be awarded to riders not reaching the final. Medals will be awarded to each category with due regard to SC2.4.
- SC6.2.3 All riders must sign on upon their first appearance at the Championships and sign on for each Championship event thereafter.
- SC6.2.4 In the case where a complete ranking cannot be produced, e.g. the Keirin, medals will only be awarded where the riders have been ranked in the final classification.
- SC6.2.5 A competitor may be nominated for several teams but may only compete for one team in any given Championship.
- SC6.2.6 For team events, including Team Sprint, Team Pursuit and Madison, riders must all meet the Scottish Championships eligibility but do not need to be members of the same club or Region. All riders in each team must wear matching jerseys.
- SC6.2.7 For team Championships, riders may be substituted prior to the event provided that the substitute rider is properly entered for any other Championship at that event and the change is approved by the Commissaires Panel. The substituted rider shall have paid the correct entry fee for the Championship.
- SC6.2.8 Championship medals will be awarded to those riders who compete in the final and, in addition, to any team member who has competed in an earlier round. Only members of the team who compete in the finals shall be entitled to take part in the victory ceremony.
- SC6.3 General
- SC6.3.1 At the time appointed by the Organisers, the first three placed riders or teams in any Championship shall gather at the foot of the podium and participate in all the ceremonies designated by the Organisers. During the victory ceremony, competitors will present themselves in the racing attire similar to that of which they competed in, without protective eye wear, head bands or caps.
- SC6.3.2 All riders may make arrangements for a spare pair of wheels, together with the tools required to effect replacement thereof to be immediately available in the case of puncture or breakage. The Commissaires Panel shall be the sole arbiter of the appropriate time required to effect any repair.
- SC6.3.3 All youth riders must present for gear checks prior to and following each race.
- SC6.3.4 Where manual timing is used, times should be recorded to 1/100th of a second.

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- SC6.3.5 For Individual Pursuit, Team Pursuit and Team Sprint, qualifying heats shall be held to determine the fastest four to contest the medal rides. For Time Trial, the event shall be a straight final.
- SC6.3.6 Any person within the track centre committing acts of inappropriate behaviour including behaviour that is indecent or endangers others may be disqualified from the Championships.
- SC6.4 Youth Omnium
- SC6.4.1 The Youth Omnium shall be a single competition consisting of three events which shall be run over a single day in the following order:
- 500m Standing Start Time Trial
 - Sprint or Keirin
 - 8-10km Scratch
- SC6.4.2 The total number of points gained during the events shall decide the result of the Youth Omnium Championship. The winner of each event shall be awarded one point; the second placed two points and so on in each event. The winner of the Youth Omnium Championship will be the rider who, after competing in each and
- every event has the lowest points total. In the case of a tie on points, the rider with the lowest time in the time trial event shall be awarded the higher place.
- SC6.4.3 Any rider failing to attempt to start in one of the events shall not be allowed to start in the subsequent events but shall be considered to have abandoned the competition and shall be listed in the final classification as 'DNF' (did not finish).
- SC6.4.4 The 500m Standing Start Time Trial shall be organised in accordance with UCI Regulation 3.2.101 to 113 Individual Time Trial, except that there shall be no preliminary heats.
- SC6.4.5 There will be no Qualifying Time Trial in the Sprint and the Commissaires Panel shall prepare a seeding list and formula to be used for the Sprint or Keirin.
- SC6.4.6 The arrangement of heats for the Sprint or Keirin shall rest with the Commissaires Panel.
- SC6.4.7 The conduct of competitors in the Sprint Competition will be governed by the conditions of UCI Regulation 3.2.034 to 3.2.049 except insofar as the distance of the event shall be 2 laps for Youth C and B (1 lap for both on tracks of 333.33 metres circumference or more).

SCOTTISH NATIONAL CHAMPIONSHIPS AND RECORDS

SC6.5 Sprint Championship Formats

QUAL.	RD 1	RD 1 REP	Q/F	M/F	S/F	FINALS	TO B COMP
24	8x2		4x2		2x2	2x2	16
23	8x2		4x2		2x2	2x2	15
22	8x2		4x2		2x2	2x2	14
21	8x2		4x2		2x2	2x2	13
20	8x2		4x2		2x2	2x2	12
19	8x2		4x2		2x2	2x2	11
18	8x2		4x2		2x2	2x2	10
17	8x2		4x2		2x2	2x2	9
16	8x2		4x2		2x2	2x2	8
15			4x2		2x2	2x2	7
14			4x2		2x2	2x2	6
13			4x2		2x2	2x2	5
12			4x2		2x2	2x2	4
11			4x2		2x2	2x2	3
10			4x2		2x2	2x2	2
9			4x2		2x2	2x2	1
8			4x2		2x2	2x2	0
7	2x2 1x3	1x4			2x2	2x2	0
6	3x2	1x3			2x2	2x2	0
5	1x2 1x3			1x3		1x2	0
4					2x2	2x2	0
3	Round Robin						0
2						2x2	0
1	No competition						

6 and 7 riders Riders not going forward to the semis are ranked by round then qualifying time

5 riders No repechage possible so losers contest a minor final for 3rd to 5th place

3 riders A versus B, B versus C, A versus C; winners are ranked by number of first places. If there is equality of wins the relevant riders contest a decider.

SCOTTISH NATIONAL CHAMPIONSHIPS AND RECORDS

RIDERS FOR B COMP	RD 1	RD 1 REP	R2	Q/F	M/F	S/F	FINALS	RANK
16	8x2				4x2	2x2	2x2	9-24th
15	5x3	2x3 1x4			4x2	2x2	2x2	9-23rd
14	1x2 4x3	3x3			4x2	2x2	2x2	9-22nd
13	2x2 3x3	1x2 2x3			4x2	2x2	2x2	9-21st
12	6x2	2x3			4x2	2x2	2x2	9-20th
11	4x2 1x3	3x2			4x2	2x2	2x2	9-19th
10	2x2 2x3	2x3	3x2	1x3		2x2	2x2	9-18th
9	3x2 1x3					2x2	2x2	9-17th
8	4x2					2x2	2x2	9-16th
7	2x2 1x3	1x4				2x2	2x2	9-15th
6	3x2	1x3				2x2	2x2	9-14th
5	1x2 1x3						1x2	9-13th
4						2x2	2x2	9-12th
3							1x3	9-11th
2							1x2	9-10th
1							Rank 9th	9th

Eliminated riders ranked by round then 200m qualifying time.

SC6.6 Starting Procedures

Either paragraph SC6.6.1 or SC6.6.2 shall apply but all competitors within each category will start by the same method.

SC6.6.1 Rider held by official

SC6.6.1.1 An official shall hold each rider at the start. Another official shall specifically ensure that each competitor leaves from the correct starting point, i.e. the leading edge of their front wheel is vertically above the starting point. Split times, if required, and the finish time will also be taken when the leading edge of the front wheel is vertically above the finish line.

SC6.6.1.2 START: each rider will be asked to indicate when they are ready. The starter will fire a gun to indicate the start and the rider will be released by the official. The rider must be held and not given a push. The manual timing mechanism will commence on the gun. Infringement of this regulation will entail a false start.

SC6.6.1.3 Should a situation arise where a rider is being held manually and electronic timing is in use, the placement of the front wheel will be as in SC6.6.1.1.

SC6.6.2 Rider held by starting gate

SC6.6.2.1 An official will place the rider's bicycle into a starting gate so that the front wheel is almost making contact with the starting line and the rear wheel will be clamped by the gate's brake mechanism.

SC6.6.2.2 START: The rider will be asked to indicate when they are ready. The start will be effected either by firing a gun or by an electronic countdown. The bicycle will be released from the starting gate and the timing mechanism, either manual or electronic, will start either when the gun is fired or on the final electronic bleep. Split times, if required, and the finish time will be taken as the front wheel touches the finish line. Infringement of this regulation will entail a false start.

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SC6.7 Scottish Track Championships Table of Distances

	OPEN	WOMEN	Junior Men	Junior Women	Youth A Boys	YOUTH A GIRLS	YOUTH B BOYS
Time Trial	1000m	500m	1000m	500m	500m	500m	
Individual Pursuit	4000m	3000m	3000m	2000m	2000m	2000m	
Team Pursuit	4000m	4000m	4000m	3000m	2000m	2000m	
Sprint	F200m 750m match	F200m 750m match	F200m 750m match	F200m 750m match	F200m 750m match	F200m 750m match	
Team Sprint	750m	750m	750m	750m	750m	750m	
Keirin	6 laps	6 laps	6 laps	6 laps			
Scratch	20km (10km)	10km (5km)	20km (10km)	10km (5km)	10km (5km)	10km (5km)	8km (3km)
Points	30km (15km)	25km (10km)	25km (10km)	20km (10km)	15km (7.5km)	15km (7.5km)	
Madison	40km (15km)	25km (10km)	25km (10km)	20km (10km)	15km (7.5km)	15km (7.5km)	
Omnium - Scratch	10km	7.5km					8km
Omnium - Tempo	10km	7.5km					
Omnium - Elimination	n/a	n/a					
Omnium - Points	25km	20km					
Omnium - Sprint/Keirin							Sprint: 2laps Keirin: 6 laps
Omnium - Time Trial							500m

SCOTTISH NATIONAL CHAMPIONSHIPS AND RECORDS

SC6.7 Scottish Track Championships Table of Distances continued

	YOUTH B GIRLS	YOUTH C BOYS	YOUTH C GIRLS	MB	WB	VETERAN MEN	VETERAN WOMEN
Time Trial				1000m	1000m		
Individual Pursuit						3000m	2000m
Team Pursuit							
Sprint				F200m 1250m match	F200m 1250m match		
Team Sprint							
Keirin							
Scratch	8km (3km)						
Points							
Madison							
Omnium - Scratch	8km	8km	8km				
Omnium - Tempo							
Omnium - Elimination							
Omnium - Points							
Omnium - Sprint/Keirin	Sprint: 2laps Keirin: 6 laps	Sprint: 2laps Keirin: 6 laps	Sprint: 2laps Keirin: 6 laps				
Omnium - Time Trial	500m	500m	500m				

ANTI-DOPING GUIDANCE

Anti-Doping Guidance

INTRODUCTION

Everyone has the right to compete in clean sport and all British Cycling Members are bound by the UK Anti-Doping Rules. This guidance provides key information regarding your responsibilities under the Rules.

Both participants and their support personnel need to be fully aware of their rights and responsibilities under the UK Anti-Doping Rules. No matter what level you participate at, the UK Anti-Doping Rules apply to you as a British Cycling member. So, if you have any questions concerning these, please contact the British Cycling Compliance Department: compliance@britishcycling.org.uk.

What is Anti-Doping and who is involved?

Anti-doping aims to eliminate doping from sport, protecting your right to participate in clean sport.

Doping is where prohibited substances or methods are used by a participant to unfairly improve their sporting performance, or where a participant possesses a prohibited substance. Not only does it destroy clean sport, but it can also be harmful to your health and so it is important that all British Cycling members work together to combat doping in sport.

There are a number of organisations involved in maintaining clean sport, including the World Anti-Doping Agency (WADA). WADA was established in 1999 as an international independent agency. They monitor compliance with the World Anti-Doping Code, as well as scientific research and education, with the objective of securing a world where all participants can participate in a doping free sporting environment.

In addition, the UK's National Anti-Doping Organisation is UKAD which is responsible for overseeing the management and implementation of the UK National Anti-Doping Policy. UKAD's mission is to protect the right to participate in clean sport.

For international cycling, the International Testing Agency (ITA) manage the anti-doping programme on behalf of the UCI.

100% Me and Strict Liability

100% Me is an athlete education programme which reinforces the participant's commitment to sport and their determination to perform without a need to enhance their performance. You can find more information about this, alongside resources and general advice on UKAD's website (<https://www.ukad.org.uk/athletes/100-me>).

The underlying principle of Anti-Doping is strict liability. This means that you are solely responsible for any prohibited substance which is found in your system or in your possession. This is regardless of whether you had an intention to cheat or not. Therefore, you must ensure you carry out the necessary research into any medications or supplements you choose to take.

It will not matter if you are not aware of the Anti-Doping Rules. It is still your responsibility.

Prohibited List - How will I know if a medication contains a banned substance?

The Prohibited List is published at the start of every year, but it can be updated from time to time. The List contains the substances and methods which are prohibited in Code-compliant sports, which includes cycling. All British Cycling members must ensure they stay up to date with any substances that are added to the List. The latest Prohibited List can be found on the WADA website (<https://www.wada-ama.org/en/what-we-do/the-prohibited-list>).

Before taking medication, you should check as to whether there are any prohibited substances within it. Members should do this whether the medication is prescribed or has been bought over the counter.

Medications can be checked on Global DRO (<https://globaldro.com/UK/search>). It is important when using Global DRO that you ensure the required information is completed accurately. As substances can be added to the Prohibited List from time to time, it is recommended you check Global DRO regularly and save all search results.

Supplements – Are supplements free from banned substances?

You should be cautious when choosing to take any supplements. There is no guarantee that they are free from banned substances.

Prior to choosing to take any supplements, you should consider the following:

- 1. Assess the need:** Do you need to take a supplement? Is there anything else that could be used instead of a supplement (i.e. more rest, better nutrition)?;
- 2. Assess the risks:** Consider the potential banned substances which could be in the supplement? Complete your research of what is in the product. You should be particularly careful when considering purchasing any supplements online.
- 3. Assess the consequences:** Consider the consequences that you could face if found to have a prohibited substance in a sample. Participants can face a four-year ban from sport if they are found to have a prohibited substance in a sample provided.

To reduce the risk when choosing to take a supplement, you should use Informed Sport (<https://www.informed-sport.com/>) to see if the product has been batch tested.

Therapeutic Use Exemptions (TUEs) – What should I do if I am prescribed a medication which contains a prohibited substance?

If you are prescribed medication which contains a prohibited substance, you need to consider applying for a Therapeutic Use Exemption (TUE).

You can do this by using UKAD's Tue Wizard (<https://www.ukad.org.uk/tue-wizard>). This guide assists you in determining whether you need to apply for a TUE and when or how to do so. If you have any questions about this, please contact the British Cycling Compliance department (compliance@britishcycling.org.uk).

Please note, if you are competing at an international level, you will need to submit a TUE application to the UCI. If you are competing at a national level, you will need to apply to UKAD for a TUE.

Further information about the process of applying for a TUE is available on UKAD's website (<https://www.ukad.org.uk/athletes/tues>).

Testing Procedure – Who can be tested, and where do tests take place?

Any British Cycling member may be tested both in competition and out of competition. Testing is not confined to cyclists competing at national level or above, and it can be carried out at any time and any place. Therefore, it is important that you understand your rights and responsibilities if you are selected for a doping control test.

All your rights and responsibilities are outlined on the 100% Me app. These include your right to be accompanied by a representative or interpreter of your choice and to request a modification to the testing procedure if you need one.

You should always complete the test, refusing one is an anti-doping rule violation and this could result in a four-year ban from sport. However, if you have any concerns about the test, you must record these on the Doping Control Form.

Tests are carried out by Doping Control Officers, and they may be accompanied by a chaperone. The main steps within the testing process are:

- Notification that you have been selected for a test;
- Reporting for the test
- Providing a sample
- Dividing and sealing the sample
- Testing the suitability of the sample
- Recording and certifying the information.

To find out more about the testing process, your responsibilities during a test, and the modifications which can be made to the process, you can visit the UKAD website (<https://www.ukad.org.uk/violations/testing-process>) or download the 100% Me app.

Anti-Doping Rule Violations and Sanctions

Under the 2021 World Anti-Doping Code, there are eleven anti-doping rule violations. These are:

- Presence of a prohibited substance in a sample
- Use or attempted use of a prohibited substance or a prohibited method
- Evading, refusing or failing to submit to sample collection
- Whereabouts failure
- Tampering or attempted tampering with any part of doping control
- Possession of a prohibited substance or a prohibited method
- Trafficking or attempted trafficking of any prohibited substance or prohibited method

ANTI-DOPING GUIDANCE

- Administration or attempted administration of a prohibited method
- Complicity or attempted complicity
- Prohibited association
- Acts to discourage or retaliate against reporting to authorities.

For information regarding the sanctions associated with the Anti-Doping Rule Violations and who they apply to, please visit UKAD's website (https://www.ukad.org.uk/sites/default/files/2020-12/UKAD%20ADRV%20infographic%20FINAL_0.pdf).

Protect your sport: Reporting doping

It is important that everyone helps in protecting clean sport. If you see something, no matter how small, you should report this. There are a number of ways in which you can do so:

- Email UKAD: protectyoursport@reportdoping.com
- Fill in UKAD's Form online (<https://forms.theiline.co.uk/ukad>)
- Call the 24/7 Hotline anonymously: 08000 32 23 32

Useful links and resources

Should you have any queries, you can contact the British Cycling Compliance Department (compliance@britishcycling.org.uk).

If you would like to read further information concerning anti-doping, you can access further resources on UKAD's website:

Advice for coaches: <https://www.ukad.org.uk/support/coaches>

Advice for participants: <https://www.ukad.org.uk/athletes>

Advice for Parents, Carers and Guardians: <https://www.ukad.org.uk/support/parents-carers-and-guardians>

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DISCIPLINARY REGULATIONS

INTRODUCTION

- 1.1 These Disciplinary Regulations (the 'Regulations') are binding on all Participants and Affiliates. They are the means by which British Cycling exercises disciplinary authority in relation to its rules, regulations, bye laws, policies, codes and procedures. A resignation from membership and/or cessation from participation in an Event or other cycling related activity promoted or administered by British Cycling shall not prevent British Cycling from taking disciplinary action in accordance with the Regulations in relation to a Complaint that took place, or partially took place, whilst the Respondent was a Participant. The Regulations provide uniform procedures for the resolution of disciplinary issues arising from within the sport and activity of cycling across all regions.
- 1.2 References to the singular include the plural and vice versa.
- 1.3 A summary of these Regulations is provided at Appendix 2. If there is an inconsistency between any of the provisions of these Regulations and Appendix 2, the provisions of these Regulations shall prevail.

2 DEFINITIONS AND INTERPRETATION

- 2.1 In these Disciplinary Rules, the following terms shall have the following meanings:

Affiliate

means a team or club affiliated to or formerly affiliated to British Cycling, and their Members or Volunteers;

Appeal Committee

means a panel of 3 individuals selected from the Disciplinary Panel, appointed to perform that role pursuant to these Regulations;

Appeal Fee

means the sum of £200 that must be sent to British Cycling by a Respondent when they file a Notice of Appeal in accordance with Regulation 11.4 of these Disciplinary Regulations;

Appellant

means British Cycling and/or the relevant Respondent appealing a decision of a Disciplinary Committee in accordance with Regulation 11 of these Disciplinary Regulations;

Board

means the board of directors of British Cycling;

British Cycling

means the British Cycling Federation;

Bye Laws

means the bye laws of British Cycling, as amended from time to time;

CAS

means the Court of Arbitration for Sport;

Case File

has the meaning given to that term in Regulation 11.9 of these Disciplinary Regulations;

Chair

the Legally Qualified person who is appointed from time to time, pursuant to Regulations 6.6 or 11.9 (as appropriate) to be the Chairperson of the Disciplinary Committee or the Appeal Committee under the Disciplinary Regulations;

CMG

means the Case Management Group, as defined within the Safeguarding Regulations;

Code of Conduct

means the Code of Conduct of British Cycling, as amended from time to time;

Code of Practice for Cycling Coaches

British Cycling Code of Practice for Cycling Coaches, in conjunction with the British Cycling Guidelines for Coaching Cycling, as amended from time to time;

Complaint

a complaint of Misconduct or notification of a concern regarding particular circumstances and/or behaviour that falls within the jurisdiction of these Regulations;

Complainant

the Participant, club or body from whom a Complaint has been received by the Disciplinary Officer;

Contractor

any person or organisation engaged to supply services to British Cycling in the course of their own business undertaking;

Cycling Time Trials

means Cycling Time Trials, the national governing body for cycling road time trials in the UK;

Decision

means the outcome of a hearing of the Disciplinary Committee or Appeal Committee;

Disciplinary Charge

means the specific Misconduct breach presented to the Respondent following receipt of a Complaint and subsequent investigation;

Disciplinary Clerk

means the individual appointed to provide impartial advice to the Disciplinary Committee and or the Appeal Committee regarding the Disciplinary Regulations, process and other matters of fact relating to the conduct (explicitly, not content) of a hearing;

Disciplinary Committee

means a panel of 3 individuals selected from the Disciplinary Panel, appointed to perform that role pursuant to these Regulations;

Disciplinary Complaint

means the document on which a Disciplinary Charge and the Specified Sanction is presented to the Respondent;

Disciplinary Officer

means the individual approved by the Board to act on behalf of British Cycling in matters arising under these Regulations (or their designee);

Disciplinary Panel

means a number of individuals with the appropriate skills and experience that sit on British Cycling's standing Disciplinary Panel. To avoid conflicts of interest, members of the Board shall not be permitted to be members of the Disciplinary Panel;

Equality Policy

means the equality policy issued by British Cycling, as amended from time to time;

Event

means a single race, match or competition (or a series of races, matches or competitions) organised, licensed, convened, authorised or recognised by British Cycling or any of its Members, affiliate organisations or Licensees, wherever held;

Independent Person

means a person who is qualified and/or has expertise in the subject matter of the Complaint and who can provide independent advice to the Disciplinary Panel/ Committee;

Interested Party

means any person, Participant, or body that in the sole opinion of the Disciplinary Officer, will or is likely to be affected by the outcome of any Disciplinary Charge under the Regulations;

Investigation

means an investigation conducted by the Disciplinary Officer pursuant to Regulation 3.4;

Lead Safeguarding Officer

means the individual employed by British Cycling, Scottish Cycling and/or Welsh Cycling with primary responsibility for managing safeguarding concerns within their organisation. This role is referred to as the Wellbeing and Protection Officer by Scottish Cycling;

Legally Qualified

means a qualified solicitor registered either with the Solicitors Regulation Authority (SRA) or the Law Society of Scotland, or a barrister called to the Bar of England and Wales or an Advocate who is a Member of the Faculty of advocates;

Licensee

means any individual (whether they be a rider, coach, agent, Race Official or otherwise) who holds a race licence issued by British Cycling;

Member

means an individual (whether they be a rider, coach, Race Official or otherwise) granted Membership or formerly granted Membership of British Cycling;

Membership

means being a Member of British Cycling, granted in accordance with the Bye-Laws;

Misconduct

means any behaviour, which may include, but is not limited to, physical acts or verbal and written communication, and that is unsporting, presents an actual/ potential risk of harm and/ or has the potential to bring the sport of cycling, other Participants, Race Officials or British Cycling into disrepute;

Non-Party

means any person other than the parties (i.e. the Respondent or Disciplinary Officer) to disciplinary proceedings;

Notice of Appeal

has the meaning given to that term in Regulation 11.4 of these Disciplinary Regulations;

DISCIPLINARY REGULATIONS

Notice of Charge

means the notification of the Disciplinary Charge against the Respondent issued by the Disciplinary Officer;

Official

any person acting in the administration of an Event or acting in any other role; including but not limited to the administration, coaching and organisation of a British Cycling affiliated team or any promotional or coaching activity whatsoever;

Participant

any person participating in an Event or other cycling related activity promoted or administered by British Cycling, including but not limited to any Member, Affiliate, Official, Spectator, Licensee, Volunteer or Contractor from time to time;

Position of Trust

means any role with a degree of responsibility over property, finances or Participants;

Race Official

means a commissaire, referee, marshal or other individual involved in the officiating of an Event;

Respondent

the Participant who is the subject of the Complaint Investigation and/or Notice of Charge under the Regulations;

Response

means the Respondent's written reply to the Notice of Charge pursuant to Regulation 6.2.

Safeguarding Policies

means the British Cycling Safeguarding Children and Young People Policy and Procedures; the British Cycling Safeguarding Adults Policy and Procedures; the British Cycling Great Britain Cycling Team Safeguarding Children and Young People Policy and Procedures; and, the British Cycling Great Britain Cycling Team Safeguarding Adults Policy and Procedures;

Safeguarding Regulations

means the British Cycling Safeguarding Regulations;

Scottish Cyclists' Union

means the Scottish Cyclists' Union, the organisation responsible for the administration and control of cycling in Scotland;

Spectator

any person who is admitted on-course at an Event other than as a rider, Official or Volunteer or who is attending an Event as a spectator only;

Senior Race Official

means the most senior Race Official present at an Event (in most circumstances, this will be the chief commissaire) (or their designee);

Specified Sanction

means a sanction specified by the Disciplinary Officer in accordance with Regulation 5.9 of these Disciplinary Regulations;

Technical Regulations

means the technical regulations of British Cycling consisting of the General & Discipline Specific Regulations, as amended from time to time;

UCI

means the Union Cycliste Internationale;

UCI Regulation

means Part 12 of the UCI Regulations – Discipline and Procedures, as amended from time to time;

Volunteer

any person providing assistance or support to British Cycling from time to time otherwise than as an employee or Director and including but not limited to any person providing assistance at an Event;

Welsh Cycling Union

means the Welsh Cycling Union, the organisation responsible for the administration and control of cycling in Wales.

3 DISCIPLINARY POWERS

Misconduct

- 3.1 The following types of behaviour, without limitation, are examples of Misconduct:
- a breach, or multiple breaches of the Bye Laws which the Disciplinary Officer, in their absolute discretion and for whatever reason considers sufficiently serious to constitute an act of Misconduct;
 - a breach, or multiple breaches of the Technical Regulations which the Disciplinary Officer, in their absolute discretion and for whatever reason considers sufficiently serious to constitute an act of Misconduct (including without limitation the

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- non-payment of levies or fines owed to British Cycling);
- (c) a breach, or multiple breaches of the Code of Conduct which the Disciplinary Officer, in their absolute discretion and for whatever reason considers sufficiently serious to constitute an act of Misconduct;
 - (d) a breach, or multiple breaches of the Safeguarding Policies and/or the Safeguarding Regulations, which the Lead Safeguarding Officer, in their absolute discretion and for whatever reason considers sufficiently serious to refer to the Disciplinary Officer;
 - (e) a concern has been raised under the Safeguarding Policies and/ or Safeguarding Regulations, which the Lead Safeguarding Officer, in their absolute discretion and for whatever reason considers sufficiently serious to refer to the Disciplinary Officer;
 - (f) a breach, or multiple breaches of the Code of Practice for Cycling Coaches which the Disciplinary Officer, in their absolute discretion and for whatever reason considers sufficiently serious to constitute an act of Misconduct;
 - (g) a breach, or multiple breaches of any guidance or rules of British Cycling, which the Disciplinary Officer, in their absolute discretion and for whatever reason considers sufficiently serious to constitute an act of Misconduct;
 - (h) engaging in any behaviour, which the Disciplinary Officer in their absolute discretion and for whatever reason considers as bringing the sport in to disrepute;
 - (i) intimidating, influencing or attempting to intimidate or influence any witness involved in a disciplinary or safeguarding investigation;
 - (j) disobedience of the reasonable directions of a Race Official;
 - (k) dangerous riding or compromising the safety of another Participant;
 - (l) verbal or physical abuse of any kind, including but not limited to comments written and/or shared on social media and/or any other form of communication;
 - (m) fixing or contriving in any way or otherwise influencing improperly the result, progress or conduct of any Event in which the Participant is participating in and/or can influence;
 - (n) placing, accepting or laying a bet in relation to the result, progress or conduct of any Event in which the Participant is participating in and/or can influence;
 - (o) breaching the terms of any suspension imposed by British Cycling including but not limited to suspensions imposed by the Disciplinary Officer, Disciplinary Committee, Appeal Committee, and/ or the CMG;
 - (p) failure to provide reasonable assistance in connection with, or otherwise disrupting the course of, an Investigation, Complaint and/ or Disciplinary Charge;
 - (q) failure to assist and/ or cooperate with enquiries deemed necessary under the Safeguarding Regulations;
 - (r) carrying out any acts and/ or making any statements that are discriminatory by reason of sex, sexual orientation, marital status, race, nationality, ethnic origin, colour, religion, belief, gender reassignment or disability, and/ or acting in contravention of the Equality Policy, including but not limited to comments written and/ or shared on social media platforms;
 - (s) failure to pay any fine, levies, moneys and/ or compensation awards owed to British Cycling within the specified period of time;
 - (t) failure to comply with any decisions made by the Lead Safeguarding Officer during and/ or on conclusion of any investigation under the British Cycling Safeguarding Regulations;
 - (u) failure to comply with the UK Anti-Doping Rules, as amended from time to time;
 - (v) in respect of any Participant in a Position of Trust or authority over another Participant either directly (including any coach, doctor, physiotherapist or otherwise) or indirectly (including any organiser, club, regional or national official):
 - (i) abusing that trust or authority in any way;
 - (ii) failing to observe confidentiality of such Participant;

DISCIPLINARY REGULATIONS

- (iii) failing to act with respect towards such other Participant by, for example engaging in bullying or behaviour that may induce feelings of fear and/or harassment;
- (iv) failing to act in a professional manner or acting in a way that gives rise to a conflict of interests and/ or brings the sport into disrepute; and/or
- (v) failing to inform British Cycling of any investigation by any organisation related to issues that may affect their suitability to continue in a Position of Trust.

Reporting Misconduct

- 3.2 All Participants must report any matter that may constitute Misconduct to the Disciplinary Officer as soon as reasonably practicable.

Explanatory note: Regulation 3.2 imposes a general obligation on all those bound by these Regulations to report acts of Misconduct to the Disciplinary Officer. All such reports shall be in writing, emailed to disciplinary@britishcycling.org.uk, or by telephone. Without prejudice to this general obligation, where a Race Official witnesses or receives evidence of behaviour that may constitute Misconduct under these Regulations at an Event he must report that behaviour to the Senior Race Official immediately. The Senior Race Official must report all matters that may constitute Misconduct at an Event to the Disciplinary Officer within 72 hours of receiving notice of such incident or behaviour.

The general obligation set out in Regulation 3.2 should not discourage Participants and/or other individuals (whether they be relatives or friends of Participants, spectators or otherwise) from reporting matters that may constitute Misconduct to the relevant club welfare officer, where appropriate, in addition to reporting such matters to the Disciplinary Officer.

- 3.3 These Regulations are not intended to replace the powers given to Race Officials to penalise breaches of the Technical Regulations committed by Participants at Events and cannot be used to appeal a penalty issued by a Race Official in accordance with the Technical Regulations. For the avoidance of doubt, a Participant may be sanctioned under these Regulations for Misconduct that relates to behaviour at an Event even if a Race Official has, or has not, already penalised one or more Participants for that behaviour in accordance with the Technical Regulations.

Investigations

- 3.4 The Disciplinary Officer shall be entitled to undertake any Investigations they consider necessary at any time whether prompted by a Complaint or otherwise, and every Participant will be obliged to cooperate with those Investigations. A failure to cooperate with any Investigation may itself constitute Misconduct and will entitle adverse inferences to be drawn from that failure.
- 3.5 On completion of the Investigations, the Disciplinary Officer shall:
- (a) take no further action; or
 - (b) take any further actions that they conclude is appropriate having regard to the circumstances of the Complaint to attempt to resolve the matter without recourse to a formal Disciplinary Charge. This may include further investigation, helping to resolve conflicts between any parties, providing guidance, requiring an individual to undergo training, providing a written warning or issuing formal warnings; or
 - (c) bring a Disciplinary Charge against one or more Participants.

4 THE COMPLAINT

- 4.1 Complaints shall be made to the Disciplinary Officer. British Cycling shall acknowledge receipt of the Complaint within a reasonable period of time.
- 4.2 The Disciplinary Officer may, at their discretion, decide that too long has elapsed since the event giving rise to the Complaint and take no action.
- 4.3 On receipt of the Complaint, the Disciplinary Officer may do any of the following, as they deem appropriate:
- (a) commence an initial Investigation into the matter to source information and evidence as soon as practicable;
 - (b) inform the Respondent of the allegations against them and invite a written response from the Respondent within a specified period;
 - (c) undertake any further Investigation the Disciplinary Officer sees fit; and/or
 - (d) inform any other relevant body which has a legitimate interest in the subject of the Complaint.

- 4.4 Upon completion of the relevant steps set out in Regulation 4.3 above the Disciplinary Officer may take any of the following actions:
- (a) decide that no further action is required and, where appropriate, inform the Respondent;
 - (b) reject the Complaint because it does not fall within the authority of British Cycling and, if appropriate, refer it to another relevant body;
 - (c) dismiss the Complaint on the grounds that there is not enough evidence to warrant further action being taken and, where appropriate, inform the Respondent;
 - (d) dismiss the Complaint on the grounds that it is vexatious or malicious and, where appropriate, inform the Respondent;
 - (e) refer the Complaint to another authority deemed more appropriate in practice or in law to handle it, including, but not limited to, social services or other agencies or the police for criminal matters;
 - (f) refer the matter to be dealt with under the Safeguarding Regulations;
 - (g) deal with the Complaint informally by way of advice or information because it is not serious enough to warrant the issuing of a Disciplinary Charge;
 - (h) offer a Specified Sanction to the Respondent in accordance with Regulations 5.9 to 5.12; and/or
 - (i) bring a Disciplinary Charge.
- 4.5 Where appropriate, the Disciplinary Officer shall inform the Respondent and any Interested Party or Parties of the course of action taken.
- 4.6 In the event that a Complaint is withdrawn by a Complainant, British Cycling retains the right, at its absolute discretion, to take any action deemed appropriate against the Respondent under the Regulations.

5 INTERIM SUSPENSION

- 5.1 In the event that the subject matter of the Complaint or Investigation is deemed to be sufficiently serious, the Disciplinary Officer may seek at any time following the commencement of the Investigation or receipt of the Complaint to impose an interim suspension upon the Respondent by making an application to a Legally Qualified member of the Disciplinary Panel.
- 5.2 An interim suspension shall not be deemed to be a disciplinary sanction. However, it may be taken into account at the discretion of the Disciplinary Committee in respect of the imposition of sanctions.
- 5.3 When considering an interim suspension application, the Legally Qualified member of the Disciplinary Panel should take into account the following, without limitation:
- (a) the protection of the Respondent or other Participants;
 - (b) the risk to the reputation of British Cycling in failing to suspend;
 - (c) whether the failing to suspend may impede internal investigations or prejudice investigation by external organisations;
 - (d) any temporary suspension agreed by the CMG in respect of any safeguarding concern; and/or
 - (e) any suspension imposed by any other regulatory body.
- 5.4 Interim suspensions may be imposed for a defined or indefinite period. The nature of the suspension will be communicated to the Respondent in writing. All suspensions will be reviewed on a periodic basis as ordered by the appointed member of the Disciplinary Panel.
- 5.5 A Respondent who has been suspended may apply to the Disciplinary Officer for the suspension to be lifted. The Disciplinary Officer shall refer the matter to a further Legally Qualified member of the Disciplinary Panel (who shall have had no prior involvement in the matter) to determine whether the decision to impose an interim suspension was and remains appropriate in the circumstances and the Disciplinary Officer shall communicate the decision to the Respondent within 7 days of their application.
- 5.6 The Disciplinary Officer may communicate the fact of the suspension to any Interested Party.

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- 5.7 Any interim suspension under these Regulations will automatically cease if either of the following occurs (whichever is soonest):
- (a) The matter has been determined by the Disciplinary Committee under the Regulations; or
 - (b) Following an investigation, the Disciplinary Officer concludes no further action is necessary.
- 5.8 Interim suspensions may be imposed against the Respondent's British Cycling membership, including all roles and participation or, it may be against individual roles.

Specified Sanction

- 5.9 The Disciplinary Officer may offer a Specified Sanction to the Respondent where they consider it appropriate. This is at the Disciplinary Officer's discretion.
- 5.10 In order to determine the appropriate Specified Sanction that is to be imposed, the Disciplinary Officer should first determine the seriousness of the Misconduct, and then consider what factors:
- (a) aggravate the Misconduct, including but not limited to:
 - (i) a lack of remorse on the part of the Respondent involved;
 - (ii) previous reports of poor Conduct by the Respondent whether under these Regulations or the disciplinary regulations of any other governing body;
 - (iii) the need for a deterrent; and/or,
 - (iv) any other aggravating factors that the Disciplinary Officer considers relevant and appropriate.
 - (b) mitigate the Misconduct, including but not limited to:
 - (i) any admission of guilt (the mitigating value of which may depend upon its timing);
 - (ii) a good previous disciplinary record;
 - (iii) a young age and/or lack of experience;
 - (iv) demonstrable remorse for their actions and any victim; and/or

- (v) any other mitigating factors that the Disciplinary Officer considers relevant and appropriate.

- 5.11 Upon receipt of the Disciplinary Complaint, the Respondent must respond within 14 days of service to either:
- (a) reject the Specified Sanction and the Disciplinary Charge will proceed to a hearing in accordance with Regulation 9; or
 - (b) accept the Specified Sanction, no hearing will be held, and the Specified Sanction will have immediate effect from the date of acceptance.
- 5.12 Should the Respondent fail to respond to the Disciplinary Complaint within 14 days of service, no hearing will be held and the Specified Sanction will have immediate effect following completion of the 14 days.

6 DISCIPLINARY COMMITTEE PROCEDURES

Notice of Charge

- 6.1 Where the Disciplinary Officer determines that a Complaint or subject matter of an Investigation shall be dealt with by way of a disciplinary hearing the Disciplinary Officer shall be required to inform the Respondent of the Disciplinary Charge against them with specific reference to the rules, regulations or codes alleged to have been breached by way of a Notice of Charge.
- 6.2 The Respondent has 14 days from service of the Notice of Charge, to submit a Response confirming they either:
- (a) accept the Disciplinary Charge acknowledging that Regulation 9.9 shall govern proceedings, and submit their representations in relation to mitigation within 7 days of service of the Response; or
 - (b) accept the Disciplinary Charge requesting that the matter be dealt with by a disciplinary hearing limited to the issue of the severity of the sanction only; or
 - (c) deny the Disciplinary Charge in which case the matter will be dealt with by a full disciplinary hearing.

- 6.3 Should the Respondent fail to respond to the Notice of Charge within 14 days of service, the matter will proceed in accordance with Regulation 9.9, and will be dealt with summarily. The Respondent will continue to be informed of the proceedings by the Disciplinary Clerk.

The Disciplinary Committee

- 6.4 The Disciplinary Committee shall have jurisdiction to conduct disciplinary hearings and impose sanctions upon those persons / bodies subject to the Regulations.
- 6.5 The following provisions set out procedural guidelines for the conduct of proceedings before Disciplinary Committees. In each case, the Disciplinary Committee may depart from these guidelines as it sees fit in the circumstances of the case. Any such departure will not invalidate any finding or decision of the Disciplinary Committee unless it is shown to render that finding or decision unreliable.
- 6.6 Within 7 days of service of the Response, the Disciplinary Clerk shall appoint three members of the Disciplinary Panel to the Disciplinary Committee and will designate one of those members to act as Chair. The Disciplinary Clerk shall act as the secretary and administrator for the Disciplinary Committee and shall not be a member of the Disciplinary Committee.
- 6.7 No person on the Disciplinary Committee may have a close interest in the matter under consideration.
- 6.8 If one or more members of a Disciplinary Committee are unable or unwilling, for whatever reason, to hear the matter referred to the Disciplinary Committee, then the Disciplinary Clerk may, at their absolute discretion:
- appoint another member of the Disciplinary Panel as a replacement; or
 - appoint a new Disciplinary Committee.
- 6.9 The Chair of a Disciplinary Committee will be entitled to seek specialist advice from an Independent Person (including legal advice, medical advice, and advice on cycling matters) as they deem appropriate.
- 6.10 The Disciplinary Clerk shall send a written notice, setting out the details of the Disciplinary Committee members to the Respondent and the Disciplinary Officer within 7 days of appointing the Disciplinary Committee pursuant to Regulation 6.6.

7 OBJECTIONS TO COMMITTEE MEMBERS

- 7.1 Either party may object to the composition of the Disciplinary Committee by notifying the Disciplinary Clerk in writing of the objections and setting out the reasons for such objections no later than 7 days from the date of being informed of the composition of the Disciplinary Committee.
- 7.2 The Disciplinary Clerk shall immediately forward any objection received to the Chair of the Disciplinary Committee who shall consider the objections and determine:
- they are valid in their opinion, and uphold the objection; or
 - there are no grounds for objection, in which case the Chair shall reject the objection.
- 7.3 If the objection is made against the Chair of the Disciplinary Committee then another member of the Disciplinary Committee must assess the objection.
- 7.4 Where the objection is made against all of the Disciplinary Committee then another Legally Qualified member of the Disciplinary Panel must assess the objection.
- 7.5 The Disciplinary Clerk shall notify both parties in writing within 7 days from the date of receipt of any objection to the composition of the Disciplinary Committee that either:
- the composition of the Disciplinary Committee has changed (in which case the Disciplinary Clerk shall provide details of the new Disciplinary Committee); or
 - the composition of the Disciplinary Committee has not changed (in which case the Disciplinary Clerk will give reasons why the party's reasons for objecting has not been accepted).
- 7.6 The decision given in accordance with Regulation 7.5 shall be final.

8. DIRECTIONS

- 8.1 The Chair of the Disciplinary Committee shall determine all directions within the case relating to the provision of evidence and/or the conduct of the hearing.

DISCIPLINARY REGULATIONS

- 8.2 The Chair of the Disciplinary Committee shall have power to make such further directions as, in their sole discretion, are deemed necessary. These may include, but shall not be limited to:
- a) pre-hearing meetings of the Disciplinary Committee to agree procedural issues;
 - b) production, inspection and/or exchange of documents, witness statements and other evidence;
 - c) exchange of skeleton arguments;
 - d) any direction concerning the determination of any issue on paper in advance of the hearing or the extent to which evidence shall be agreed; and
 - e) if deemed appropriate, rule that the hearing take place on paper or in person.
- 8.3 If no evidence and / or documentation is submitted in accordance with the directions, the Disciplinary Committee may consider the Disciplinary Charge in the absence of such evidence, and based upon the facts and statements in its possession.
- 8.4 If a direction is not complied with by either party the Chair of the Disciplinary Committee, may at their discretion, order further directions.
- 8.5 Unless otherwise directed by the Chair of the Disciplinary Committee, each party shall inform the Disciplinary Clerk no less than 14 days before the hearing if they will be legally represented or accompanied by another third party.
- 8.6 It shall be the duty of the parties, at their own cost, to notify and arrange the attendance of any legal representation and /or any witnesses they may wish to call.
- 8.7 Time limits referred to in the Regulations can be extended at the discretion of a Legally Qualified member of the Disciplinary Panel before the appointment of a Chair of the Disciplinary Committee and thereafter only by the Chair of the Disciplinary Committee. Either party may apply to the Chair of the Disciplinary Committee to extend or vary any time limits set out in the Regulations including retrospectively.

9 HEARING

- 9.1 Where the Respondent has sent a Response in accordance with Regulation 6.2 (b) or 6.2 (c), the matter shall proceed to a hearing.
- 9.2 The Disciplinary Clerk shall liaise with the Disciplinary Committee, Respondent and the Disciplinary Officer to schedule a hearing.
- 9.3 All hearings before the Disciplinary Committees will be held in private, unless otherwise ordered by the Disciplinary Committee or agreed by the Parties.
- 9.4 A hearing may be held remotely if all parties are in agreement in the hearing being conducted in this manner.
- 9.5 In any case in which a witness refuses or fails to attend before the Disciplinary Committee, the Disciplinary Committee may, in its discretion, allow or refuse to all the evidence of that witness to be given in any other form.
- 9.6 The conduct of disciplinary proceedings will be in accordance with the principles of natural justice as determined by and consistent with the laws of England and Wales.
- 9.7 Proceedings, findings or decisions of a Disciplinary Committee shall not be invalidated by reason of any minor defect, irregularity, omission or technicality unless such defect, irregularity, omission or technicality amounts to a material irregularity and forms a ground of appeal.
- 9.8 The standard of proof in all disciplinary cases (including appeals) is the balance of probabilities.
- 9.9 Where a Disciplinary Charge is referred to the Disciplinary Committee and the Respondent admits the offence in accordance with Regulation 6.2(a) or does not respond to the Disciplinary Charge, the matter will be dealt with summarily (i.e. without a hearing). This will generally follow the below procedure, subject to amendments which the Disciplinary Committee consider required in the circumstances:
- a) The Disciplinary Clerk shall send a written notice, setting out the details of the Disciplinary Committee members to the Respondent and the Disciplinary Officer within 7 days of appointing the Disciplinary Committee pursuant to Regulation 6.6.

- (b) Both Parties will have the opportunity to object to the composition of the Disciplinary Committee, as per Regulation 7.
- (c) The Chair of the Disciplinary Committee shall issue directions in accordance with Regulation 8.
- (d) The Disciplinary Committee may impose any sanction which a Disciplinary Committee could have imposed had the alleged breach been referred to it and a breach been established to its satisfaction at a hearing. When imposing such a sanction, the Disciplinary Committee shall give due consideration to any arguments provided in mitigation by the Respondent in accordance with Regulation 6.2(a).
- 9.10 The Disciplinary Committee and Appeal Committee will not be obliged to follow strict rules of evidence. They may admit such evidence as they think fit and accord such weight to it as they think appropriate in all the circumstances. Where the Disciplinary Charge has been the subject of previous civil or criminal proceedings, the result of such proceedings and the facts and matters upon which such result is based will be presumed to be correct and the facts presumed to be true unless it is shown by clear and convincing evidence that this is not the case.
- 9.11 The Disciplinary Committee shall decide any issue by majority but shall not be required to indicate whether a decision has been taken unanimously or not. No member of the Disciplinary Committee may abstain from voting.
- 9.12 The procedure for the hearing shall be flexible and shall be at the discretion of the Chair of the Disciplinary Committee, who may make such Decisions as necessary to ensure the orderly and effective conduct of the hearing, subject to the overriding requirement of fairness. The Chair of the Disciplinary Committee will outline the basic procedure of the hearing.
- 9.13 Usually, this will be as follows:
- (a) the case against the Respondent will be presented by British Cycling or their representative, together with relevant evidence, including witness evidence.
- (b) the Respondent or their representative will be asked to admit or deny the Disciplinary Charge and will then have the opportunity to challenge the evidence presented against them, submit their own evidence, call witnesses and make representations to the Disciplinary Committee.
- (c) before being called, witnesses will not be allowed in the room while evidence is being given;
- (d) questions may be put by the Disciplinary Committee to the Respondent and British Cycling and each witness on conclusion of their evidence;
- (e) the Respondent and British Cycling may be able to raise questions in cross-examination, at the discretion of the Chair of the Disciplinary Committee;
- (f) British Cycling and the Respondent (in this order) will be allowed to make a closing statement to the Disciplinary Committee;
- (g) the room will be cleared, and the Committee will deliberate and determine whether, on the balance of probabilities, the Disciplinary Charge has been proved;
- (h) the disciplinary hearing will reconvene and the Chair of the Disciplinary Committee will announce whether or not the Disciplinary Charge has been proved, unless the Chair of the Disciplinary Committee deems it fit to defer the Disciplinary Committee's decision in accordance with Regulation 10.1(b);
- (i) if the Respondent admits the Disciplinary Charge or the Committee decides the Disciplinary Charge has been proved, the Disciplinary Committee will review the Respondent's previous disciplinary record, where relevant, to consider sanctions and costs;
- (j) the Disciplinary Committee will invite the Respondent to set out any mitigating arguments and any submissions on costs;
- (k) the room will again be cleared and the Committee shall determine the appropriate sanction in accordance with the Regulations;
- (l) those representing a Respondent at a hearing may present and sum up their case, but they are not permitted to answer questions put to the Respondent.
- 9.14 If the Chair of the Disciplinary Committee feels it is necessary, bearing in mind all the circumstances surrounding the case, the Disciplinary Committee may, at its discretion, request an Independent Person to act as adviser to the Disciplinary Committee.

DISCIPLINARY REGULATIONS

- 9.15 The Chair of the Disciplinary Committee has the absolute discretion to adjourn the hearing if at any time they think the interests of justice require it (for example to seek the attendance of a key witness or other important evidence) and/or if they consider it important and relevant in reaching a decision. The decision by the Chair of the Disciplinary Committee to adjourn the hearing, or not, will be final.
- 9.16 The Chair of the Disciplinary Committee may determine that persons other than the parties shall be permitted to attend the hearing where this is in the interests of justice.
- 9.17 The Chair of the Disciplinary Committee may determine that attendance by the Complainant, Respondent and any witnesses involved may be via conference call, video link or other suitable method. The Chair of the Disciplinary Committee may also determine that any written evidence may be admitted where giving evidence and being cross examined in person is not reasonably possible or desirable, but the Disciplinary Committee should take the relative weight of such evidence into account when making its determinations.
- 9.18 If the Respondent does not attend the hearing arranged as above, provided that the Disciplinary Committee is satisfied that notice of the hearing was served properly, it may proceed to hear the evidence in the absence of the Respondent.
- 9.19 In the light of the evidence presented to it, the Disciplinary Committee may find a Respondent guilty of a less or more serious Disciplinary Charge than originally set out in the Notice of Charge.
- 9.20 If the alleged Disciplinary Charge has not been proved, the Chair of the Disciplinary Committee shall so state and the Disciplinary Committee shall dismiss the Complaint.
- 9.21 The Chair of the Disciplinary Committee may limit cross-examination, subject to the principles of natural justice.
- 9.22 In circumstances where a Non-Party is present at the hearing and it appears to the Chair of the Disciplinary Committee that such presence may expose any other person giving evidence to unwarranted risk, the Chair may require that Non-Party to withdraw from the hearing whilst that evidence is given.
- 9.23 The Disciplinary Committee proceedings may be audio recorded at the discretion of the Chair of the Disciplinary Committee.

- 9.24 The Disciplinary Committee shall not be bound by any rules or procedures of any court (or any legislative provision). All hearings shall be conducted in a fair and orderly manner, which shall include (but is not limited to) each party having a reasonable opportunity to give and call evidence, cross-examine witnesses, address the Disciplinary Committee and present their case.

10 DECISION

- 10.1 The Chair of the Disciplinary Committee may:
- a) Announce the Decision on the date of the hearing and any sanction to be imposed in accordance with Regulation 10.5; or
 - b) Defer the Disciplinary Committee's Decision to a later date, which will be as soon as practicable.
- 10.2 Any deviation from these regulations by a Disciplinary Committee shall not invalidate any finding, procedure or Decision unless that deviation raises material doubt as to the reliability of the finding, procedure or Decision.
- 10.3 The Disciplinary Committee shall normally provide the written reasons of the Decision to the Disciplinary Clerk within 14 days of the hearing.
- 10.4 The Disciplinary Clerk shall serve the written reasons of the Decision on the Respondent and British Cycling within 3 working days of receipt.
- 10.5 The written reasons of the Decision shall include:
- a) The identity and composition of the Disciplinary Committee;
 - b) The names of the parties;
 - c) A summary of the facts;
 - d) The Rule / Regulation on which the Decision is based;
 - e) The grounds of the Decision;
 - f) The sanction (if any) to be imposed on the Respondent in accordance with the Regulations;
 - g) Any order for costs; and
 - h) The appropriate appeals procedure in accordance with the Regulations.

Sanction

- 10.6 In the event that a Complaint is upheld, the Disciplinary Committee will be entitled to impose any one or more of the following sanctions as it deems appropriate, having regard to all of the circumstances of the case (all of which may be suspended):
- a) words of advice and/or other appropriate management action;
 - b) caution, reprimand and/or warning as to future behaviour.
 - c) a fine;
 - d) in the case of Misconduct at or in relation to an Event, disqualification from the Event (in which case all benefits obtained in connection with the Event will be forfeited);
 - e) withdrawal of the Respondent's Race Licence indefinitely or for a specified period;
 - f) withdrawal and/or suspension of the Respondent's Membership and/ or the benefits associated with the Respondent's Membership;
 - g) suspension or removal of the Respondent's roles and/or qualifications held relating to British Cycling and/ or British Cycling sanctioned Events;
 - h) a recommendation to a British Cycling affiliated club to consider the individual's suitability to continue in their role within the affiliated club;
 - i) a recommendation to British Cycling to withdraw and/or suspend a club's affiliation to British Cycling and/ or the benefits associated with club's affiliation;
 - j) compensation payments to any person or entity affected by the Misconduct; and/or
 - k) a suspension from competing and/or participating in future Events and/or disqualification of past results from the date of the original offence in accordance with Regulation 16 below.
 - l) in the case of Misconduct referred by the Lead Safeguarding Officer, consideration must be had as to managing the risk presented by the individual concerned
- m) reach any other decision which the Disciplinary Committee considers to be appropriate having regard to all the circumstances of the Participant and the Complaint.
- 10.7 In order to determine the appropriate sanction that is to be imposed in each case, the Disciplinary Committee should first determine the seriousness of the Misconduct, and then consider what factors:
- a) aggravate the Misconduct, including but not limited to:
 - (i) a lack of remorse on the part of the Respondent involved;
 - (ii) previous reports of poor behaviour by the Respondent whether under these Regulations or the disciplinary regulations of any other governing body;
 - (iii) the need for a deterrent; and/or
 - (iv) any other aggravating factors that the Disciplinary Committee considers relevant and appropriate.
 - b) mitigate the Misconduct, including but not limited to:
 - (i) any admission of guilty (the mitigating value of which may depend upon its timing);
 - (ii) a good previous disciplinary record;
 - (iii) a young age and/or lack of experience;
 - (iv) good behaviour prior to and at the hearing;
 - (v) demonstrable remorse for their actions and any victim; and/or
 - (vi) any other mitigating factors that the Disciplinary Committee considers relevant and appropriate.
- 10.8 Sanctions will be effective immediately upon notification of the Disciplinary Committee's decision pursuant to Regulation 10.1, subject to the Disciplinary Committee's discretion to start the sanction on another date, backdated to take account of any interim suspension imposed under Regulation 5.2 or otherwise.
- 10.9 If no appeal is filed in accordance with Regulation 12 below, then the decision of the Disciplinary Committee will be final.

DISCIPLINARY REGULATIONS

- 10.10 The Disciplinary Committee may order that any part of sanction be suspended for a specified period (not exceeding 12 months). If the Respondent commits another breach of the rules and regulations of British Cycling or is the subject of a further Disciplinary Charge during the period of such suspended sanction which is subsequently upheld, then the suspension of the sanction is automatically revoked, and that sanction is added to the sanction pronounced for the new breach.
- 10.11 All fines and financial sanctions should be paid within 28 days from the notice of the fine or financial sanction being applied or this failure to pay will be classed as a disciplinary matter and action will be taken by British Cycling in accordance with the Regulations. Interest shall be paid at the rate applicable to judgment debts in England from the end of the 28-day period until the actual date of payment.

11 COSTS

- 11.1 Ordinarily, any costs incurred by the parties will lie where they fall. However, the Disciplinary Committee will have the discretion to order the Respondent to pay some or all of the costs of holding the hearing where the Disciplinary Charge is upheld (including any travel or accommodation costs incurred by members of the Disciplinary Committee and/or any costs incurred as a result of the Disciplinary Committee obtaining specialist advice in accordance with Regulation 6.9). Such costs must be paid within 28 days. Failure to pay will be treated in the same way as a failure to pay fines and financial sanctions (pursuant to Regulation 3.1 (s)).

12 APPEALS

Note: *An appeal against the decision of the Lead Safeguarding Officer made in accordance with Regulation 6 of the Safeguarding Regulations shall be governed by these Regulations, where applicable and/ or save where the Safeguarding Regulations provide otherwise, in which case they shall prevail.*

- 12.1 An Appeal against a Decision can be made on one or more of the following grounds
- the Decision was based on error of fact or could not have been reasonably reached by a Disciplinary Committee when faced with the evidence before it;
 - serious procedural or other irregularity in the proceedings before the Disciplinary Committee;

- significant and relevant new evidence has become available which was not available before the conclusion of the hearing but, had it been available, may have caused the Disciplinary Committee to reach a materially different decision; and/or
- the sanction imposed was manifestly unreasonable in the light of the facts before the Disciplinary Committee.

12.2 In accordance with Regulation 9.9, where a case which has been dealt with summarily, the parties may only appeal on the grounds set out in Regulation 11.1(d).

12.3 The party seeking to appeal (the 'Appellant') shall serve a Notice of Appeal in writing upon Disciplinary Clerk within 14 days following receipt of the written grounds of the Decision.

12.4 The Notice of Appeal shall:

- State the date and decision of the Disciplinary Committee against which the appeal is lodged;
- State the grounds of appeal relied upon in accordance with Regulation 12.1;
- Set out the statement of facts upon which the appeal is based, specifying whether the appeal is against finding and sanction or just sanction alone and include any supporting documentation upon which the Appellant will rely; and
- be accompanied by the Appeal Fee which shall be held by British Cycling and re-paid to the Appellant in the event that the Appeal Committee so decides.

12.5 In the case of appeals the time limits specified in the Regulations must be complied with.

12.6 Within 7 days of the filing of a Notice of Appeal, the Disciplinary Clerk will provide this to a Legally Qualified member of the Disciplinary Panel with no previous involvement in the matter. They shall determine if an appeal is validly made in accordance with Regulation 12.4.

12.7 If an appeal is validly made:

- any fine, compensation or costs award made by the Disciplinary Committee will be postponed pending the outcome of the appeal hearing; and

- b) any other sanction imposed by the Disciplinary Committee, including disqualification, and the withdrawal of Licence/Membership or suspension, will remain in place and have effect pending the outcome of the appeal hearing unless a Legally Qualified member of the Disciplinary Panel not previously involved in the proceedings determines that the sanction be lifted pending the outcome of the appeal. This will only be done if the Appellant produces new evidence that casts a material doubt on the reliability of the decision such as mistaken identity or similar truly exceptional circumstances.

- 12.8 The following provisions of this Regulation 12 set out procedural guidelines for the conduct of an appeal before an Appeal Committee. In each case, the Appeal Committee may depart from these guidelines as it sees fit in the circumstances of the case. Any such departure will not invalidate any finding or decision of the Appeal Committee unless it is shown to render that finding or decision unreliable.

Appeal Committee

- 12.9 Once a Notice of Appeal is validated under Regulation 12.6 above, the Disciplinary Clerk will appoint three members of the Disciplinary Panel to sit as an Appeal Committee to hear the appeal and will designate one of those members to act as Chair of that Appeal Committee. The Disciplinary Clerk will send copies of the Notice of Appeal and the Case File to the members of the Appeal Committee and both parties.
- 12.10 None of the members of the Appeal Committee may have previously been involved in the matter being heard.
- 12.11 No person on the Appeal Committee may have a close interest in the appeal under consideration.
- 12.12 If one or more members of an Appeal Committee are unable or unwilling, for whatever reason, to hear the matter referred to the Appeal Committee, then the Disciplinary Clerk may, at their absolute discretion:
- appoint another member of the Disciplinary Panel as a replacement; or
 - appoint a new Appeal Committee.
- 12.13 Appeal Committees will be entitled to seek specialist advice (including legal advice, medical advice, and advice on cycling matters) from an Independent Person as they deem appropriate.
- 12.14 Either party may object to the composition of the Appeal Committee by notifying the Disciplinary Clerk of the objections and setting out the reasons for such objections no later than 7 days from the date of being informed of the composition of the Appeal Committee.
- 12.15 The Disciplinary Clerk shall immediately forward any objection received in relation to the members of the Appeal Committee to the Chair of the Appeal Committee who shall consider the objections and determine whether they are valid or in their opinion, the grounds for objection are frivolous, unfounded or ill informed, in which case the Chair shall reject the objection.
- 12.16 If the objection is made against the Chair of the Appeal Committee then another member of the Appeal Committee must assess the objection.
- 12.17 The Disciplinary Clerk shall notify the parties in writing within 7 days from the date of receipt of any objections that either:
- The composition of the Appeal Committee has changed (in which case the Disciplinary Clerk shall provide details of the new Appeal Committee); or
 - The composition of the Appeal Committee has not changed (in which case the Disciplinary Clerk will give reasons why it has not accepted the party's reasons for objecting).
- 12.18 The decision by the Chair of the Appeal Committee or relevant Appeal Committee member on the composition of the Appeal Committee under this provision shall be final.

Appeal: Pre-Hearing Matters

- 12.19 On behalf of the Appeal Committee, its Chair shall then decide the appropriate course of action for the appeal. Upon making its decision which shall be no longer than 7 days after the composition of the Appeal Committee has been finalised, the Disciplinary Clerk will send notice to all the parties including:
- the directions determined by the Disciplinary Appeal Committee relating to the provision of evidence and/or the conduct of the hearing;
 - notification to all parties of the date, time and place of the hearing ensuring that that all parties are given at least 14 days' notice of the hearing;

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- c) asking the parties, whether they will be represented or accompanied by an advocate or other third party, whether they wish to call witnesses to give evidence, and who they intend to have present at the hearing; and
 - d) inviting Interested Parties to attend the hearing and make any submissions deemed necessary.
- 12.20 The Chair of the Appeal Committee shall have power to make such further directions relating to the provision of information / evidence or the conduct of the hearing as, in their sole discretion, are deemed necessary.
- 12.21 The Appeal Committee shall have the power to hear evidence from any third party not directly involved in the appeal if the Appeal Committee is of the view that such third party may be materially or adversely affected by any decision it may make.
- 12.22 Where either party wishes to rely upon any new evidence it must notify the Chair of the Appeal Committee at least 3 working days ahead of the hearing. The Chair of the Appeal Committee will then give any other party to the hearing as much notice of the new evidence as is reasonably possible. The Chair of the Appeal Committee shall determine the weight to be given to such evidence.
- 12.23 Where a party appeals against the sanction alone, they may request that the Appeal Committee review the sanction without the need for a personal hearing. If the Chair of the Appeal Committee agrees that a personal hearing is not necessary, then the parties shall be entitled to make representations in writing to the Appeal Committee.

Appeal hearing

- 12.24 All hearings before Appeal Committees will be held in private, unless otherwise ordered by the Appeal Committee or agreed by the Parties.
- 12.25 The Appeal Committee will be entitled to conduct and regulate the appeal proceedings as it sees fit in the circumstances of the case, and will determine the basis on which the appeal will proceed.
- 12.26 At the hearing, the Appellant may not, without the express consent of the Appeal Committee, advance any ground of challenge that was not specified in the Notice of Appeal.
- 12.27 The Appeal Committee may consider evidence not previously offered, provided that the party offering the evidence shows that it was not available on reasonable enquiry at the time of those proceedings.
- 12.28 The Chair of the Appeal Committee will be entitled, where the circumstances warrant
- a) to adjourn or postpone proceedings as it thinks fit and/or
 - b) to issue further directions prior to the hearing.
- 12.29 Where the matter relates to an appeal from a Disciplinary Committee hearing, save where otherwise directed by the Appeal Committee; all parties present at the Disciplinary Committee hearing, should attend the hearing before the Appeal Committee. The absence of a party at any hearing before an Appeal Committee will not, in itself, prevent the Appeal Committee from proceeding to a decision in the matter. The Appeal Committee will have discretion whether to receive written submissions by or on behalf of such absentee.
- 12.30 The Appeal Committee shall determine its own procedures, the following guidelines will apply:
- a) the Chair of the Appeal Committee will introduce themselves and the other members of the Appeal Committee to the parties and will ordinarily then read out the Notice of Appeal, or summary of it, before explaining the procedure to be followed;
 - b) the Appellant will be invited to make submissions and (where appropriate) call witnesses, who may be subject to cross-examination through the Chair of the Appeal Committee;
 - c) the other party or parties to the appeal will be invited to make submissions and (where appropriate) call witnesses, who may be subject to cross examination through the Chair of the Appeal Committee;
 - d) the parties will each be entitled to make concluding submissions; and
 - e) the Appeal Committee will retire to deliberate in private.
- 12.31 In any case in which a witness refuses or fails to attend before the Appeal Committee, the Appeal Committee may, in its discretion, allow or refuse to allow the evidence of that witness to be given in any other form.
- 12.32 A decision of an Appeal Committee will be made by at least a simple majority of the members of the Committee. No member of an Appeal Committee may abstain from any decision. The conduct of Appeal Committee proceedings will be in

accordance with the principles of natural justice as determined by and consistent with the laws of England and Wales.

- 12.33 The standard of proof in all cases before the Appeal Committee is the balance of probabilities.
- 12.34 Proceedings, findings or decisions of an Appeal Committee shall not be invalidated by reason of any minor defect, irregularity, omission or technicality unless such defect, irregularity, omission or technicality amounts to a material irregularity and forms a ground of appeal.
- 12.35 The Appeal Disciplinary Committee proceedings may be audio recorded at the discretion of the Chair of the Appeal Disciplinary Committee.
- 12.36 If either party does not attend the Appeal Hearing, provided that the Appeal Committee is satisfied that notice of the hearing was served properly, it may proceed to hear the evidence in the absence of that party.
- 12.37 Appeal Committees will not be obliged to follow strict rules of evidence. It may admit such evidence as it deems fit and accord such evidence such weight as they think appropriate in all the circumstances. Where the subject matter before the Appeal Committee has been the subject of previous civil or criminal proceedings, the result of such proceedings and the facts and matters upon which such result is based will be presumed to be correct and the facts presumed to be true unless it is shown by clear and convincing evidence that this is not the case.
- 12.38 At the hearing the Appeal Committee shall consider all the evidence made available to it by both parties, including the written and/or oral testimony of any witnesses supporting that evidence. It may question both parties and any witnesses present in relation to the matter. Each party will be entitled to question the other's witnesses and/ or evidence. It may call upon either party to supply additional evidence and may adjourn the hearing for that or any other purpose.
- 12.39 The Appeal Committee may:
- a) affirm the decision appealed against;
 - b) set aside the decision appealed against and quash any sanction imposed; set aside only part of the decision appealed against;
- c) substitute the findings of the Disciplinary Committee with its own decision on 'liability' or 'guilt' (e.g. finding a party culpable of a lesser or greater offence) and/or substitute for the sanction imposed with its own sanction;
 - d) take any other steps that it considers necessary to deal justly with the appeal;
 - e) where the appeal is against a decision made by the Lead Safeguarding Officer, the decision must be made in accordance with Regulation 6.5 of the Safeguarding Regulations.
- 12.40 For the avoidance of doubt, sanctions may be increased as well as decreased on appeal.
- 12.41 Any sanction imposed, confirmed or varied by the Appeal Committee shall normally commence on the day following the date of the decision of the Appeal Committee unless otherwise stated by the Chair of the Appeal Committee.
- 12.42 The Chair of the Appeal Committee may:
- a) announce the decision of the Appeal Committee on the date of the hearing; or
 - b) defer the Appeal Committee's decision to a later date.
- 12.43 In any event, the Chair of the Appeal Committee shall, within 14 days, deliver a written decision to the Disciplinary Clerk who will distribute the written decision to the Appellant and all Interested Parties.
- 12.44 Subject to Regulation 14.1, the decision of an Appeal Committee shall be final and binding upon the parties, and there shall be no further right of appeal from it.

Appeal costs

- 12.45 Ordinarily, any costs incurred by the parties will lie where they fall. However, the Appeal Committee will have the discretion to order the either party to pay some or all of the costs of holding the appeal hearing (including any travel or accommodation costs incurred by members of the Appeal Committee and/ or any costs incurred as a result of the Appeal Committee obtaining specialist advice in accordance with Regulation 12.13 above).

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13 SERVICE OF DOCUMENTS

- 13.1 All communications required to be made under these Regulations must be in English and must be sent by either email or first class registered post, in accordance with this Regulation.
- 13.2 Where the email address of the Respondent is not known to the sender, notice to that Respondent shall be accomplished by sending the communication by first class registered post to the last known address of such Respondent.
- 13.3 Any documents served under the Regulations shall be deemed to be served:
- in person: on that day, if it is delivered on a business day before 17:00 hours, failing which it will be deemed to be served on the next following business day after it is delivered;
 - by first class post or by registered post: on the second business day after the date of posting; or
 - by email transmission: on that day, if it is transmitted on a business day before 17:00 hours, failing which it will be deemed to be served on the next following business day after it is transmitted.

14 UCI REGULATIONS

- 14.1 In accordance with Regulation 12.5.010 of the UCI Regulation and/or its successors, the UCI Management Committee may appeal a decision of a Disciplinary or Appeal Committee to CAS where it considers such decision to be disproportionate or contrary to the UCI Regulation.

15 PUBLICITY

- 15.1 Where a Disciplinary or Appeal Committee imposes a suspension on an Individual, British Cycling will notify the UCI of details of that suspension as soon as reasonably practicable after such suspension is imposed.
- 15.2 Subject to Regulation 15.1 above, until such time as a decision and/or details of any sanctions imposed are published, all parties and participants in the proceedings must treat such proceedings as confidential. Any breaches of this Regulation may constitute an act of Misconduct.

- 15.3 British Cycling may, at the discretion of the Disciplinary Officer, publish details of any disciplinary action taken on its website, including publication of any decision made by the Disciplinary Committee or Appeal Committee. Publication, if applicable, on the home page of the British Cycling website shall be for the longer of (i) the length of any suspension imposed or (ii) 28 days. Nothing shall prevent British Cycling from maintaining a publicly accessible library of past disciplinary decisions.
- 15.4 The Disciplinary Committee or Appeal Committee in giving a Decision may provide that part of the Decision will be redacted or that details of or the Decision itself may not be published.
- 15.5 British Cycling may at any time during the disciplinary or dispute resolution process notify any other relevant body of any details relating to the Disciplinary Charge as such body may need to know for the proper exercise of its functions including but not limited to Members.
- 15.6 Where it appears that public knowledge of a Disciplinary Charge exists, prior to its determination, British Cycling reserves the right to confirm the details of such Disciplinary Charge subject to the consent of the Complainant and the Respondent.

16 MULTIPLE INCIDENTS

- 16.1 Two or more parties may be dealt with at the same hearing where the proceedings arise out of the same incident or set of facts, or where there is a clear link between separate incidents. In such a situation, the Disciplinary or Appeal Committee will modify the procedures adopted at the hearing as may be appropriate.

17 TERMS OF SUSPENSION

- 17.1 Where a suspension is imposed under Regulation 10.6or 12.39, the Disciplinary or Appeal Committee will specify the precise terms and duration of the suspension.
- 17.2 Where a Participant is subject to a suspension imposed by a Disciplinary or Appeal Committee under Regulations 10.6or 12.39, breaches the terms of such suspension, this may constitute an act of Misconduct.
- 17.3 If a Disciplinary Charge against a team, club or other entity affiliated to British Cycling is upheld, the Disciplinary or Appeal Committee will be permitted to impose any sanction that it deems appropriate.

18 FINANCIAL LIABILITY TO BRITISH CYCLING

- 18.1 Fines, costs and/or compensation awards imposed by a Specified Sanction, Disciplinary Committee or Appeal Committee shall be payable within 28 days of the final decision.
- 18.2 All financial liabilities payable under these Regulations shall be sent to the headquarters of British Cycling.
- 18.3 If the total sum is not settled within 28 days, the Participant shall be automatically suspended from membership of British Cycling from the 28th day after the final decision was made until the day payment is received.
- 18.4 Any such automatic suspension shall apply immediately and run consecutively with any other suspension(s) imposed. The end date of such other suspension(s) shall therefore automatically be increased by the period of time the sum was outstanding for.

19 MISCELLANEOUS

- 19.1 The previous decisions of the Disciplinary Committee and the Appeal Committee taken pursuant to these Regulations shall be of persuasive effect, but shall not be binding on future Disciplinary Committees and Appeal Committees.
- 19.2 British Cycling will not be liable to any Participant, or body for any loss, however caused, whether direct, indirect, financial or consequential arising out of or in connection with any disciplinary action taken under the Regulations.
- 19.3 Subsequent resignation from membership or cessation from being a Club or Participant shall not prevent British Cycling taking disciplinary action in accordance with the Regulations in relation to a Complainant or Investigation that took place or partially took place whilst the Respondent was a Club or Participant.
- 19.4 Any reasonable deviation from any provision or time limit of these Regulations and/or any irregularity, omission, technicality or other defect in the procedures will not invalidate any finding, procedure or decision unless it is shown to render the proceedings unreliable or to have caused a miscarriage of justice.

- 19.5 In the event that a particular incident occurs for which there is no express provision in these Disciplinary Regulations, then the Disciplinary Officer may either refer the matter to a Legally Qualified member of the Disciplinary Panel, a Disciplinary Committee, Appeal Committee (as applicable) or else take such action that they consider appropriate in the circumstances. All matters shall be dealt with in accordance with general principles of natural justice and fairness.
- 19.6 The Regulations may be amended by the Board from time to time, with such amendments coming into effect on the date specified by British Cycling.
- 19.7 Disciplinary and Appeal Committees may make recommendations to British Cycling, including regarding amendments to these Disciplinary Regulations, which the Disciplinary Officer will, where applicable, refer to the Board for its consideration.
- 19.8 If any part of these Regulations is held invalid, unenforceable or illegal for any reason, these Regulations will remain in full force apart from that part, which will be treated as if it had been deleted to the extent to which it is invalid, unenforceable or illegal.
- 19.9 These Regulations and all matters and proceedings arising out of or in connection with them (including any dispute or claim relating to non-contractual obligations) are governed by and construed in accordance with the laws of England and Wales, and the courts of England and Wales have exclusive jurisdiction in relation to these Regulations and any decision made hereunder.
- 19.10 It is acknowledged that, by virtue of their participation in events organised, licensed, convened, authorised or recognised by the UCI, certain Participants may also be subject to separate Regulations of the UCI, and that the same behaviour of such Participants may implicate not only these Regulations but also such other Regulations of the UCI that may apply. In cases where there have been offences under these Regulations and under the Regulations of the UCI, British Cycling will liaise with the UCI in order to determine the appropriate course.

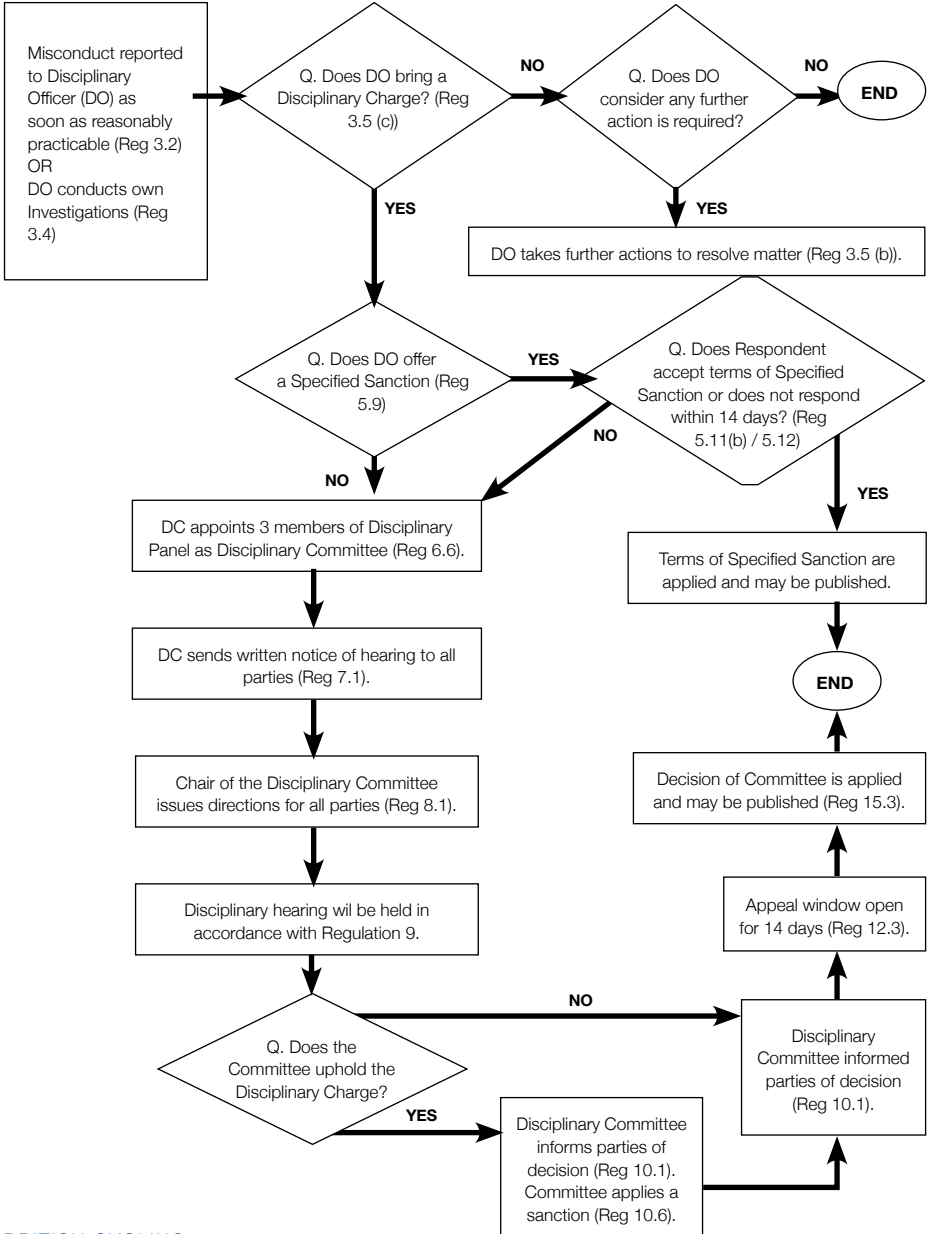
DISCIPLINARY REGULATIONS

APPENDIX 1: TABLE OF RECOMMENDED SANCTIONS

	Act of Misconduct	Recommended Sanction Based on Scale of Seriousness
1	Disobedience of the reasonable directions of a Race Official	<p>Minimum sanction:</p> <ul style="list-style-type: none"> • £25 fine and/or • 3-month suspension of Licence and/or of Membership and/ or from participation in Events. <p>Maximum sanction:</p> <ul style="list-style-type: none"> • £250 fine; and/or • 1-year suspension of Licence and/or Membership and/or from participation in Events.
2	Dangerous riding and/or compromising the safety of another Participant	<p>Minimum sanction:</p> <ul style="list-style-type: none"> • £25 fine and/or • 3-month suspension of Licence and/or of Membership and/ or from participation in Events. <p>Maximum sanction:</p> <ul style="list-style-type: none"> • £250 fine; and/or • 1-year suspension of Licence and/or Membership and/or from participation in Events.
3	Verbal and/or physical abuse of Race Officials and/or Participants	<p>Minimum sanction:</p> <ul style="list-style-type: none"> • £25 fine and/or • 3-month suspension of Licence and/or of Membership and/ or from participation in Events. <p>Maximum sanction:</p> <ul style="list-style-type: none"> • £250 fine; and/or • 1-year suspension of Licence and/or Membership and/or from participation in Events.
4	Use of offensive or foul language	<p>Minimum sanction:</p> <ul style="list-style-type: none"> • £25 fine and/or • 1-month suspension of Licence and/or of Membership and/ or from participation in Events. <p>Maximum sanction:</p> <ul style="list-style-type: none"> • £250 fine; and/or • 1-year suspension of Licence and/or Membership and/or from participation in Events.
5	Unsporting Conduct	<p>Minimum sanction:</p> <ul style="list-style-type: none"> • £25 fine and/or • 1-month suspension of Licence and/or of Membership and/ or from participation in Events. <p>Maximum sanction:</p> <ul style="list-style-type: none"> • £250 fine; and/or • 1-year suspension of Licence and/or Membership and/or from participation in Events.
6	Bringing the sport in to disrepute	<p>Minimum Sanction:</p> <ul style="list-style-type: none"> • £25 fine and/or • 1-month suspension of Licence and/or of Membership and/ or from participation in Events. <p>Maximum Sanction:</p> <ul style="list-style-type: none"> • Removal of Licence and/or Membership and/or from participation in Events for an indefinite period.
7	Breaching the terms of any suspension imposed by British Cycling	<p>Minimum sanction:</p> <ul style="list-style-type: none"> • 3-month suspension in addition to original suspension (to be imposed consecutively). <p>Maximum sanction:</p> <ul style="list-style-type: none"> • One-year suspension in addition to original suspension (to be imposed consecutively).
8	Failure to pay a fine or levy owed to British Cycling within the specified period of time	<p>Minimum sanction:</p> <ul style="list-style-type: none"> • Immediate suspension of Licence and/or of Membership and/or from participation in Events until payment has been received.

APPENDIX 2: FLOWCHART OF PROCEDURE UNDER THESE DISCIPLINARY REGULATIONS

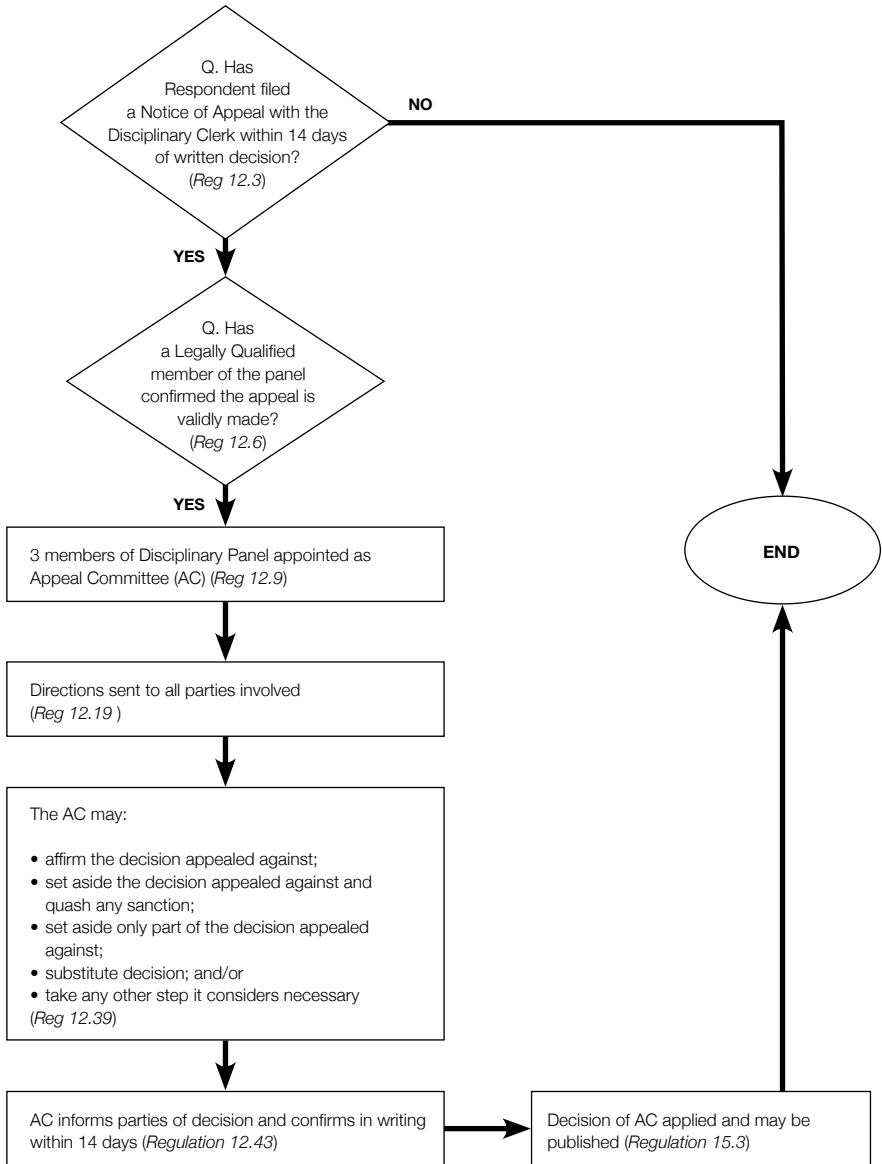
Disciplinary Hearing



DISCIPLINARY REGULATIONS

APPENDIX 2: DISCIPLINARY PROCEDURE

Appeals



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1. INTRODUCTION

British Cycling is fully committed to the principles and active promotion of equality of opportunity. British Cycling is responsible for ensuring that no job applicant, employee, member, or volunteer receives less favourable treatment on the grounds of a protected characteristic. Protected characteristics are defined by the Equality Act 2010 as disability, gender reassignment, marriage or civil partnership, pregnancy and maternity, race, religion or belief, sexual orientation, sex (gender) and age.

British Cycling will strive for open access to all those who wish to participate in the sport or associated recreational activity and that they are treated fairly.

The active promotion of equality of opportunity implies that British Cycling is seeking to move from simply complying with legislation and good practice towards embracing diversity and inclusion.

2. PURPOSE

British Cycling will take steps to prevent discrimination or unfair treatment of its employees or members, whether intentional or unintentional, direct or indirect and will take action so that no sections of the wider cycling community are denied the opportunity to participate in cycling either as a sport or as part of recreational activity

A drive for the work environment to be free of harassment and bullying and for everyone to be treated with dignity and respect is an important aspect of enabling equal opportunities and diversity and inclusion in employment. This policy is intended to support that aim and to help create a

work environment that is free from all forms of discrimination, where everyone can reach their full potential.

Please be aware that these guidelines are subject to change at any time without notice. This policy does not infer any contractual rights

3. SCOPE

This policy covers all employees, officers, consultants, contractors, interns, casual workers and agency workers.

Athletes and Volunteers are not in the scope of this policy. Breaches of The Equality Policy from these groups would be covered by British Cycling's Code of Conduct, GBCT Rider agreements and the GBCT Athlete Whistleblowing and Confidential Disclosure Policy.

This policy does not form part of any employee's contract of employment, and we may amend it at any time.

British Cycling will promote and maintain an environment in which equality and diversity is embraced and bullying, harassment and any form of discrimination are understood by all to be unacceptable behaviours. It is the responsibility of all named parties to comply with this policy and the particular responsibility of managers to ensure it is carried out.

4. POLICY STATEMENT

The Equality Policy forms part of British Cycling's general policies and covers all employees and any individual or organisation who has a relationship with British Cycling except for Riders and Volunteers.

It is the responsibility of all concerned to ensure they have read and understood the policy, adhere to its standards, and demonstrate their commitment to the principles and practices of equality

Any breach of this policy will be taken seriously and investigated through British Cycling's grievance procedure. It is important to note that a serious breach of this policy by an employee of British Cycling may lead to disciplinary action up to and including potential gross-misconduct. Appropriate sanctions will also be determined for any other individual connected to British Cycling who breaches this policy.

5. RESPONSIBILITIES

5.1 Individuals

As members of the British Cycling community we have a responsibility to:

- Demonstrate respect and integrity in our interactions with individuals and groups.
- Work collaboratively, collegially and effectively in teams within and across organisational units.
- Identify and challenge unacceptable behaviour when it occurs, even if it is not directed at ourselves.
- Address and resolve matters ourselves, where reasonably possible, in a positive and constructive way.
- Raise more serious concerns with our line manager and/or the people team and participate positively in approaches to resolve them.
- Modify our behaviour should we become aware that we have behaved unacceptably in relation to this policy, even if no complaint has been made.
- Be confident to challenge or report any unacceptable behaviour witnessed between colleagues

5.2 Managers

In addition, managers of staff and others with responsibility for areas of work have:

- A responsibility to take the lead in promoting a culture of equality and fairness to all, and
- A duty to take timely, relevant action to resolve concerns and escalate these where appropriate

5.3 British Cycling

Expectations of British Cycling as an employer will be to:

- Encourage equality, diversity and inclusion in the workplace as they are good practice and make business sense
- Create a working environment free of bullying, harassment, victimisation and unlawful discrimination, promoting dignity and respect for all, and where individual differences and the contributions of all staff are recognised and valued
- Take seriously complaints of bullying, harassment, victimisation and unlawful discrimination by fellow employees, customers, suppliers, visitors, the public and any others in the course of the organisation's work activities
- Make opportunities for training, development and progress available to all staff, who will be helped and encouraged to develop their full potential, so their talents and resources can be fully utilised to maximise the efficiency of the organisation.
- Decisions concerning staff being based on merit (apart from in any necessary and limited exemptions and exceptions allowed under the Equality Act).
- Review employment practices and procedures when necessary to seek fairness, and also update them and the policy to take account of changes in the law.
- Monitor the make-up of the workforce regarding information such as age, sex, ethnic background, sexual orientation, religion or belief, and disability in encouraging equality, diversity and inclusion, and in meeting the aims and commitments set out in the equality, diversity and inclusion policy.

6. PRINCIPLES

- British Cycling and all individuals value diversity and differences;
- We have a working culture that is fair and inclusive and where individuals feel able to raise complaints without fear of reprisal;
- We educate our workforce in the development of positive behaviours;
- We endeavour to prevent acts of discrimination, exclusion, unfair treatment and other negative or demeaning behaviours;

EQUALITY POLICY

- We endeavour to make full use of the talents of the entire workforce and to help our employees to be the best they can be;
- We treat each other professionally and courteously;
- Employees and potential employees are offered equality of opportunity for employment and advancement on the basis of ability, qualifications, knowledge and skills;
- We are open and constructive in our communications;
- We provide an environment where employees feel confident in raising complaints or challenging others without fear of reprisals.

7. EQUALITY AND THE LAW

It is unlawful to discriminate directly or indirectly in recruitment or employment because of age, disability, sex, gender reassignment (ie transgender status), pregnancy, maternity, race (which includes colour, nationality and ethnic or national origins), sexual orientation, religion or belief, or because someone is married or in a civil partnership. These are known as "protected characteristics".

Discrimination after employment may also be unlawful, eg refusing to give a reference for a reason related to one of the protected characteristics.

It is unlawful for an employer to fail to make reasonable adjustments to its requirements, working practices or the physical features of the workplace where these put a job applicant or employee who is disabled at a substantial disadvantage. Employers are also under a duty to take reasonable steps to provide an auxiliary aid.

When we are providing services, goods or facilities, you must not discriminate against or harass a member of the public. We are under a duty to make reasonable adjustments to overcome barriers to using services caused by disability including the removal, adaptation or alteration of physical features. In addition, we need to think ahead and make reasonable adjustments to address any barriers that may impede disabled people from accessing a service.

Treating a part-time worker less favourably than a comparable full-time worker, and a fixed-term employee less favourably than a comparable permanent employee, is also unlawful unless the less favourable treatment can be objectively justified

ed.

Types of unlawful discrimination

Direct discrimination is where a person is treated less favourably than another because of a protected characteristic (for example refusing to employ a woman because she is pregnant).

In very limited circumstances, employers can directly discriminate against an individual for a reason related to any of the protected characteristics where there is an occupational requirement. The occupational requirement must be crucial to the post and a proportionate means of achieving a legitimate aim.

Indirect discrimination is where a provision, criterion or practice is applied that is discriminatory in relation to individuals who have a relevant protected characteristic compared with people who do not, and it cannot be shown to be a proportionate means of achieving a legitimate aim (for example requiring employees to have held a driving licence for 10 years may be indirect age discrimination, unless that requirement could be objectively justified).

Harassment is where there is unwanted conduct, related to one of the protected characteristics (other than marriage and civil partnership, and pregnancy and maternity which are covered by direct discrimination provisions in the Equality Act 2010) that has the purpose or effect of violating a person's dignity; or is reasonably considered by that person to create an intimidating, hostile, degrading, humiliating or offensive environment. It does not matter whether or not this effect was intended by the person responsible for the conduct.

Associative discrimination is where an individual is directly discriminated against or harassed for association with another individual who has a protected characteristic (although it does not cover harassment because of marriage and civil partnership, and (according to guidance from the Government and ACAS) pregnancy and maternity).

Perceptive discrimination is where an individual is directly discriminated against or harassed based on a perception that they have a particular protected characteristic when they do not, in fact, have that protected characteristic (other than marriage and civil partnership, and pregnancy and maternity).

Victimisation occurs where an employee is subjected to a detriment (essentially where the employee is treated badly), such as being denied a training opportunity or a promotion because they made or supported a complaint or raised a grievance under the Equality Act 2010, or because they are suspected of doing so. For example, if a blind employee raises a grievance that the employer is not complying with its duty to make reasonable adjustments and is then systematically excluded from all meetings. However, an employee is not protected from victimisation if they acted maliciously or made or supported an untrue complaint in bad faith.

Failure to make reasonable adjustments is where a physical feature or a provision, criterion or practice puts a person who is disabled at a substantial disadvantage compared with someone who does not have that disability and the employer has failed to make reasonable adjustments to enable the disabled person to overcome the disadvantage.

8. DISCIPLINARY AND GRIEVANCE PROCEDURES

To safeguard individual rights under the policy an employee who believes that they have suffered inequitable treatment within the scope of the policy may raise the matter through the company's grievance procedure.

Any complaint made under this policy will be treated sensitively, investigated promptly and, so far as practicable, confidentially. Following an investigation disciplinary action may be taken against any employee who contravenes the Equality Policy up to and including dismissal for Gross Misconduct.

British Cycling is committed to creating an environment in which individuals feel able to raise any grievance and where no employee will be penalised for doing so unless it is untrue and not made in good faith

Confidentiality and Record Keeping

Confidentiality is an important part of the procedures provided under this policy. Details of the investigation and the names of the person making the complaint and the person accused must only be disclosed on a "need to know" basis. Breach of confidentiality may give rise to disciplinary action under our Disciplinary Procedure.

Information about a complaint by or about an employee may be placed on the employee's HR file, along with a record of the outcome and of any notes or other documents compiled during the process

9. EQUAL OPPORTUNITIES IN EMPLOYMENT

We will strive to avoid unlawful discrimination in all aspects of employment including recruitment, promotion, opportunities for training, pay and benefits, discipline and selection for redundancy.

Person and job specifications will be limited to those requirements that are necessary for the effective performance of the job. Candidates for employment or promotion will be assessed objectively against the requirements for the job, taking account of any reasonable adjustments that may be required for candidates with a disability. Disability and personal or home commitments will not form the basis of employment decisions except where necessary. Training will be provided to managers involved in the recruitment process

with the aim of removing unconscious bias from the selection process

We will consider any possible indirectly discriminatory effect of our working practices, including the number of hours to be worked, the times at which these are to be worked and the place at which work is to be done. We will refuse requests for variations to working practices only if we have good reasons for doing so, that are unrelated to any protected characteristic. We will comply with our obligations in relation to statutory requests for contract variations and will also make reasonable adjustments to our working practices for individuals with a disability.

We will monitor the ethnic, gender and age composition of the existing workforce and of applicants for jobs (including promotion), and the number of people with disabilities within these groups and will consider and take any appropriate action to address any problems that may be identified as a result of the monitoring process.

10. POSITIVE ACTION

British Cycling may take positive action for any group which is under-represented in membership, representative bodies, workforce or participation events that share a protected characteristic and suffer a disadvantage connected to the characteristic. Additionally British Cycling may take positive action in the provision of services for people who share a protected characteristic

11. ASSOCIATE POLICIES AND PROCEDURES

- British Cycling Grievance Procedure
- British Cycling Disciplinary Procedure
- British Cycling Dignity & Respect at Work Policy
- British Cycling Code of Conduct
- GBCT Rider Agreements
- Athlete Whistleblowing and Confidential Disclosure Policy

CODE OF CONDUCT

BRITISH CYCLING CODE OF CONDUCT

Together with our partners, we are fully committed to transforming Britain into a great cycling nation. A key part of this is to provide trusted governance to the sport of cycling.

This resource will underpin the sport and activity of cycling by outlining our values and behaviours whilst offering guidance on good practice, based on our strategic foundations. A breach of this Code of Conduct may be considered as misconduct and result in disciplinary action in accordance with our Disciplinary Regulations.

As an absolute minimum, British Cycling expects affiliated clubs, members, Regional Board members, Commission members, coaches, officials, staff, volunteers and anyone who participates in the sport of cycling to be driven by the following values.

UNITY

- o Take pride in ourselves with regards to inclusivity and diversity and be committed to working in partnership within our organisation and with others.
- o Recognise that all people involved in cycling have an equal right to participate in the sport.
- o Make every effort to ensure that cycling is a sport in which everyone is treated as an individual, and which is open and available equally to all members of society.
- o Build relationships within the sport which are open and honest, and founded on mutual trust and respect.
- o Ensure that cycling, in all its forms, offers the individual an opportunity to participate without fear or harassment.

INTEGRITY

- o Accept personal responsibility for all of our actions and always act with transparency and honesty in order to build trust.
- o Ensure that individuals within cycling are, at all times, treated with respect and that we are fair, honest and considerate to riders and other individuals involved in the sport.
- o Do not discriminate against an individual for any reason, whether it be race, colour, gender, marital status, sexuality, age, disability, occupation, religion or political persuasion - and challenge discrimination in whatever form it takes.
- o Recognise and understand how to report any safeguarding concerns relating to children, young people and adults at risk.
- o Act within the Technical Regulations and the spirit of cycling at all times and comply with UK Anti-Doping Rules.

PASSION

- o Demonstrate passion to achieve the best results, and determination to set the standard in everything we do.
- o Lead and serve our sport with dignity and humility.
- o Always do the right thing with openness and accountability.
- o Strive to be positive role models for others in the sport at all times.

INNOVATION

- o Pursue innovation and continuously search for new ideas and improvements.
- o Try the unconventional so we can achieve what is great.
- o Challenge one another and ask others to challenge us as we seek to achieve the exceptional.

In addition to the minimum standards, the following roles carry additional levels of expectation.

Riders, spectators, parents/carers

This applies to individuals participating in and/or spectating cycling within the club environment or competitive sport, or as a recreational activity, including parents/carers of those involved in cycling activity.

These individuals will, at all times:

- take responsibility in ensuring that they are up-to-date with the rules for their cycling discipline, understand and adhere to them and encourage others to do the same;
- recognise and respect the valuable contribution made by all riders, coaches, officials, ride leaders and volunteers;
- respect officials and publicly accept their decisions;
- comply with the Highway Code and public rights of way, whilst also respecting any environment in which you are involved in cycling activity, by respecting other members of the public, by not littering and by maintaining proper personal behaviour;
- remember that all riders gain a wide range of benefits from participating in cycling, and the sport is not just about winning and losing; and
- provide encouragement and support to all participants, recognising that we all make mistakes.

Further documentation:

- British Cycling Good Club Guide
- British Cycling Let's Ride Terms and Conditions

In addition to the above values, British Cycling's Great Britain Cycling Team (GBCT) riders will be expected to act in an empowered and proactive way, engaging with the GBCT Programmes in line with the below documents (as appropriate) and working together to achieve a shared collective goal.

Further documentation:

- World Class Programme Performance Athlete Agreement
- GBCT Athlete Agreement (Development & Senior)

- Professional Road Rider Agreement
- Guest Rider Agreement
- Camp Guidance Document

Coaches, team managers, leaders, tutors and volunteers

This section applies to individuals who help others to achieve their goals through sport and recreational activity. This could include coaches, leaders, instructors, teachers, activators and others who are responsible for the planning and delivery, or facilitation, of cycling activities and for sustaining the welfare and engagement of participants.

These individuals will, at all times:

- provide a positive experience, appropriate to the age and developmental stage of the rider and respecting their long-term welfare and best interests;
- promote the concept of a balanced lifestyle, supporting the wellbeing of the rider both in and out of cycling;
- educate the riders as appropriate, including topics such as ethics and fair play, rules of competition, adherence to the Highway Code, Rights of Access, and performance-enhancing and recreational drugs;
- maintain up-to-date knowledge and practice through a commitment to continuing professional development (CPD);
- promote good practice in others and challenge any poor practice that they become aware of, reporting to British Cycling and other agencies if necessary; and
- respect their position of trust and maintain appropriate boundaries and relationships, particularly with participants under the age of 18 years.

Further documentation:

- British Cycling Guidelines for Coaching Cycling
- British Cycling Code of Practice for Cycling Coaches
- British Cycling Guidelines for Leading Rides
- British Cycling Guidelines for Cycle Training
- UK Coaching Code of Practice for Sports Coaches

CODE OF CONDUCT

Event officials

Event officials include, but are not limited to, commissaires, event organisers, judges, timekeepers, marshals, stewards, drivers and other event support roles, across all disciplines and levels.

These individuals will, at all times:

- agree to comply with British Cycling's rules, regulations, policies, codes and practices in accordance with current British Cycling membership, which shall be implied from their acceptance of appointments/role or event registration;
- understand and stay up-to-date with British Cycling's rules and regulations, as well as the principles of their application;
- behave as an ambassador for the sport of cycling and, as a representative of British Cycling, show respect for everyone, the event, and associated organisations;
- be unbiased, impartial, consistent and objective when performing roles where decisions affect a race, competition or its results;
- ensure that clothing, equipment and behaviour is always seen as being independent and neutral. If uniform is provided, always and only wear it at events that they are appointed to;
- always follow the instructions and uphold the decisions and actions of the appointed commissaires; and
- never get involved in inappropriate discussions about events, riders or officials, during or after events, or on social media.

Further documentation:

- British Cycling Rules and Regulations
- British Cycling Role Profiles and Guidelines



SAFEGUARDING CHILDREN AND YOUNG PEOPLE: POLICY AND PROCEDURES

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In addition to the British Cycling Safeguarding Policies, all our members should make themselves familiar with the Policies and Procedures applicable to their Home Country.

SAFEGUARDING CHILDREN AND YOUNG PEOPLE: POLICY AND PROCEDURES

INTRODUCTION

British Cycling is committed to ensuring that everyone participating in cycling does so in a safe and enjoyable environment.

Everyone working with children and young people has a responsibility for keeping them safe, irrespective of their role, whether or not they are British Cycling members, involved in a professional or voluntary capacity or as a parent, spectator or participant.

All such individuals are deemed to recognise and adhere to the principles and responsibilities embodied in this Policy.

Children may be harmed in any environment and those having regular contact with young people have a key role putting their welfare first, adopting these practices that protect and support them.

KEY PRINCIPLES

- The welfare of children is paramount.

(A child is defined by law in England and Wales as a person under the age of 18 years.)

- All children, regardless of their Age, Race, Religion or Belief, Disability, Gender identity or Sexual Orientation, have the right to protection from abuse.
- All concerns and allegations of abuse and poor practice will be taken seriously and responded to swiftly and appropriately.
- We recognise the authority of the statutory agencies, Working Together under the Children Act 2004, and any legislation and statutory guidance which supersedes these.
- Everyone will work in partnership to promote the welfare, health and development of children.
- Everyone has a legal duty of care to children on their premises or engaged in their activities. That duty is to take reasonable care to ensure their reasonable safety and the duty is higher than it would be for adults. This policy does not imply that British Cycling assume any of those legal liabilities which remain with the relevant club/team or region.

OBJECTIVES

The overall aim of the policy is to ensure that everyone participating in the sport does so in a safe environment that supports children and young people to meet their potential.

British Cycling aims to help:

- Provide a safe environment for children and young people participating in cycling activities and try to ensure that they enjoy the experience.
- Ensure robust systems are in place to manage any concerns or allegations.
- Support adults (staff, volunteers, coaches, officials, members and spectators) to understand their roles and responsibilities with regards to their Duty of Care and protection of children.
- Provide appropriate level training, support and resources for staff, volunteers, coaches and officials to make informed and confident responses to specific safeguarding issues and fulfill their role effectively.
- Ensure that children and their parents are informed and consulted and, where appropriate, fully involved in decisions that affect them.
- Ensure that everyone involved in a role with children have been through appropriate pre-recruitment checks.

RESPONSIBILITIES AND IMPLEMENTATION

British Cycling will work to promote the principles of safeguarding children by:

- Reviewing British Cycling policy and procedures every three years or whenever there is a major change in legislation or a significant organisational change.
- Giving guidance on appropriate recruitment procedures to assess the suitability of volunteers and staff working with children and vulnerable groups.
- Following procedures to report welfare concerns and allegations about the behaviour of adults and ensure that all staff, volunteers, officials, parents and participants, including children are aware of these procedures.
- Directing staff, volunteers, coaches and officials to appropriate safeguarding training and learning opportunities, where this is appropriate to their role.
- Acknowledging the additional vulnerability of some groups of children (e.g. disabled, looked after children, those with communication differences). Ensuring that the environment is appropriate for the child and tailored to their needs.

SAFEGUARDING CHILDREN AND YOUNG PEOPLE: POLICY AND PROCEDURES

- Helping affiliated organisations and individual members understand their responsibilities through the provision of clear guidance and support.
- Continually developing safeguarding practices, recognising the need to support and develop a network of Club Welfare Officers with lead responsibility for safeguarding and protecting children.

1. MANDATORY SAFEGUARDING REQUIREMENTS FOR CLUBS/TEAMS

It is essential that every club/team that has children (those under the age of 18 years) as members or users of their services complies with the Mandatory Safeguarding Requirements set out below.

- Adopt and implement the British Cycling Safeguarding Children and Young People Policy, ensuring that it is understood by all and procedures are put into practice.
- Recruit, appoint, register and arrange for the training of a Club Welfare Officer (CWO), with a clear role description, who is the designated contact for Safeguarding issues.
- Ensure that your Club Welfare Officer holds a current Disclosure and Barring Service check (DBS) through British Cycling.
- Display and communicate the contact details for the Club Welfare Officer where possible.
- Ensure that all those working or volunteering with children in Regulated Activity hold a current Disclosure and Barring Service check (DBS) through British Cycling.
- Display and communicate the club/teams own Safeguarding Policy Statement where possible.
- Follow the British Cycling reporting procedures, referring all concerns and allegations to the British Cycling Lead Safeguarding Officer.

Any club that fails to adopt and implement the Safeguarding Children and Young People Policy and Procedures may be subject to action taken in accordance with the British Cycling Safeguarding and/or Disciplinary Regulations.

(Policies and Procedures are available on the British Cycling Website or on request from the British Cycling Lead Safeguarding Officer as templates for clubs and teams to adapt to their own circumstances.)

2. RECRUITMENT AND TRAINING OF STAFF AND VOLUNTEERS

2.1 Recruitment

British Cycling will provide guidance on recruitment with the aim that all volunteers and staff working with children and young people are appropriate and suitable to do so. Getting the right volunteers in place is key to a well organised club/team providing a safe and supportive environment.

Each role which involves an element of responsibility with regard to children, particularly those involving the regular supervision of children, whether voluntary or paid, should be assessed to establish which qualifications, checks and other requirements are necessary. These will include the following:

- An application form
- A self-disclosure form
- A minimum of 2 reference checks (this may be from the applicant's last employer and/or from someone able to comment on the applicant's experience in working with children or young people. A friend or neighbour would not be considered a suitable referee)
- Details of previous volunteering experiences or relevant employment working with children
- A Disclosure & Barring Service (DBS) check (where eligible)

All volunteers and staff recruited with responsibility for and significant contact with children must agree to inform the club/team if they are subsequently investigated by any agency or organisation in relation to concerns about their behaviour towards children or young people.

The club/team must report this to the British Cycling Safeguarding Lead Officer who will advise on the appropriate course of action.

Where such an individual has significant contact with or responsibility for children in a specified role at an event organised or sanctioned by British Cycling then that individual must directly inform the British Cycling Lead Safeguarding Officer.

SAFEGUARDING CHILDREN AND YOUNG PEOPLE: POLICY AND PROCEDURES

2.2 Criminal Records Checks

2.2.1 Disclosure and Barring Service (DBS) Checks

DBS checks are another tool in the recruitment process. These must be renewed every three years.

The type of DBS check required will be determined by the role someone has, the frequency of that role being carried out and whether or not the role is supervised.

Anyone needing a DBS check must complete an application through British Cycling. Use of the update service and/or DBS checks through other organisations will not be accepted.

(Guidance on DBS checks can be found on the British Cycling Website or on request from the British Cycling Lead Safeguarding Officer)

If a DBS certificate contains any information, then British Cycling will want to see the complete copy.

A criminal record will not necessarily prevent an applicant from working or volunteering with children and young people but a suitability assessment will be conducted, and the applicant may be asked to provide additional information and references.

British Cycling will take in to account the Rehabilitation of Offenders Act and only consider offences which are relevant to the care, supervision and training of children.

If the applicant fails to engage in this process, then their club will be informed, and the applicant will be required to cease any involvement in club/team activities.

British Cycling will not inform any club/team about the details of any offending but we will inform the club/team whether or not the applicant is considered suitable to work with children and young people.

2.2.2 Protecting Vulnerable Groups (PVG)

Scottish Cycling require all individuals undertaking regulated work with a protected group in Scotland complete a PVG (Protecting Vulnerable Groups) application.

Scottish Cycling is able to help clubs with the administration of this process

2.3 Training

All staff, volunteers, coaches and officials should be offered access to appropriate safeguarding training. British Cycling recommends attendance at a recognised face to face safeguarding course and all volunteers and staff who have significant contact with children should attend. A refresher course should be completed every three years.

Appropriate safeguarding training should be mandatory for all individuals in 'Regulated Activity.'

Legislation sets out what 'Regulated Activity' with children is. It is determined by the role someone has, the frequency of that role being carried out and whether or not the role is supervised.

In Scotland the Child Wellbeing and Protection in Sport (CWPS) course is the recognised training for coaches and sports volunteers. Scottish Cycling can be contacted for further information.

(Further guidance on 'Regulated Activity' and recommended safeguarding training in England and Wales can be found on the British Cycling Website or on request from the British Cycling Lead Safeguarding Officer)

3. COMPLAINTS, CONCERNS AND ALLEGATIONS

- 3.1 If any individual has a concern about the welfare of a child, or the conduct of another person (whether they are an adult or child, parent, coach, member or otherwise), these concerns should be brought to the attention of the British Cycling Lead Safeguarding Officer without delay.

The person reporting the concern is not required to decide whether abuse has occurred, but simply has a duty to share their concerns and any relevant information to the British Cycling Lead Safeguarding Officer.

Please refer to the Flowchart "Dealing with Concerns" below for further details.

- 3.2 You may receive information regarding the welfare of a child or young person who is involved in cycling, yet the concern itself does not relate to someone within the sport (eg the concern relates to the child's home or other social setting) In these circumstances you should still follow the same procedures. Please refer to the Flowchart "Dealing with Concerns" below for further details.
- 3.3 All concerns will be treated in confidence. Details

SAFEGUARDING CHILDREN AND YOUNG PEOPLE: POLICY AND PROCEDURES

should only be shared on a 'need to know' basis with those who can help with the management of the concern.

3.4 Concerns should be recorded on an Incident Report Form and sent to the British Cycling Lead Safeguarding Officer within 24 hours.

3.5 British Cycling will work with clubs/teams, regions and other external agencies to take appropriate action where concerns relate to potential abuse or alleged poor practice. British Cycling disciplinary procedures will be applied and followed where appropriate.

3.6 Any information about an individual that relates to their suitability to work, volunteer with or participate alongside children and young people must be reported to the British Cycling Safeguarding Lead Officer.

A safeguarding risk assessment will be completed and British Cycling disciplinary procedures will be applied and followed where appropriate

3.7 In the event of a child making a disclosure of any type of abuse, the following guidance is given:

- Reassure them that they have done the right thing to share the information
- Listen carefully and take what they say seriously
- Do not make promises that cannot be kept, such as promising not to tell anyone else
- Do not seek to actively question the child or lead them in any way to disclose more information than they are comfortably able to: this may compromise any future action. Only ask questions to clarify your understanding where needed e.g. can you tell me what you mean by the word xxxx?
- Record what the child has said as soon as possible on an incident report form.

Give careful consideration as to whether the parents of the child involved should be informed of the concern at that stage, if they are responsible for the abuse or are unable to respond to the situation appropriately then this could put the child at greater risk.

Seek advice from the British Cycling Lead Safeguarding Officer where possible.

If the British Cycling Lead Safeguarding Officer is not

available and a delay cannot be justified then seek advice from the local Children's Social Care department, the Police or the NSPCC.

3.8 The NSPCC Helpline is available to discuss concerns regarding poor practice and abuse in confidence with members of the public who need support. Those with concerns are encouraged to use this service. The Helpline number is 0808 800 5000.

3.9 Safeguarding children and young people requires everyone to be committed to the highest possible standards of openness, integrity and accountability. British Cycling supports an environment where staff, volunteers, parents and the public are encouraged to raise safeguarding and child protection concerns.

Anyone who reports a legitimate concern to the organisation (even if their concerns subsequently appear to be unfounded) will be supported.

All concerns will be taken seriously.

3.10 British Cycling may take action to restrict a member's involvement in cycling during an ongoing investigation. This is a neutral act. At a later stage the individual may be subject to action under the British Cycling Safeguarding and/or Disciplinary Regulations.

3.11 All concerns will be referred to the British Cycling Case Management Group who will advise the Lead Safeguarding Officer on the appropriate course of action to take and ensure that all allegations, incidents and referral relating to the safeguarding of children are dealt with fairly and equitably.

3.12 Details relating to children and young people will be kept on file and secure.

Details of a child or young person will not be shared with a third party without parental consent unless the information is required in the interests of safeguarding and the child or young person may be at greater risk if the parents are aware.

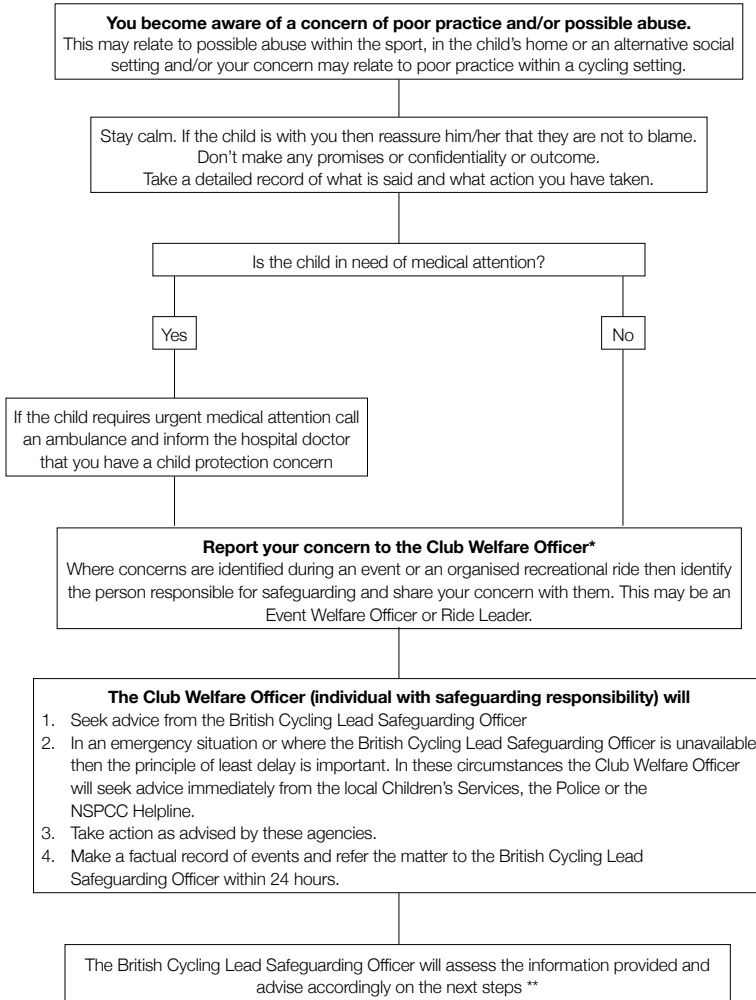
All concerns/allegations will be dealt with confidentially by British Cycling and information will only be shared on a need to know basis, either internally or externally depending on the nature/seriousness of the concern/allegation.

3.13 Anyone unhappy with the action taken by the Lead Safeguarding Officer, following the referral of a concern relating to poor practice or suspected abuse, may submit a complaint, following the British Cycling complaints procedure.

SAFEGUARDING CHILDREN AND YOUNG PEOPLE: POLICY AND PROCEDURES

FLOW CHART 1

DEALING WITH CONCERNS



**If the Club Welfare Officer is not available, or the concerns relates to the Club Welfare Officer/individual with safeguarding responsibility then contact the British Cycling Lead Safeguarding Officer or refer the matter directly to Children's Social Care/Police as a delay may place the child at further risk.*

***If the concern is about the British Cycling Lead Safeguarding Officer then report your concerns directly to the local Children's Social Care, the local Police or the NSPCC Helpline.*

SAFEGUARDING CHILDREN AND YOUNG PEOPLE: POLICY AND PROCEDURES

4. GOOD PRACTICE GUIDELINES

4.1 Emergencies and Incidents

Where children are participating in events or activities, or attending organised coaching sessions, Parental Consent Forms should be obtained. These forms will be retained, treated in confidence and only shared with those who require the information they contain to perform their role effectively.

4.2 Supervision

- 4.2.1 During coaching sessions, coaches should conduct a risk assessment to inform decision making about appropriate supervision levels.

Coaches should consult their British Cycling Coaching guidelines for specific coaching ratios.

Regardless of the recommended ratio of adults to participants, it is recommended that a minimum of two adults should be present. This ensures at least basic cover in the event of something impacting on the availability of one of the adults during the activity.

- 4.2.2 Parents may be encouraged to stay for coaching, activities & other events where their children are of an age where greater levels of parental supervision is required.

- 4.2.3 Parents should be made aware that where there is limited changing room space there may be occasions when adults and children may need to share the facilities.

- 4.2.4 Parents should be aware that supervision is only provided when their child is attending and engaged in specific coaching sessions and activities.

- 4.2.5 Special arrangements should be made for away trips. Parents should receive full information about arrangements for any such trip and will be required to provide their consent for their child's participation.

4.3 Behaviour of adults and children

- 4.3.1 Adults who work with children are placed in a position of trust in relation to children, and therefore it is important they behave appropriately and provide a strong positive role model for children, both to protect children and those working with children from allegations of poor practice.

- 4.3.2 British Cycling requires that all staff and volunteers working with children to adhere to the standards set out in the Code of Conduct relevant to their role. Similarly, children, parents and all participants are expected to follow their respective Codes of Conduct to ensure the enjoyment of all participants and assist British Cycling in ensuring their welfare is safeguarded.

- 4.3.3 Parents and carers should also work together with British Cycling to ensure that all children are safeguarded. "Parental Guidance" is available to aid their understanding as to how they can best assist British Cycling.

- 4.3.4 Responsible interaction between adults and children helps bring mutual respect and understanding and should be encouraged during activities. Adults should always be aware, however, that age related differences do exist and conduct themselves in a manner that both recognises this and prioritises the welfare of any children involved.

- 4.3.5 Physical contact with children by coaches or volunteers should always be intended to meet the needs of the child and the sport, not the adult. For example, to develop technique, to protect the child from injury, to provide first aid or treat an injury. It should always take place in an open environment, and should not, as a general principle, be made gratuitously or unnecessarily.

4.4 Changing Rooms

- 4.4.1 Changing rooms may be used by a number of individuals at events or activities.

When children are attending events and activities parents should be made aware that adults may use changing rooms throughout the day for changing & showering.

Where a parent/carer does not consent to their child accessing the changing rooms, it is their responsibility to either supervise the child while in the changing rooms or ensure that they do not use them.

- 4.4.2 Members of staff, volunteers, coaches and officials should not shower or change at the same time as the children and young people that they have been working with.

- 4.4.3 No photographic equipment should be used in changing rooms. This includes cameras, video camera, mobile phones and any other device capable of taking and recording images.

SAFEGUARDING CHILDREN AND YOUNG PEOPLE: POLICY AND PROCEDURES

4.5 Transport

4.5.1 British Cycling believes it is primarily the responsibility of parents to transport their children to and from events and activities. It is not the responsibility of British Cycling staff, volunteers, officials or coaches to transport children and young people to and from events, activities or coaching sessions.

4.5.2 Arrangements for transport may be made in exceptional circumstances, such as team events. Where this is the case, the written permission of the parent of will be sought.

The drivers used should be checked for their suitability to transport and supervise children and their insurance arrangements verified.

Consideration should be given to accident, breakdown and recovery cover.

4.6 Social Media

Social media provides unique opportunities to engage and develop relationships with people in a creative and dynamic forum where users are active participants.

However, the range of social networking sites also introduces a range of potential safeguarding risks to children and young people.

It is important that members of staff, volunteers, officials and coaches follow best practice guidelines.

Additional care may be needed with some children in terms of internet safety depending on their age, understanding and development. This may be something to consider with the child and their parents.

(Additional information and support on Good Practice Guidelines can be found on the British Cycling Website or by making contact with the Lead Safeguarding Officer Tel 0161 2742000)

5. ANTI BULLYING PROCEDURES

5.1 British Cycling believe that every effort must be made to eradicate bullying in all its forms. Bullying can be difficult to define and can take many forms which can be categorised as:

- Physical
- Verbal
- Emotional

Bullying can take place anywhere but is more likely to take place where there is inadequate supervision. Bullying is defined as the repetitive, intentional hurting of one person or group by another person or group where the relationship involves an imbalance of power.

Bullies no longer rely on being physically near to the victim. It can happen face to face or online. Cyberbullying is when a person uses technology to deliberately upset someone.

A bully can be anyone involved in the sport, a parent, coach, child, member of staff, volunteer or official.

British Cycling will not tolerate bullying in any of its forms during events, competitions, coaching or at any other time.

5.2 Take a Positive Approach

- Ensure that Anti-Bullying policies are promoted
- Ensure all staff and volunteers working with children adhere to the standards set out in the Code of Conduct relevant to their role.
- Ensure that all children, parents and participants follow their own Code of Conduct
- Have discussions about bullying and why it matters and how we will respond to it
- Develop an open environment that encourages children and young people to share their concerns
- Report any concern of bullying to the British Cycling Lead Safeguarding Officer
- Take the problem seriously

(Additional information and support on Anti-Bullying Procedures can be found on the British Cycling Website or by making contact with the Lead Safeguarding Officer Tel 0161 2742000)

6. CHILDREN AT INCREASED RISK OF ABUSE

Any child can be abused but it is recognised that there are some factors that increase the risk to children and make them more vulnerable to abuse.

Children with disabilities, children in care, children from black and mixed ethnic backgrounds, LGBT young people and children who have previously suffered abuse are all at increased risk of harm.

Children whose parents are suffering from mental health problems, pressure, drug or alcohol abuse or domestic violence within the family are at increased risk of harm.

However, just because a child is living in these circumstances does not mean they are suffering harm.

6.2 Children and Young People with Disabilities

A child's disability may not always be obvious or visible (for example a child with a learning disability).

When members of staff, volunteers, officials and coaches are working with children with disabilities extra safeguards may need to be put in place.

Everyone working with the child should understand what their impairment actually means.

Consult with the parents and the child to make sure that there is an appropriate plan in place to meet any additional needs.

6.3 Elite Athletes

Moving through the talent pathway offers fantastic experiences and rewards for athletes, however there are specific factors in elite sport that can make talented athletes more vulnerable to harmful behaviours, either from themselves, their coaches or parents, or members of their wider support team.

This may take the form of over-training or being pushed to far there the focus is on the goals to achieve success, rather than the needs of the young person.

These factors include:

- a win at all costs approach
- intense coach-athlete relationships
- a self-image that is linked closely with performance excellence
- young athletes operating in an adult-focused environment
- being away from family and support networks
- fear of losing funding or a place on the programme if they speak out

Clubs/teams must ensure suitable boundaries are maintained and any concerns are challenged and reported appropriately.

SAFEGUARDING CHILDREN AND YOUNG PEOPLE: POLICY AND PROCEDURES

7. USEFUL CONTACTS

British Cycling Contacts		
Name	Address	Number
Lead Safeguarding Officer	National Cycling Centre, Stuart Street, Manchester M14 4DQ	<p>Tel: 0161 2742000</p> <p>Email: compliance@britishcycling.org.uk</p> <p>(Address your email FAO the Lead Safeguarding Officer)</p>

National Contacts		
The NSPCC	National Centre 42 Curtain Road, London EC2A 3NH	Tel: 0808 800 5000 help@nspcc.org.uk
Childline UK	Freepost 1111 London N1 0BR	Tel: 0800 1111
NSPCC Child Protection in Sport Unit	3 Gilmour Close, Beaumont Leys, Leicester LE4 1EZ	Tel: 0116 366 5580 cpsu@nspcc.org.uk
NSPCC Whistleblowing Helpline for Professionals		0808 028 0285
NSPCC Freephone 24 hour Helpline		0808 800 5000
Local Police child protection teams		101
In an emergency contact 999		In an emergency 999
Samaritans		08457 90 90

SAFEGUARDING CHILDREN AND YOUNG PEOPLE: POLICY AND PROCEDURES

8. CATEGORIES OF CHILD ABUSE

Abuse can happen on any occasion or in any place where children and young people are present.

Child abuse is any form of physical, emotional or sexual mistreatment or lack of care that leads to injury or harm. Children may be abused in a family or in an institutional or community setting by those known to them or, more rarely, by a stranger. Children can be abused by adults, either male or female, or by other children.

Safeguarding is defined as:

- Protecting children from maltreatment;
- Preventing impairment of children's health or development;
- Ensuring that children are growing up in circumstances consistent with the provision of safe and effective care; and
- Taking action to enable all children to have the best life chances.

Child Protection is the activity that is undertaken to protect specific children who are suffering, or are likely to suffer significant harm.

There are 4 main types of abuse: neglect, physical abuse, sexual abuse and emotional abuse. Children and young people can also be harmed through poor practice and bullying within a sport setting.

Neglect is when adults consistently or repeatedly fail to meet a child's basic physical and/or psychological needs which could result in the serious impairment of the child's health or development e.g. failure to provide adequate food, shelter and clothing; failing to protect a child from physical harm or danger; or the failure to ensure access to appropriate medical care or treatment. It may also include refusal to give love, affection and attention.

Examples in sport could include a coach or supervisor repeatedly failing to ensure children are safe, exposing them to undue cold, heat or extreme weather conditions without ensuring adequate clothing or hydration; exposing them to unnecessary risk of injury e.g. by ignoring safe practice guidelines, failing to ensure the use of safety equipment, or by requiring young people to participate when injured or unwell.

Physical abuse is when someone physically hurts or injures children by hitting, shaking, throwing, poisoning, burning, biting, scalding, suffocating, drowning or otherwise causing harm. Physical harm may also be caused when a parent or carer feigns the symptoms of, or deliberately causes, ill health to a child whom they are looking after.

Examples in sport may be when the nature and intensity of training or competition exceeds the capacity of the child's immature and growing body; where coaches encourage the use of drugs or harmful substances to enhance performance or delay puberty; if athletes are required to participate when injured; or when sanctions used by coaches imposed involve inflicting pain.

Sexual abuse is where children and young people are abused by adults (both male and female) or other children who use them to meet their own sexual needs. This could include full sexual intercourse, masturbation, oral sex, anal intercourse, kissing and sexual fondling. Showing children pornographic material (books, videos, pictures) or taking pornographic images of them are also forms of sexual abuse.

Sexual abusers groom children, protective adults and clubs/organisations in order to create opportunities to abuse and reduce the likelihood of being reported.

Examples in sport may include coaching techniques involving physical contact with children creating situations where sexual abuse can be disguised and may therefore go unnoticed. The power and authority of, or dependence on, the coach if misused, may also lead to abusive situations developing. Contacts made within sport and pursued e.g. through texts, Facebook or Twitter have been used to groom children for abuse.

Child Sexual Exploitation is a form of child sexual abuse. It occurs where an individual or group takes advantage of an imbalance of power to coerce, manipulate or deceive a child or young person under the age of 18 into sexual activity

- (a) in exchange for something the victim needs or wants, and/or
- (b) for the financial advantage or increased status of the perpetrator or facilitator.

The victim may have been sexually exploited even if the sexual activity appears consensual. Child sexual exploitation does not always involve physical contact; it can also occur through the use of technology.

SAFEGUARDING CHILDREN AND YOUNG PEOPLE: POLICY AND PROCEDURES

Emotional abuse is the persistent emotional ill-treatment of a child so as to cause severe and persistent adverse effects on the child's emotional development. It may involve conveying to children that they are worthless or unloved, inadequate, or valued only insofar as they meet the needs of another person.

It may feature age or developmentally inappropriate expectations being imposed on children or even the over protection of a child. It may involve causing children to feel frightened or in danger by being constantly shouted at, threatened or taunted which may make the child very nervous and withdrawn. Some level of emotional abuse is involved in all types of ill-treatment of a child.

Examples in sport may include children who are subjected to constant criticism, name-calling, sarcasm, bullying, racism or pressure to perform to unrealistically high expectations; or when their value or worth is dependent on sporting success or achievement.

Bullying is behaviour that hurts someone else. It can happen anywhere – in a club, at school, at home or online (cyberbullying). It's usually repeated over a long period of time and can hurt a child both physically and emotionally. Bullying behaviour can often stay confined to 'bullying hotspots', which are locations in a club or venue that might be more secluded or have fewer witnesses, such as changing rooms.

Bullying can take many forms, examples in sport may include:

- Physical – hitting, pushing, kicking or other physical assault
- Verbal abuse – offensive name-calling, insults or gossiping
- Non-verbal abuse – offensive hand signs or text messages
- Racial, sexist or homophobic – racist remarks, sexist jokes or comments, or homophobic, transphobic or gender-related jokes or comments
- Sexual – abusive sexualised name-calling, inappropriate and uninvited touching, or an inappropriate sexual proposition
- Indirect – spreading nasty stories or rumours about someone, intimidation, exclusion from social groups, manipulating or constantly undermining someone

9. POOR PRACTICE IN SPORT

There is a requirement for all clubs/teams affiliated to British Cycling to report any safeguarding concerns, including concerns relating to poor practice.

Understanding what kind of behaviour constitutes poor practice and abuse will help you respond appropriately when concerns are raised.

Poor practice is behaviour of an individual in a position of responsibility which falls below the organisation's required standard (typically as described in the Code of Conduct relevant to their role).

Anyone working or volunteering with children should avoid putting themselves in situations where their conduct is questionable.

Poor practice may not be immediately dangerous or intentionally harmful to a child, but is likely to set a poor example.

Poor practice is potentially damaging to the individual, the organisation and to children who experience it.

For example, coaching with alcohol on the breath, smoking, swearing in front of children, or not paying due care and attention to participants all constitute poor practice.

Poor practice can sometimes lead to, or create, an environment conducive to more serious abuse. It may also lead to suspicions about the individual's motivation, even where no harm is intended. For example, if a coach is giving one child too much attention, regularly transports children in their car, or encourages physical contact with children without obvious justification.

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In addition to the British Cycling Safeguarding Policies, all our members should make themselves familiar with the Policies and Procedures applicable to their Home Country.

SAFEGUARDING ADULTS: POLICY AND PROCEDURES

INTRODUCTION

British Cycling is committed to ensuring that everyone participating in cycling does so in a safe and enjoyable environment.

Adult safeguarding is working with adults with care and support needs to keep them safe from abuse or neglect. An adult is anyone aged 18 years and over.

Although there are many similarities with safeguarding adults and children there are also some distinct differences. For this reason, British Cycling has created a separate Safeguarding Adults Policy.

Abuse of adults links to circumstances rather than the characteristics of the people experiencing the harm.

Safeguarding duties apply to any individual who is identified as an Adult at Risk. This is an adult who:

- Has needs for care and support (whether or not the local authority is meeting any of those needs) and;
- Is experiencing, or is at risk of, abuse or neglect; and;
- As a result of those care and support needs is unable to protect themselves from either the risk of, or the experience of, abuse or neglect.

Everyone involved in cycling has regular contact with many people and so have a crucial role in the support, identification and reporting of adults who may be at risk of harm, irrespective of their role, whether or not they are British Cycling members, involved in a professional or voluntary capacity or as a spectator or participant.

KEY PRINCIPLES

British Cycling recognises the following principles which underpin the guidance given in the policy and procedures:

- All adults, regardless of age, ability or disability, gender, race, religion, ethnic origin, sexual orientation, marital or gender status have the right to be protected from abuse and poor practice and to participate in an enjoyable and safe environment.
- We will seek to ensure that our sport is inclusive and make reasonable adjustments for any ability, disability or impairment, we will also commit to continuous development, monitoring and review.
- Everyone involved in cycling activities have the right to be listened to with respect and to be heard.

- We recognise that ability and disability can change over time, such that some adults may be additionally vulnerable to abuse, in particular those adults with care and support needs.
- We will support everyone to understand their roles and responsibilities with regards to safeguarding and protecting adults at risk, including the responsibility to report all concerns in line with British Cycling safeguarding adults policy and procedures.
- All allegations will be taken seriously and responded to quickly in line with our Safeguarding Adults Policy and Procedures.
- Confidentiality will be maintained appropriately at all times and the adult's safety and welfare must be the overriding consideration when making decisions on whether or not to share information about them.
- We recognise the role and responsibilities of the statutory agencies in safeguarding adults and we are committed to complying with the procedures of the Local Safeguarding Adults Boards.

THE SIX PRINCIPLES IN RELATION TO ADULTS AT RISK

The Care Act 2014 is the current legislation that sets out the six principles which underpin all adult safeguarding work:

- **Empowerment:** People being supported and encouraged to make their own decisions and informed consent.
- **Prevention:** It is better to take action before harm occurs.
- **Proportionality:** The least intrusive response appropriate to the risk presented.
- **Protection:** Support and representation for those in greatest need.
- **Partnership:** Local solutions through services working with their communities. Communities have a part to play in preventing, detecting and reporting neglect and abuse.
- **Accountability:** Accountability and transparency in delivering safeguarding.

The principles of the Mental Capacity Act 2005 (MCA) state that every individual has the right to make their own decisions and provides the framework for this to happen.

Making safeguarding personal is the concept that adult safeguarding should be person led and outcome focused. It engages the person in a conversation about how best to respond to their safeguarding situation in a way that enhances involvement, choice and control. As well as improving quality of life, well-being and safety.

Wherever possible we must discuss safeguarding concerns with the adult to get their view of what they would like to happen and keep them involved in the safeguarding process, seeking their consent to share information outside of the organisation where necessary.

GUIDANCE AND LEGISLATION

The practices and procedures within this policy are based on the principles contained within the UK legislation and Government Guidance. They have been developed to complement the Safeguarding Adults Boards policy and procedures, and take the following into consideration:

- The Care Act 2014
- The Protection of Freedoms Act 2012
- Domestic Violence, Crime and Victims (Amendment) Act 2012
- The Equality Act 2010
- The Safeguarding Vulnerable Groups Act 2006
- Mental Capacity Act 2005
- Sexual Offences Act 2003
- The Human Rights Act 1998
- The Data Protection Act 1994 and 1998

RESPONSIBILITIES AND IMPLEMENTATION

British Cycling will work to promote the principles of safeguarding adults by:

- Reviewing British Cycling policy and procedures every three years or whenever there is a major change in legislation or significant organisational change.
- Giving guidance on appropriate recruitment procedures to assess the suitability of volunteers and staff working with adults who have care and support needs.

- Following procedures to report welfare concerns and allegations about the behaviour of adults and ensure that all staff, volunteers, parents and participants, including children, are aware of these procedures.
- Directing staff, volunteers, coaches and officials to appropriate safeguarding training and learning opportunities, where this is appropriate to their role.

British Cycling seeks to help affiliated organisations and individual members understand their responsibilities through the provision of clear guidance and support.

1. COMPLAINTS, CONCERNS AND ALLEGATIONS

- 1.1 If any individual has a concern about the welfare of an adult, or you become aware that abuse or poor practice is taking place, suspect abuse or poor practice may be occurring or be told about something that may be abuse or poor practice then, these concerns should be brought to the attention of the British Cycling Lead Safeguarding Officer without delay.

The person reporting the concern is not required to decide whether abuse has occurred, but simply has a duty to share their concerns and any relevant information to the British Cycling Lead Safeguarding Officer.

Please refer to the Flowchart "What to do if you have a concern about an adult" on page 234 for further details.

- 1.2 All concerns will be treated in confidence. Details should only be shared on a 'need to know' basis with those who can help with the management of the concern.
- 1.3 Concerns should be recorded on an Incident Report Form and sent to the British Cycling Lead Safeguarding Officer within 24 hours.
- 1.4 British Cycling will work with clubs/teams, regions and other external agencies to take appropriate action where concerns relate to potential abuse or serious poor practice. British Cycling disciplinary procedures will be applied and followed where possible.
- 1.5 Any information about an individual that relates to their suitability to work, volunteer with or participate alongside adults with care and support needs must be reported to the British Cycling Safeguarding Lead Officer.

SAFEGUARDING ADULTS: POLICY AND PROCEDURES

A safeguarding risk assessment will be completed and British Cycling disciplinary procedures will be applied and followed where appropriate

- 1.6 Safeguarding adults at risk requires everyone to be committed to the highest possible standards of openness, integrity and accountability. British Cycling supports an environment where staff, volunteers, parents/carers and the public are encouraged to raise safeguarding concerns.

Anyone who reports a legitimate concern to the organisation (even if their concerns subsequently appear to be unfounded) will be supported.

All concerns will be taken seriously.

- 1.7 It is important when considering your concern that you also understand the concept of **Making Safeguarding Personal** and consider the needs and wishes of the person at risk.
- 1.8 British Cycling may take action to restrict a member's involvement in cycling during an ongoing investigation. This is a neutral act. At a later stage the individual may be subject to action under the British Cycling Safeguarding and Disciplinary Regulations.
- 1.9 All concerns will be referred to the British Cycling Case Management Group who will advise the Lead Safeguarding Officer on the appropriate course of action to take and ensure that all allegations, incidents and referrals relating to the safeguarding of adults at risk are dealt with fairly and equitably.
- 1.10 Details relating to the adult at risk will be kept on file and secure.

Details will not be shared with a third party without consent unless the information is required in the interests of safeguarding and the person may be at greater risk if relevant parties are not made aware.

All concerns/allegations will be dealt with confidentially by British Cycling and information will only be shared on a need to know basis, either internally or externally depending on the nature/seriousness of the concern/allegation.

- 1.11 Anyone unhappy with the action taken by the Lead Safeguarding Officer, following the referral of a concern relating to poor practice or suspected abuse, may submit a complaint, following the British Cycling complaints procedure.

2. RESPONDING TO DISCLOSURE OF ABUSE

- 2.1 If an adult indicates that they are being abused the person receiving the information should:

- Stay Calm
- Listen carefully to what is said, allowing the adult to continue at their own pace, and take it seriously.
- Explain that it is likely the information will have to be shared with others- do not promise to keep secrets.
- Keep questions to a minimum, only ask questions if you need to identify/ clarify what the person is telling you. Take care to distinguish between fact, observation, allegation and opinion. It is important that the information you have is accurate.
- Reassure the person that they have done the right thing in revealing the information.
- Ask them what they would like to happen next.
- Explain what you would like to do next and ask if they are happy for you to share the information in order for you to help them. As long as it does not increase the risk to the individual, you should explain to them that it is your duty to share your concern with your Lead Safeguarding Officer.
- Record in writing what was said using the adult's own words as soon as possible

- 2.2 DO NOT:

- Dismiss the concern.
- Panic or allow shock or distaste to show.
- Probe for more information than is offered.
- Make promises that cannot be kept.
- Conduct an investigation of the case.
- Make negative comments about the alleged perpetrator.

- 2.3 If the matter is urgent and relates to the immediate safety of an adult at risk then contact the police immediately. Complete an Incident Form and copy it to the British Cycling Lead Safeguarding Officer within 24 hours.

3. SIGNS AND INDICATORS OF ABUSE AND NEGLECT

- 3.1 Abuse can take place in any context and abuse may be inflicted by anyone.

Participants, members, staff, volunteers, coaches or officials may suspect that an adult is being abused or neglected in or outside of the sport.

There are many signs and indicators that may suggest someone is being abused or neglected, these include but are not limited to:

- Unexplained bruises or injuries – or lack of medical attention when an injury is present.
- Person has belongings or money going missing.
- Harassment of a participant because they are or are perceived to have protected characteristics.
- Not meeting the needs of the participant. E.g. training without a necessary break.
- Person is not attending / no longer enjoying their sessions.
- Someone losing or gaining weight / an unkempt appearance.
- A change in the behaviour or confidence of a person.
- Self-harm.
- A fear of a particular group or individual.
- They may tell you / another person they are being abused – i.e. a disclosure.

4. GOOD PRACTICE GUIDANCE

- 4.1 All clubs/teams should follow safer recruitment procedures when appointing staff and volunteers.

The following should form the basis of safer recruitment and best practice:

- detailed application forms

- self-disclosure
- robust interviews that cover safeguarding, equality and diversity, knowledge and skills
- reference checks (A friend or neighbour is not a suitable referee, unless they have specific knowledge of the applicant's work, experience and skills.)
- a thorough induction process
- verification of qualifications and experience
- risk assessments

Once the person is in the role, there should be a probationary period and review.

Consideration must also be given as to whether any roles working with adults require a Disclosure and Barring Service (DBS) check.

(Guidance on DBS checks can be found on the British Cycling Website or on request from the British Cycling Lead Safeguarding Officer)

- 4.2 British Cycling requires that all staff and volunteers working in any cycling activity follow and adhere to the standards set out in the Code of Conduct and British Cycling guidance relevant to their role.

Similarly, all participants are expected to follow their respective Codes of Conduct to ensure the enjoyment of all and assist British Cycling in ensuring their welfare is safeguarded.

- 4.3 British Cycling recommend all staff and volunteers working in the sport to complete a course in basic awareness of safeguarding adults.

(Recommended safeguarding training can be requested from the British Cycling Lead Safeguarding Officer by emailing compliance@britishcycling.org.uk)

- 4.4 The use of prohibited or illegal substances should not be tolerated.

- 4.5 All adults should be treated equally and their dignity should be preserved.

This includes giving more and less talented members of a group similar attention, time and respect.

SAFEGUARDING ADULTS: POLICY AND PROCEDURES

- 4.6 It can be difficult to distinguish poor practice from abuse, whether intentional or accidental.

It is not the responsibility of any individual to make judgements regarding whether or not abuse is taking place, however, everyone has the responsibility to recognise and identify poor practice and potential abuse, and act on this if they have concerns.

5. CONSENT

- 5.1 The Care Act 2014 statutory guidance advises that the first priority in safeguarding should always be to ensure the safety and well-being of the adult.

- 5.2 Adults have a general right to independence, choice and self-determination including control over information about themselves.

- 5.3 British Cycling does not expect staff, volunteers, coaches, officials and members to assist an adult who is felt to be vulnerable or at risk with their decision making process, but we do expect them to inform the British Cycling Lead Safeguarding Officer without delay so that they can clearly define the various options to help support the adult at risk to make a decision about their safety.

As long as it does not increase the risk to the individual, it should be explained to them that it is their duty to share their concern with the safeguarding lead.

Consent is not required to seek guidance or share information within the organisation.

- 5.4 Adults may not give their consent to the sharing of safeguarding information outside of the organisation for a number of reasons. For example, they may be unduly influenced, coerced or intimidated by another person, they may be frightened of reprisals, they may fear losing control, they may not trust social services or other partners or they may fear that their relationship with the abuser will be damaged. Reassurance and appropriate support may help to change their view on whether it is best to share information.

- 5.5 Those seeking to support the adult should consider the following:

- Explore the reasons for the adult's objections – what are they worried about?
- Explain the concern and why you think it is important to share the information

- Tell the adult with whom you may be sharing the information with and why

- Explain the benefits, to them or others, of sharing information – could they access better help and support?

- Discuss the consequences of not sharing the information – could someone come to harm?

- Reassure them that the information will not be shared with anyone who does not need to know

- Reassure them that they are not alone and that support is available to them.

- 5.6 If the adult continues to refuse intervention to support them with a safeguarding concern, or requests that information about them is not shared with other safeguarding partners their wishes should be respected.

- 5.7 However, there are a number of circumstances where those seeking to support the adult can reasonably override such a decision, including but not limited to:

- It appears that the adult lacks the mental capacity to make that decision (this must be properly explored and further guidance should be sought from the British Cycling Lead Safeguarding Officer)
- Emergency or life-threatening situations may warrant the sharing of relevant information with the emergency services without consent
- Other people are, or may be, at risk, including children
- A serious crime has been committed / may be prevented
- Individuals in a Position of Trust are implicated

In such circumstances, it is important to keep a careful record of the decision making process and guidance should be sought from the British Cycling Lead Safeguarding Officer. Legal advice will be sought where appropriate. If the decision is to take action without the adult's consent, then unless it is unsafe to do so, the adult should be informed that this is being done and of the reasons why.

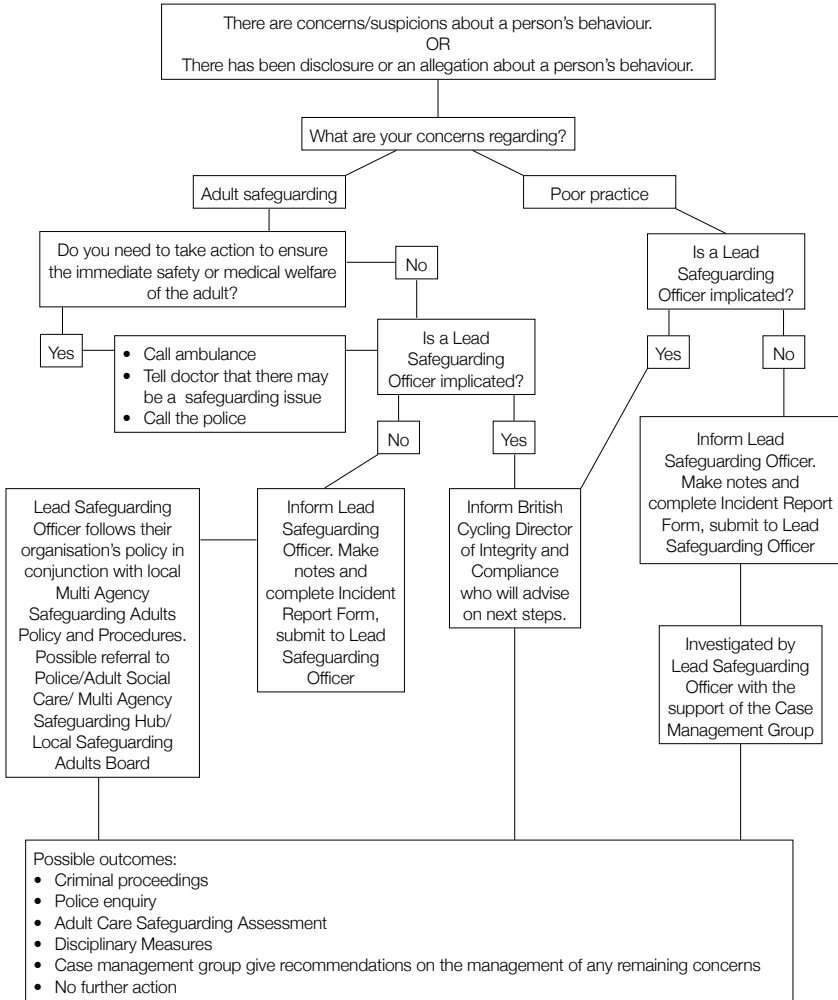
6. USEFUL CONTACTS

British Cycling Contacts		
Name	Address	Contact
Lead Safeguarding Officer	National Cycling Centre, Stuart Street, Manchester M14 4DQ	<p>Tel: 0161 2742000</p> <p>Email: compliance@britishcycling.org.uk</p> <p>(Address your email FAO the Lead Safeguarding Officer)</p>

National Contacts		
Ann Craft Trust - Safeguarding Adults in Sport and Activity	Website: www.anncrafttrust.org	<p>Email: Ann-CraftTrust@nottingham.ac.uk</p> <p>Telephone: 0115 951 5400</p>
Local Police child protection teams		101
In an emergency contact 999		In an emergency 999
Samaritans		08457 90 90

SAFEGUARDING ADULTS: POLICY AND PROCEDURES

WHAT TO DO IF YOU HAVE A CONCERN ABOUT AN ADULT?



Remember to involve the adult at risk throughout the process wherever possible and gain consent for any referrals to social care if the person has capacity

CAPACITY – GUIDANCE ON MAKING DECISIONS

The issue of capacity or decision making is a key one in safeguarding adults. It is useful for organisations to have an overview of the concept of capacity.

We make many decisions every day, often without realising. We make so many decisions that it's easy to take this ability for granted.

But some people are only able to make some decisions, and a small number of people cannot make any decisions. Being unable to make a decision is called "lacking capacity".

To make a decision we need to:

- Understand information
- Remember it for long enough
- Think about the information
- Communicate our decision

A person's ability to do this may be affected by things like learning disability, dementia, mental health needs, acquired brain injury, and physical ill health.

The Mental Capacity Act 2005 (MCA) states that every individual has the right to make their own decisions and provides the framework for this to happen.

The MCA is about making sure that people over the age of 16 have the support they need to make as many decisions as possible.

(Whilst the MCA refers to those over the age of 16, it must be noted that the British Cycling Safeguarding Children and Young People Policy should be followed for all children under the age of 18 years.)

The MCA also protects people who need family, friends, or paid support staff to make decisions for them because they lack capacity to make specific decisions.

Our ability to make decisions can change over the course of a day.

Here are some examples that demonstrate how the timing of a question can affect the response:

- A person with epilepsy may not be able to make a decision following a seizure.
- Someone who is anxious may not be able to make a decision at that point.
- A person may not be able to respond as quickly if they have just taken some medication that causes fatigue.

In each of these examples, it may appear as though the person cannot make a decision. But later in the day, presented with the same decision, they may be able to at least be involved.

The MCA recognises that capacity is decision-specific, so no one will be labelled as entirely lacking capacity. The MCA also recognises that decisions can be about big life-changing events, such as where to live, but equally about small events, such as what to wear on a cold day.

To help you to understand the MCA, consider the following five points:

1. Assume that people are able to make decisions, unless it is shown that they are not. If you have concerns about a person's level of understanding, you should check this with them, and if applicable, with the people supporting them.
2. Give people as much support as they need to make decisions. You may be involved in this – you might need to think about the way you communicate or provide information, and you may be asked your opinion.
3. People have the right to make unwise decisions. The important thing is that they understand the implications. If they understand the implications, consider how risks might be minimised.
4. If someone is not able to make a decision, then the person helping them must only make decisions in their "best interests". This means that the decision must be what is best for the person, not for anyone else. If someone was making a decision on your behalf, you would want it to reflect the decision you would make if you were able to.
5. Find the least restrictive way of doing what needs to be done.

Remember:

- You should not discriminate or make assumptions about someone's ability to make decisions, and you should not pre-empt a best-interest's decision merely on the basis of a person's age, appearance, condition, or behaviour.
- When it comes to decision-making, you could be involved in a minor way, or asked to provide more detail. The way you provide information might influence a person's ultimate decision. A person may be receiving support that is not in-line with the MCA, so you must be prepared to address this.

SAFEGUARDING ADULTS: POLICY AND PROCEDURES

GUIDANCE ON TYPES OF HARM

The Care Act 2014 recognises 10 categories of abuse that may be experienced by adults.

Self-neglect

This covers a wide range of behaviour: neglecting to care for one's personal hygiene, health or surroundings and includes behaviour such as hoarding.

Modern Slavery

This encompasses slavery, human trafficking, forced labour and domestic servitude.

Domestic Abuse

This includes psychological, physical, sexual, financial and emotional abuse perpetrated by anyone within a person's family. It also includes so called 'honour' based violence.

Discriminatory

Discrimination is abuse which centres on a difference or perceived difference particularly with respect to race, gender or disability or any of the protected characteristics of the Equality Act.

Organisational

This includes neglect and poor care practice within an institution or specific care setting such as a hospital or care home, for example, or in relation to care provided in one's own home. This may range from one off incidents to on-going ill-treatment. It can be through neglect or poor professional practice as a result of the structure, policies, processes and practices within an organisation.

Physical

This includes hitting, slapping, pushing, kicking, misuse of medication, restraint or inappropriate sanctions.

Sexual

This includes rape, indecent exposure, sexual harassment, inappropriate looking or touching, sexual teasing or innuendo, sexual photography, subjection to pornography or witnessing sexual acts, indecent exposure and sexual assault or sexual acts to which the adult has not consented or was pressured into consenting.

Financial or material

This includes theft, fraud, internet scamming, coercion in relation to an adult's financial affairs or arrangements, including in connection with wills, property, inheritance or financial transactions, or the misuse or misappropriation of property, possessions or benefits.

Neglect/Acts of omission

This includes ignoring medical or physical care needs, failing to provide access to appropriate health social care or educational services, the withholding of the necessities of life, such as medication, adequate nutrition and heating.

Emotional or psychological

This includes threats of harm or abandonment, deprivation of contact, humiliation, blaming, controlling, intimidation, coercion, harassment, verbal abuse, isolation or withdrawal from services or supportive

Not included in the Care Act 2014 but also relevant to safeguarding adults in sport and physical activity:

Cyber Bullying

Cyberbullying occurs when someone repeatedly makes fun of another person online or repeatedly picks on another person through emails or text messages, or uses online forums with the intention of harming, damaging, humiliating or isolating another person. It can be used to carry out many different types of bullying (such as racist bullying, homophobic bullying, or bullying related to special educational needs and disabilities) but instead of the perpetrator carrying out the bullying face-to-face, they use technology as a means to do it.

Forced marriage

This is a term used to describe a marriage in which one or both of the parties are married without their consent or against their will. A forced marriage differs from an arranged marriage, in which both parties consent to the assistance of a third party in identifying a spouse. The Anti-social Behaviour, Crime and Policing Act 2014 make it a criminal offence to force someone to marry.

Mate Crime

A 'mate crime' is when vulnerable people are befriended by members of the community who go on to exploit and take advantage of them. It may not be an illegal act but still has a negative effect on the individual. Mate Crime is carried out by someone the adult knows and often happens in private. In recent years there have been a number of Serious Case Reviews relating to people with a learning disability who were murdered or seriously harmed by people who purported to be their friend.

Radicalisation

The aim of radicalisation is to attract people to their reasoning, inspire new recruits and embed their extreme views and persuade vulnerable individuals of the legitimacy of their cause. This may be direct through a relationship, or through social media.

SAFEGUARDING REGULATIONS

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1. INTRODUCTION AND JURISDICTION

- 1.1 British Cycling is committed to ensuring that all involved in the sport have a safe and positive experience.
- 1.2 British Cycling has jurisdiction to deal with any safeguarding concern or allegation of abuse of a Child and/or Adult at Risk of harm.
- 1.3 British Cycling has jurisdiction to deal with any breach of the British Cycling Safeguarding and Protecting Children and Young People Policy, Safeguarding and Protecting Adults Policy and/or any breach of these Regulations in respect of any Participant.
- 1.4 Concerns in relation to safeguarding are not capable of exhaustive definition, they may relate to any form of physical, emotional or sexual mistreatment or lack of care that leads to injury or harm but may also include poor practice and bullying.
- 1.5 It is a requirement that all clubs and teams affiliated to British Cycling in England and Wales, who have Children as members or users of their services, appoint a Club Welfare Officer and comply with British Cycling Safeguarding and Protecting Children and Young People Policy.
- 1.7 It is a requirement that all affiliated clubs in Scotland, that have either declared members or British Cycling members who are under the age of 18 years, appoint a Wellbeing and Protection Officer.
- 1.8 These Regulations will apply to all Participants within the sport and activity of cycling. They are intended to set out the procedures to be followed by British Cycling and to provide a comprehensive, fair and equitable process for the purposes of:
 - a) responding to any enquiry into any concerns or complaints received regarding safeguarding; and/or
 - b) assessing someone's suitability for working with Children and Adults at Risk in cycling.
- 1.9 The CMG shall have jurisdiction to consider adverse PVG Scheme or DBS disclosures and make recommendations to the Lead Safeguarding Officers as to someone's suitability to work or volunteer with Children and Adults at Risk in the sport and activity of cycling in England, Scotland and Wales.
- 1.10 The CMG shall have jurisdiction to consider progress on; to advise in relation to; and to make interim sanctions in relation to concerns or complaints regarding safeguarding in the sport and activity of cycling in England, Scotland and Wales.
- 1.11 British Cycling shall have jurisdiction in relation to appeals against the CMG, permanent sanctions and its disciplinary processes.
- 1.12 So far as practicable, confidentiality will be maintained at all times in respect of all those involved in any enquiry or investigation unless there is an over-riding obligation in the interests of the safety or protection of Children or Adults at Risk for such information to be shared with other interested parties. Any such information shared shall be distributed on a need-to-know-basis only.
- 1.13 All matters relating to poor practice, emotional, physical, sexual abuse or neglect should be reported to the appropriate Club Welfare Officer/Wellbeing and Protection Officer and, if it has not already happened, as soon as practicable thereafter to the Lead Safeguarding Officer.
- 1.14 In the exercise of its duty to safeguard Children and Adults at Risk of harm, British Cycling will record the details of any individual who is temporarily suspended, permanently disqualified or temporarily or permanently permitted to participate in cycling but subject to restrictions. This record shall include by way of example but not limitation the reasons for suspension, disqualification or restriction, any decision and any supporting evidence. This will be made available to appropriate third parties for the purposes of enforcement and crime prevention at British Cycling's sole discretion.
- 1.15 British Cycling will not be liable to any individual, club, team or organisation for any loss, however caused, whether direct, indirect, financial or consequential arising out of or in connection with any action taken under these Regulations.

SAFEGUARDING REGULATIONS

2. DEFINITIONS

In these regulations the following words shall have the meanings set out opposite them:-

“Adult at Risk”

any person who is aged 18 years or over and at risk of abuse or neglect because of their needs for care and or support;

“Affiliate”

any club or team affiliated to, or formerly affiliated to, British Cycling, and their Members or Volunteers;

“Barred List Check”

an Enhanced Disclosure from the Disclosure and Barring Service (DBS) which shall establish whether a person is barred from working in Regulated Activity with children or adults;

“British Cycling”

the British Cycling Federation;

“Child”

a person under the age of eighteen. Children means more than one child;

“Club Welfare Officer”

the individual designated with safeguarding responsibility within a club or team;

“CMG”

the Case Management Group which shall consist of not less than 2 independent individuals and also at least one representative from British Cycling, Scottish Cycling and Welsh Cycling (Beicio Cymru). The independent members shall be appointed and removed by a majority vote of the Participating Cycling Bodies for an initial three year term following a formal and transparent selection process which will be competence based. Independent members may be reappointed for further terms;

“DBS”

the Disclosure and Barring Service;

“Disciplinary Committee”

the panel constituted in accordance with paragraph 6 below;

“Disciplinary Appeal Committee”

the panel constituted to hear appeals from the Disciplinary Committee in accordance with paragraph 6 below;

“Enhanced Disclosure”

an enhanced check provided by the Disclosure and Barring Service;

“Event”

a single race, match or competition (or a series of races, matches or competitions) organised, licensed, convened, authorised or recognised by British Cycling or any of its Members, affiliate organisations or licensees, wherever held;

“LADO”

the Local Authority Designated Officer, also Known as the Designated Officer;

“Lead Safeguarding Officer”

the individual employed by British Cycling, Scottish Cycling and/or Welsh Cycling with primary responsibility for managing safeguarding concerns within their organisation. This role is referred to as the Wellbeing and Protection Officer by Scottish Cycling;

“Member”

an individual (whether they be a rider, coach, Official or otherwise) granted Membership, or formerly granted membership, of British Cycling;

“Membership”

means being a Member of British Cycling, granted in accordance with the bye laws;

“Notice of Appeal”

written notification of any individual wishing to present an appeal in accordance with these Regulations;

“Participant”

any person participating in an Event or other cycling related activity promoted or administered by British Cycling, including but not limited to any Member, Affiliate, Official, spectator, licensee, Volunteer or contractor from time to time;

“Participation”

being employed or engaged in a paid, voluntary or consultancy capacity by British Cycling, or any Affiliate; or as a Participant in any Event or other cycling related activity;

“Position of Trust”

means any role with a degree of responsibility over property, finances or Participants;

“PVG Scheme”

The Protecting Vulnerable Groups (PVG) Scheme is managed and delivered by Disclosure Scotland. It helps make sure people whose behaviour makes them unsuitable to work with children and/or protected adults, can't carry out Regulated Work with these vulnerable groups;

“Regulated Activity”

work that a barred person must not do as defined by the Safeguarding Vulnerable Groups Act 2006 as amended by the Protection of Freedoms Act 2012.

“Regulated Work”

the type of work that the PVG Scheme applies to. The Protection of Vulnerable Groups (Scotland) Act 2007 provides guidance on assessing whether an individual is engaged in Regulated Work;

“Scottish Cycling”

the Scottish Cyclist's Union. The organisation responsible for the administration and control of cycling in Scotland;

“Social Care”

the local authority responsible for the provision of social work, personal care, protection or social support services to children or adults in need or at risk, or adults with needs arising from illness, disability, old age or poverty;

“Volunteer”

any person providing assistance or support to British Cycling from time to time otherwise than as an employee or director and including but not limited to any person providing assistance at an Event;

“Wellbeing and Protection Officer”

the individual designated with safeguarding responsibility within a club in Scotland;

“Welsh Cycling”

the Welsh Cycling Union. The organisation responsible for the administration and control of cycling in Wales.

3. RESPONDING TO ANY ENQUIRY INTO ANY CONCERNS OR COMPLAINTS RECEIVED REGARDING SAFEGUARDING

- 3.1 All safeguarding concerns, allegations or suspicions of abuse, poor practice or bullying must be reported to the British Cycling Lead Safeguarding Officer, or in their absence a member of the British Cycling Compliance Department. British Cycling, at its reasonable discretion, may investigate any such concern and complaint in accordance with these Regulations
- 3.2 British Cycling will decide who will carry out or coordinate any investigation. Any investigation will be conducted as promptly as possible and will provide periodic updates to the individual being investigated and any relevant Affiliate or Member during the course of the investigation where appropriate. British Cycling reserves the right to appoint a third party investigator to conduct or assist in the conduct of any investigation.
- 3.3 Where Social Care, the LADO (or equivalent role) or the Police are not already involved, and the concerns or matters raised are deemed to warrant their involvement, the Lead Safeguarding Officer will notify them of the matters which have been brought to their attention. The Club Welfare Officer/Wellbeing and Protection Officer should, where appropriate, be immediately informed of any concerns raised.
- 3.4 Where a British Cycling investigation reveals a possible or actual breach of the law then the British Cycling investigation may be suspended and an appropriate referral will be made to the Police and/or Social Care.
- 3.5 In respect of any safeguarding concern, allegation or suspicion of abuse, poor practice or bullying, which is shared with British Cycling, the CMG may impose a temporary suspension upon an individual in respect of whom the concerns have been raised, pending the outcome of further enquiries and/or investigation.
- 3.6 A temporary suspension will be enacted where such a suspension is deemed by the CMG to be appropriate and warranted which shall include without limitation the following reasons:
 - 3.6.1 it is necessary to ensure the welfare and safety of the child/adult at risk involved and/or other children and adults at risk who may have contact with the individual in question;

SAFEGUARDING REGULATIONS

- 3.6.2 to protect the individual in question from the risk of further allegations;
- 3.6.3 where there is a risk to the reputation of British Cycling;
- 3.6.4 where there is a risk to any internal investigation or investigation by external organisations.
- 3.7 A decision to suspend will be authorised by any 2 members of the CMG unless British Cycling has received instructions from any statutory agency to suspend the individual, in which case no such authorisation shall be required.
- 3.8 Temporary suspension is to be considered a neutral act and should not be viewed as a sanction or penalty. A decision to suspend under regulation 3.6 is not open to appeal. The CMG will review the relevant suspension at least every two months.
- 3.9 Where a temporary suspension is imposed this may be a suspension from or a restriction on any and all Participation, and which may include but is not limited to coaching, managing teams, racing, riding, acting in a Position Of Trust, undertaking any official position such as board membership or administrative duties, spectating or other activity relating to the sport of cycling where there is likely to be contact with Children or Adults at Risk.
- 3.10 If any individual is temporarily suspended or restricted and during the course of the suspension or restriction British Cycling is informed of any breach or abuse of the suspension or restriction the individual will be issued with a written warning requiring immediate compliance with the terms of his or her suspension or restriction. Failure to adhere to the terms of the written warning will be considered a potential breach of British Cycling's policies and regulations and may be dealt with as such under British Cycling Disciplinary Regulations.
- 3.11 The investigative process may include any of the following:
- 3.11.1 a requirement on the individual to submit references;
- 3.11.2 a new criminal record check may be required of the individual;
- 3.11.3 a referral to the Police and/or Social Care and or the LADO (or equivalent role) for consideration as to whether a criminal or civil investigation into the matter is necessary;
- 3.11.4 an interview of the person under investigation, any witness, any person making a complaint or allegation, any Child or Adult at Risk of harm, and/or anyone else who British Cycling reasonably believes may be able to assist in the investigation; and
- 3.11.5 the production of and consideration of any other evidence from anyone else who British Cycling reasonably believes may be able to assist the investigation.
- 3.12 British Cycling may proceed with its own investigation, concurrently with any criminal or civil investigation where considered appropriate by the CMG.
- 3.13 Save where in British Cycling's reasonable opinion it may prejudice the investigation, British Cycling may notify the individual in writing of the intention to investigate, the nature of the investigation and the reasons for this. The decision whether or not to inform the individual will be made balancing the need to properly investigate the matter and the rights of the individual under natural justice. If a temporary suspension or restriction has been imposed by British Cycling in the interests of safeguarding, the individual and any relevant Affiliate and/or Official will be informed of this. Notification will not be necessary if it is considered that this may prejudice any Police and/or Social Services and/or British Cycling internal investigation or may place any particular Child or Adult at Risk of harm at risk.
- 3.14 The individual being investigated shall not approach (whether directly or indirectly), intimidate or influence any witness involved in the investigation. A failure to adhere to this requirement shall be considered a potential breach of British Cycling's policies and regulations and may be dealt with as such under British Cycling's Disciplinary Regulations.
- 3.15 The individual being investigated may be interviewed during the course of the investigation. This may take place more than once where an additional interview is necessary to put further information, to the individual concerned, that has come to light during the course of the investigation. The individual shall, at his/her own expense, be entitled to have a legal or other representative present during any interviews.
- 3.16 Upon conclusion of the investigation British Cycling will present relevant information gathered to the CMG which will proceed in accordance with paragraph 4 below.

4. THE ROLE AND RESPONSIBILITIES OF THE CMG

- 4.1 A meeting of the CMG will be convened to consider all reported safeguarding concerns, allegations or suspicions of abuse, poor practice or bullying and provide guidance to the Lead Safeguarding Officer on what action, if any, to take. The CMG will be presented with the information gathered during the investigative process.
- 4.2 An individual under investigation may be provided with a copy of the information gathered during the course of the investigation; be given the opportunity to comment in writing on matters of fact and accuracy; and may be offered an opportunity to make written representations to the CMG within such timescales, as the CMG may deem appropriate in the circumstances, unless to do so, in the reasonable opinion of British Cycling would prejudice the investigation or the welfare and safety of the Child or Adult at Risk involved or other Children or Adults at Risk who come or may come into contact with the individual under investigation.
- 4.3 The CMG's function is to consider whether an individual poses an actual or potential risk of harm to Children or Adults at Risk of harm within the sport of cycling. The CMG shall assess this on the balance of probabilities. The CMG shall recommend appropriate actions in order to manage any such risk where possible.
- 4.4 In its decision-making the CMG may consider (but will not be limited to considering) the following factors:
- 4.4.1 whether any matters revealed during the course of an investigation are relevant to the position or role of the individual in question;
- 4.4.2 the seriousness of the matter raised;
- 4.4.3 the length of time since any matter/incident occurred;
- 4.4.4 whether there is a pattern of behaviour (or pattern of other relevant matters);
- 4.4.5 whether the circumstances have changed following the alleged behaviour and/or other alleged relevant matters; and/or
- 4.4.6 the circumstances surrounding the matter/incident and the explanations offered.
- 4.5 After consideration of the information available the CMG may respond by recommending one or more or a combination of the following outcomes:
- 4.5.1 take no further action;
- 4.5.2 commission a more detailed investigation;
- 4.5.3 make a referral to the Police and/or Social Services or the LADO (or equivalent role);
- 4.5.4 make a referral to the Local Education Authority;
- 4.5.5 impose or extend a temporary suspension pending completion of any further investigation referral or risk assessment;
- 4.5.6 provide a written conditional warning outlining the areas of concern or improvements required;
- 4.5.7 require the individual to undergo training;
- 4.5.8 require the individual to be supervised and/or work with a mentor permanently or temporarily, for a specified period;
- 4.5.9 extend the period of any temporary suspension until such time as the individual concerned has complied with any required training, supervision or mentoring;
- 4.5.10 extend the period of any temporary suspension until such time as the individual concerned enters into a managed agreement with British Cycling, an appropriate Affiliate and any appropriate statutory agencies. The managed agreement will include such matters as the CMG shall consider necessary to manage risks identified under Regulation 4.3. For the avoidance of doubt, any suspension under this Regulation 4.5.10 will not be considered a permanent suspension;
- 4.5.11 refer the individual to the British Cycling Disciplinary Officer to follow the British Cycling Disciplinary Regulations;
- 4.5.12 refer to the individual to the DBS; and/or
- 4.5.13 reach any other decision which the CMG feels is appropriate having regard to the circumstances of the case.
- 4.6 The final decision on what action will be taken where safeguarding concerns, allegations or suspicions of abuse, poor practice or bullying have been reported to British Cycling will rest with the Lead Safeguarding Officer.

SAFEGUARDING REGULATIONS

- 4.7 Where the CMG believe that the Lead Safeguarding Officer has made an unreasonable decision a nominated CMG member may inform the British Cycling Board of Directors.
- 4.8 Within seven calendar days of the conclusion of the CMG meeting, the Lead Safeguarding Officer's decision with supporting reasons will be communicated in writing to the individual and any relevant Affiliate, Official and/or Members. The individual will also be advised of their right to appeal against any decision made and the time limits for doing so.
- 4.9 An individual's failure to comply with the decision made by the Lead Safeguarding Officer shall be considered misconduct under the British Cycling Disciplinary Regulations.
- 4.10 Following consideration by the CMG of the reported safeguarding concern, allegation or suspicion of abuse, poor practice or bullying, the outcome and any decision on further action made by the Lead Safeguarding Officer will be communicated to the appropriate Affiliate, Officials and/or Members for the purposes of enforcement and the safeguarding of Participants.
- 4.11 All Affiliates, Officials and other Members shall comply with the terms of any decision reached. If any Affiliate or Member fails to implement or comply with any of the requirements imposed, then British Cycling reserves the right to take appropriate action.
- 4.12 British Cycling reserves the right to notify those with responsibility for safeguarding in other sporting organisations of any decision made.

5. CRIMINAL RECORDS CHECKS

- 5.1 It is a requirement that any individual in England and Wales applying to be appointed or appointed to a role involving any Regulated Activity complete a Barred List Check.
- 5.2 It is a requirement that any individual in Scotland applying to be appointed or appointed in Regulated Work become a member of the PVG Scheme.
- 5.3 Where a check carried out in accordance with paragraph 5.1 and/or paragraph 5.2, or a self-disclosure as part of safer recruitment procedures, reveals an adverse disclosure the matter shall be considered by at least two of the Lead Safeguarding Officers who shall take one or more of the following actions:
- 5.3.1 conclude that the adverse disclosure does not present safeguarding concerns and confirm that the individual can be deployed without restriction;
- 5.3.2 request further information, including but not limited to obtaining an explanation for the adverse disclosure and/or references from the individual;
- 5.3.3 require the individual to commission, at their own expense, a risk assessment prepared by a suitably qualified person (the terms of which, and the suitably qualified person to be agreed with British Cycling); and/or
- 5.3.4 refer the matter for consideration by the CMG (including in the event that the Lead Safeguarding Officers cannot agree on the appropriate action).
- 5.4 Upon receipt of any further information sought in accordance with paragraph 5.3.2 and/or paragraph 5.3.3, it shall be considered by at least two of the Lead Safeguarding Officers who shall:
- 5.4.1 conclude that the adverse disclosure does not present safeguarding concerns and confirm that the individual can be deployed without restriction; or
- 5.4.2 refer the matter for consideration by the CMG (including in the event that the Lead Safeguarding Officers cannot agree on the appropriate action).
- 5.5 The CMG shall review any decision made under paragraphs 5.3 or 5.4 at the next appropriate bi-monthly CMG meeting.

6. APPEALS, DISCIPLINARY COMMITTEE AND DISCIPLINARY APPEAL COMMITTEE

- 6.1 Any appeal of the decision made by the Lead Safeguarding Officer, following consideration by the CMG of any reported safeguarding concern, allegation or suspicion of abuse, poor practice or bullying, shall be referred to the British Cycling Disciplinary Clerk.
- 6.2 Save where provided otherwise in these Regulations, the powers and procedures of the British Cycling Disciplinary Clerk are set out in the British Cycling Disciplinary Regulations.
- 6.3 Any individual wishing to present an appeal in accordance with these Regulations must submit to British Cycling Lead Safeguarding Officer written notification ("the Notice of Appeal") containing the following information:-
- (a) the name and address of the appellant (and of any representative); and
 - (b) confirmation of the grounds for the appeal being one or more of the following:
 - (i) that the outcome reached following the CMG meeting was based on error of fact or could not have been reasonably reached when faced with the evidence before them;
 - (ii) significant and relevant evidence has become available which was not available prior to the decision being made, had it been available, may have caused a materially different decision to be made;
 - (iii) provisions of these regulations were not adhered to in a material fashion; and/or
 - (iv) the findings of the CMG and Lead Safeguarding Officer were irrational or otherwise exhibited an error of general law.
- 6.4 The Notice of Appeal must be submitted within 14 calendar days of receipt by the individual of notification of any decision made by the Lead Safeguarding Officer.
- 6.5 The Disciplinary Appeal Committee hearing an appeal may uphold the original decision made by the Lead Safeguarding Officer, quash the original decision, refer the matter back to the CMG for further deliberation and decision or substitute its own decision, provided such decision does not go beyond the possible outcomes set out in paragraph 4.5 above, save that the Committee may disqualify the individual from Participation in part or in whole either indefinitely or for a specific period of time.
- 6.6 There shall be no appeal against a decision of the Disciplinary Appeal Committee where such decision is itself an appeal from a decision made by the Lead Safeguarding Officer.
- 6.7 Following recommendation by the CMG, any decision to refer an individual to the Disciplinary Committee under paragraph 4.5 shall be referred to the Disciplinary Officer and the Disciplinary Committee shall be convened and operate as if it were being convened under the British Cycling Regulations, which procedures shall apply where relevant to the extent that they are not in conflict with anything within these Regulations. The standard of proof in all cases shall be the balance of probabilities.
- 6.8 British Cycling will confirm the decision of the Disciplinary Committee or Disciplinary Appeal Committee in writing within 14 calendar days of any hearing. In addition, any decision will be communicated to the appropriate Affiliate and/or Members.
- 6.9 Ordinarily, any costs incurred by the parties will lie where they fall. However, the Appeal Committee will have the discretion to order the Appellant to pay some or all of the costs of holding the hearing (including any travel or accommodation costs incurred by members of the Appeal Committee and or any costs incurred as a result of the Appeal Committee obtaining specialist advice in accordance with the Disciplinary Regulations.)
- 6.10 If a party proceeds with an appeal, notwithstanding that a provision of these Regulations has not been complied with, without promptly stating its objection, that party shall have waived its right to object.

TRANSGENDER & NON-BINARY PARTICIPATION POLICY

Transgender & Non-Binary Participation Policy

British Cycling is committed to providing the opportunity for everyone who wants to ride their bike and be involved in the sport to be able to do so in a safe, accessible and supportive environment.

As part of that commitment, we are working hard to make cycling in Great Britain more equitable and to ensure that everyone feels free to participate regardless of their age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation.

This policy sets out the parameters in which British Cycling encourages all Transgender and Non-Binary Participants to take part in cycling, at every level of the sport.

Included in this policy:

1. Definitions
2. Legislation and Regulatory Framework
3. Policy Development and Review
4. Membership
5. Recreational Activity
6. Competition
7. Your Roles and Responsibilities
8. Disciplinary Proceedings
9. Data Protection
10. Accountability

1. Definitions

Gender: the social, and cultural construction of what it means to be masculine or feminine, including roles, expectations, and behaviour. Usually assumed at birth to match the recorded sex.

Gender identity: a person's internal, deeply felt sense of self, for example, male, a female, or non-binary. A person's gender identity may or may not correspond with their sex recorded at birth. Some people may not have a gender identity at all, including those people who may not believe in the concept of gender.

Medical professional: a person qualified to provide medical treatment to an individual, i.e. GP, Doctor.

Non-Binary: an umbrella term for people whose gender identity doesn't sit comfortably with the 'male' or 'female'. Non-binary identities are many and varied and can include people who identify with some aspects of binary identities, while others reject them entirely.

Participant: any person participating in an Event or other cycling related activity promoted or administered by British Cycling, including but not limited to any Member, Affiliate,

Spectator, Licensee Volunteer or Contractor from time to time. **Recreational Activity:** any non-competitive British Cycling organised activity, including but not limited to; the Breeze programme, Guided Ride, Ride Social and Let's Ride activities.

Sex: a person's physical (genitalia) and reproductive characteristics, observed and recorded at birth, usually as either 'male' or 'female', also includes intersex people.

Transgender: an umbrella term used to describe people whose gender identity is not the same as their sex recorded at birth. Many trans people undergo a transition process to reassign their gender, which could include medical intervention, such as hormone therapy and surgeries, but not all trans people want or are able to have this. Transitioning may involve telling friends and family, dressing differently and changing official documents.

2. Legislation and Regulatory Framework

The practices and procedures within this policy are based on the principles contained within UK legislation and take the following into consideration:

- Equality Act 2010 Equality Act 2010 (legislation.gov.uk)
- Gender Recognition Act 2004 Gender Recognition Act 2004 (legislation.gov.uk)

The regulations within this policy are based on the principles contained within international sporting regulatory frameworks and take the following into consideration:

- IOC Framework on Fairness, Inclusion and Non-Discrimination on the Basis of Gender Identity and Sex Variations, November 2021 IOC-Framework-Fairness-Inclusion-Non-discrimination-2021.pdf (olympics.com)
- The UCI Regulations on Transgender athlete participation, March 2020 UCI Regulations

3. Policy Development and Review

This policy has been developed by British Cycling (BC) in partnership with a number of external organisations, experts in the field, the BC Integrity Committee, the BC Clinical Governance Committee, the BC external Diversity & Inclusion Advisory Group, legal advisors, as well as the general public.

The policy was first published in October 2020 and has been reviewed and updated in December 2021 following a public consultation in March/April 2021.

TRANSGENDER & NON-BINARY PARTICIPATION POLICY

This policy shall be reviewed annually, and/or more frequently as and when there are changes to the relevant UK legislation and guidance from international sporting regulatory frameworks to ensure fair and meaningful competition.

4. Membership

British Cycling offer a number of different membership packages.

Ride, Commute and Fan membership packages do not include any type of race licence.

Prospective Transgender and Non-Binary members who would like to obtain a British Cycling Ride, Commute or Fan membership may register as male or female without the need to provide any additional information or evidence.

If an existing British Cycling member wants to change the information that is registered on their British Cycling membership, they will need to contact the British Cycling Membership Team by calling 0161 274 2010 stating how they would like to be identified on their membership record (male or female).

Race Membership:

British Cycling offer Race membership packages to anyone who wants to take part in competitive cycling. These are Race Bronze, Race Silver and Race Gold.

Prospective Transgender or Non-Binary members who would like to obtain a British Cycling Race Membership and/or purchase a race licence, will need to submit a signed declaration if their Gender Identity is different to their Sex recorded at birth.

If an existing British Cycling member wants to change the information that is registered on their Race Bronze, Race Silver or Race Gold membership, they will need to submit a signed declaration that their Gender Identity is different to their Sex recorded at birth.

This is to ensure the required evidence can be requested in accordance with Section 6 of this policy.

Authorisation:

All changes will be authorised by the British Cycling Legal and Integrity Department. Contact can be made by calling 0161 274 2000 and asking to speak with the British Cycling Compliance and Safeguarding Manager or by emailing compliance@britishcycling.org.uk.

5. Recreational Activity

Cycling should be enjoyed by everyone, and in accordance with this policy, British Cycling encourages Transgender and Non-Binary participants to take part in Recreational Activities in the gender they identify as.

As there is no competitive element to Recreational Activities, all participants are able to take part in British Cycling sanctioned recreational activities in accordance with their Gender Identity, without the need to provide any additional information or evidence.

This applies to all current and prospective British Cycling Members who wish to take part in British Cycling Recreational Activities.

Recreational Activity includes the Breeze programme, Guided Ride, Ride Social and Let's Ride activities.

Please refer to Section 7 of this policy regarding everyone's role and responsibilities in welcoming and supporting Transgender and Non-Binary participants to take part.

6. Competition

For competitive events, British Cycling are taking in to consideration the UCI Regulations, when determining the eligibility of Transgender and Non-Binary competitors.

Transgender and Non-Binary members, current or prospective, should contact British Cycling's Legal and Integrity department prior to racing or obtaining a Race membership and/or race licence to ensure they are placed in the appropriate category (male or female).

Contact can be made by calling 0161 274 2000 and asking to speak with the British Cycling Compliance and Safeguarding Manager or emailing compliance@britishcycling.org.uk.

The application process in both the female and male categories are outlined below.

Application to compete in the Female category:

Any current or prospective Transgender or Non-Binary member who seeks to compete in the female race category shall be asked to submit the following to the British Cycling Legal and Integrity Department, at least six weeks in advance of the date at which they first wish to compete:

- 1) A signed declaration from the individual that their Gender Identity is female, and they wish to compete in the female category.
- 2) An attestation from a Medical Professional that the member's total testosterone level in serum has been less than 5 nmol/L continuously for a period of at least 12 months.

TRANSGENDER & NON-BINARY PARTICIPATION POLICY

The member's total testosterone level in serum must remain below 5 nmol/L throughout the period of desired eligibility to compete in the female category. This will be monitored by the Participant being required to submit an attestation from a Medical Professional that the member's total testosterone level in serum is below 5nmol/L for a period of at least 12 consecutive months. This will be required annually.

In the event of non-compliance, the member's eligibility to compete in the female category may be suspended pending further investigation. The Participant shall be unable to compete in that category until such time when their total testosterone level in serum has been below 5nmol/L for at least 12 consecutive months.

British Cycling reserves the right to request evidence of testosterone in serum levels from any rider who competes in elite level events on an annual basis.

Application to compete in the Male category:

Any Transgender or Non-Binary member who seeks to compete in the male racing category, shall not be required to provide any medical evidence. However, they will be required to provide the following, at least six weeks in advance of the date at which they first wish to compete:

1) A signed declaration that their Gender Identity is male, and they wish to compete in the male category.

Transgender men and non-binary participants wishing to move into the male competition category will not be required to make this move immediately. Transgender men and Non-Binary members will be supported to make this transition in their own time, and they will be supported to continue to participate in their current category ahead of moving into the male category.

Non-Binary:

Members who identify as Non-Binary may participate in the category that they feel most comfortable with (male or female). If this category is different to that associated to their Sex then the process and criteria applicable to their participation in that category shall be the same as for a Transgender member.

Monitoring and Compliance:

Compliance with British Cycling's Transgender & Non-Binary Participation Policy may be monitored.

Therefore, a member who chooses to avail themselves to this policy consents to providing the required medical information for the purposes outlined in this Policy.

British Cycling reserves the right to request further medical evidence from an individual Participant where it is deemed necessary.

Where necessary to safeguard the fairness or integrity of competition, British Cycling may provisionally suspend the participation of any member pending resolution of the matter.

This is all in accordance Section 9 of this policy.

For the avoidance of doubt, nothing in this policy is intended to undermine or affect in any way any of the requirements of the World Anti-Doping Code 2021_code.pdf (wada-ama.org), the WADA International Standards (including the International Standard for Therapeutic Use Exemptions) International Standards | (wada-ama.org) or the UK Anti-Doping Rules 2021-UK-Anti-Doping-Rules.pdf (wtsf.org.uk).

7. Your Roles and Responsibilities

All Participants are bound by the British Cycling Code of Conduct and this should be upheld at all times.

However, in specific relation to this policy, all British Cycling employees, members, volunteers, affiliate clubs and Participants should:

- Welcome all Transgender and Non-Binary Participants, just as you would any other Participant;
- Treat all Transgender and Non-Binary Participants with dignity and respect, just as you would any other Participant;
- Respect the private and confidential nature of all Transgender and Non-Binary Participants' situations and information;
- Accept all Participants in the gender they present; verification of their identity should be no more than expected of any other person;
- Report any incidents of inappropriate or offensive behaviour and language to the British Cycling Integrity and Compliance Department;
- Avoid making assumptions about the Participant, ask their name and take your lead from the information they may, or may not, offer you;
- Be clear about what language you use, all Participants should be referred to as the gender that they inform you they are;
- If asked, refer Transgender and Non-Binary Participants to this policy to understand the parameters in which they are able to take part in both Recreational Activity and Racing Competitions.

TRANSGENDER & NON-BINARY PARTICIPATION POLICY

8. Disciplinary Proceedings

British Cycling will not tolerate any kind of unlawful discriminatory behaviour towards any member of staff, Participant, Official or Volunteer as per the British Cycling Code of Conduct.

British Cycling has developed this policy to enable cycling to be more inclusive of Transgender and Non-Binary participants, and therefore;

British Cycling reserves the right to take the appropriate action under the British Cycling Disciplinary Regulations for breaches of this Policy including but not limited to:

- Where there has been stigmatisation or discrimination against a Participant on the grounds of Gender Identity;
- A Participant competes in a category of competition for which they have not satisfied the eligibility conditions set out in this Policy;
- A Participant fails to co-operate fully in respect of the consideration of their application or their compliance/ continuing compliance with this Policy;
- A coach, healthcare professional, sports scientist, agent or other person or entity has been complicit in a breach or non-compliance with this policy; and/or
- There has been any other breach or non-compliance with this policy and/or the British Cycling Code of Conduct.

All Participants are expected to abide by the British Cycling Code of Conduct at all times, including but not limited to; ensuring that cycling, in all its forms, offers individuals an opportunity to participate without fear or harassment.

Reporting

British Cycling members are able to report any concerns in accordance with the British Cycling Disciplinary Regulations and Safeguarding Policies which are found in the British Cycling Handbook.

If there are any issues relating to a Participant's Gender Identity, or the challenge of it, these should be reported to the British Cycling Legal and Integrity Department. Contact can be made by calling 0161 274 2000 and asking to speak with the British Cycling Compliance and Safeguarding Manager or by emailing compliance@britishcycling.org.uk.

If British Cycling are notified of an individual who is taking advantage of the inclusive nature of this policy, or an individual who has been subject to any conduct which is in breach of the Code of Conduct due to their Gender Identity, the matter shall be considered under the British Cycling Disciplinary Regulations.

9. Data Protection

British Cycling, as a data controller, must ensure that any personal data processed in relation to this policy is in compliance with data protection laws and its own internal Data Protection Policy. In particular:

- The collection of data must be necessary, proportionate and relevant to the particular purpose and circumstance. Where data is collected for verification purposes and does not need to be retained, it should be deleted as soon as practicable. Where information does need to be retained this should be in line with British Cycling's Data Retention Policy.
- British Cycling must be clear and transparent at the outset about why this data is being held and for what purpose. Any additional purposes for processing this data must be communicated to the individual before the processing commences.
- Access to this information should be tightly controlled and on a strictly need to know basis. British Cycling will only share necessary information with international competition organisers for the purposes of verifying the status of the trans person.
- British Cycling will agree with the trans person how information is to be shared with others if this is absolutely necessary; this may include a change of name and title and this should be accommodated without prejudice or aggravation.
- British Cycling will complete and keep under review a Data Protection Impact Assessment (DPIA) for this processing due to the potential privacy risks involved.

10. Accountability

The British Cycling Board is responsible for ensuring that this Policy is implemented, followed and reviewed when appropriate.

The British Cycling Board is also responsible for ensuring that this Policy is enforced and any breaches are dealt with appropriately.

The Chief Executive has the overall responsibility for the implementation of the Policy although this will be managed by the British Cycling Legal and Integrity Department.

DATA PRIVACY NOTICE

DATA PRIVACY NOTICE

Introduction

This document provides you with information about how we are handling, or are intending to handle, your personal information.

If you are under the age of 18, please get your parent/ guardian's permission before you provide any personal information to us.

British Cycling is committed to protecting and respecting your privacy and complying with the principles of applicable data protection laws. This notice sets out how any personal data we collect from or about you will be handled by us. Please read the following carefully to understand our practices regarding your personal data.

The data controller of the personal data referred to in this policy is the British Cycling Federation of Stuart Street, Manchester, Lancashire, M11 4DQ. We are registered with the Information Commissioner's Office (ICO) under registration number Z1066209.

British Cycling websites

British Cycling operates the following websites:

- britishcycling.org.uk
- learning.britishcycling.org.uk
- letsride.co.uk
- readysetride.co.uk
- letsridelocal.co.uk

British Cycling holds information provided at the time of registering to use our websites, becoming a member of British Cycling, subscribing to our communications, posting material, booking onto rides, entering, attending and volunteering at events, joining clubs or requesting further services. This includes:

- Information from your social media accounts but only where you have given us permission to use it. For example, posts, pictures and video footage you share on sites such as Facebook and Twitter.
- We may also ask you for information when you report a problem, make a complaint or share a concern and, if you contact us, we may keep a record of that correspondence.

- We may also ask you to complete optional surveys that we use for research and insight purposes (including case studies) and to provide you with a more relevant customer experience.
- Details of when you digitally interact with British Cycling via our websites and other digital channels and the resources that you access which may include the use of cookies (subject to our Cookie policy).
- Information about emails and other communications we have sent to you and your interaction with them.
- Information from third parties where there is a clear lawful basis for sharing your information (for example, because you have consented to them sharing your personal data with British Cycling).

How we use (process) your personal information

British Cycling may collect and process the following data about you where applicable:

- Information about you that you provide by filling in forms while registering for activities and making purchases (such as British Cycling membership or event entry) on our websites;
- Information about you that you provide when completing optional surveys;
- Information about you provided through general correspondence with British Cycling;
- Information about you provided by your British Cycling-affiliated Club where they use British Cycling systems for managing their members;
- Information about you in order to service your membership and manage events (including where applicable in order to meet our health and safety and incident management obligations, and to safeguard other members);
- Information that you provide as well as information that we have collected about you to investigate any complaints or concerns reported by you or others.

British Cycling will use your personal information to:

- Ensure that content from our websites is presented in the most effective manner;
- Authenticate you when you register;

- Carry out our obligations arising from any contracts entered into between you and British Cycling;
- Provide you with information, products or services that you request from British Cycling or which we feel may interest you, where we are legally entitled to do so;
- Enable people to join events, rides, clubs and groups and communicate with each other via the British Cycling system as part of that activity;
- Allow you to participate in interactive features of British Cycling's service, when you choose to do so;
- Notify you about changes to our service;
- To gather statistics about memberships and people interested in and/or taking part in cycling;
- To segment your personal data to make sure that you only receive information that is relevant to you;
- To publish and maintain a comprehensive set of results and rankings for the sport of cycling;
- To carry out British Cycling's National Governing Body functions including working with Scottish and Welsh Cycling as part of the British Cycling Federation.

British Cycling will not use any of the personal information we collect from you to make automated business decisions.

The legal basis on which we collect and process the personal data described above depends on the personal information concerned and the specific context in which we collect it. However, we will only use your personal information where we:

- Have your consent to do so;
- Need the personal data to perform a contract with you;
- Need to process your personal information for our legitimate interests and only where our legitimate interests are not overridden by your data protection interests or fundamental rights and freedoms;
- Have a legal obligation to collect personal information from you; or
- Need the personal information protect your vital interests or those of another person.

If we ask you to provide personal information to comply with a legal requirement or to perform a contract with you, we will make this clear at the relevant time, and advise you whether the provision of your personal information is mandatory or not (as well as the possible consequences if you do not provide your personal information).

When and how we share information with others

We will share information about you with some of our suppliers who process data on our behalf to help us to provide services to you. We may also share your personal data with third parties that we work with where it is lawful for us to do so.

Categories of organisation and purpose

- Marketing agencies - to provide relevant digital content to our customers (including prospective customers where applicable).
- Database hosting companies - to host British Cycling digital platforms (e.g. British Cycling website) and associated customer databases to enable customers to log in and interact with the website.
- Email broadcasting companies - to send emails to our customers.
- SMS broadcasting companies - to send SMS and text messages to our customers.
- Printing and/or mailing houses - to send products and benefits to our customers that are not directly produced by British Cycling (e.g. publications).
- Research partners (market research companies, academic institutions and analytics companies) - to undertake cycling-related research.
- Social media companies (e.g. Facebook) - to provide you with relevant social media posts. We may also use your email address to create 'lookalike audiences' on Facebook in order to reach people who may be interested in British Cycling. More information (including how to manage your preferences) can be found at <https://www.facebook.com/about/basics/advertising>.
- Online learning hosting companies - to enable our customers to take part in online training and learning.
- Governing bodies of cycling - to assist in event management, disciplinary issues and maintenance of competition licences, including the Union Cycliste

DATA PRIVACY NOTICE

Internationale (UCI, the world governing body) and other international cycling federations.

- UK Anti-Doping (UKAD) – to meet our obligations under the National Anti-Doping Policy and World Anti-Doping Agency (WADA) Code.
- British Cycling registered event organisers, ride leaders and officials - to enable event organisers, ride leaders and officials to manage British Cycling registered activities and communicate with participants and appointed volunteers.
- British Cycling affiliated cycling club officials and group leaders - to enable clubs and group leaders to communicate with and administer activities for those belonging to their club or group.
- Home country cycling federations (Scottish Cycling/ Welsh Cycling) - to manage cycling events, rides, clubs, groups, volunteers and participants based in Scotland and Wales and to support the welfare, development, progression and performance of individual members and clubs within cycling in Scotland and Wales.
- Sports results agencies - to collate results and reports for the British Cycling website on behalf of British Cycling.
- Organisations involved in event management (security, hospitality, venues) – as necessary to ensure the efficient management of events.
- Commercial partners – to send marketing communications to you where we have your consent to do so and to effectively deal with any concerns or complaints.
- Third party partnerships (Local Authorities, CSPs, Combined Authorities and transport partners) – to enable the local delivery of cycling programmes and initiatives.
- UK Sport and Sport England – to meet our funding obligations.
- Insurers and legal advisors – to advise and effectively manage any legal and insurance claims.
- Government agencies – where we have a legal basis for doing so (including for compliance with Covid-related laws and guidance such as NHS Test and Trace).

Transferring personal data outside of the UK and EU

We do not envisage transferring any information about or relating to individuals to anyone who is located outside of the UK and European Economic Area.

However, on some occasions, the information we collect may be transferred to organisations who may store and use such data at premises in other countries. Where we allow an organisation to process your personal information outside of the UK and European Economic Area, we will ensure that we create and maintain appropriate safeguards with those organisations so that your personal information is subject to the same standards and protections as when we are processing your personal information inside the UK and European Economic Area.

Security of your information

British Cycling will take all steps reasonably necessary including policies, procedures and security features to ensure that your data is treated securely and protected from unauthorised and unlawful access and/or use, and in accordance with this notice. Unfortunately, the transmission of information via the internet is not completely secure and, although we will do our best to protect your personal data transmitted to us via the internet, we cannot guarantee the security of your data transmitted to our website from your device. Any transmission is at your own risk.

Where we have given you (or where you have chosen) a password which enables you to access certain parts of the website, you are responsible for keeping this password confidential. We ask you not to share such a password with anyone.

Where any payments are being collected on our behalf, we require our payment providers to be compliant with the Payment Card Industry's Data Security standards (PCI-DSS).

Data storage and retention

We will hold information about you in our data systems only for as long as we need it for the purpose for which we collected it. In particular:

- Any data relating to the obligations of British Cycling to maintain a comprehensive, published index of results as a National Governing Body for sport will be retained. This would not include more than name, age category and gender alongside details of the event in which an individual took part.
- Personal data linked to the processing of insurance claims, subject access requests, disputes, safeguarding investigations, disciplinary or police matters, and British Cycling governance will only be kept for as long as it necessary for those purposes, as each is applicable.

Your rights

Data protection laws grant you, as a Data Subject, certain 'information rights', which are summarised below:

- Right of access - You have the right to obtain a copy of information we hold about you.
- Right of rectification or erasure - If you feel that any data that we hold about you is inaccurate, you have the right to ask us to correct or rectify it. You also have a right to ask us to erase information about you where you can demonstrate that the data we hold is no longer needed by us, or if you withdraw the consent upon which our processing is based, or if you feel that we are unlawfully processing your data. Please note that we may be entitled to retain your personal data despite your request, for example if we are under a separate legal obligation to retain it. Your right of rectification and erasure extends to anyone we have disclosed your personal information to and we will take all reasonable steps to inform those with whom we have shared their data about your request for erasure.
- Right to restriction of processing - You have a right to request that we refrain from processing your data where you contest its accuracy, or the processing is unlawful and you have opposed its erasure, or where we do not need to hold your data any longer but you need us to in order to establish, exercise or defend any legal claims, or we are in dispute about the legality of our processing your personal data.

- Right to Portability - You have a right to receive any personal data that you have provided to us in order to transfer it onto another data controller where the processing is based on consent and is carried out by automated means. This is called a data portability request.
- Right to Object - You have a right to object to our processing your personal data where the basis of the processing is our legitimate interests including but not limited to direct marketing and profiling.
- Right to Withdraw Consent - You have the right to withdraw your consent for the processing of your personal data where the processing is based on consent.
- Right of Complaint - You also have the right to lodge a complaint about any aspect of how we are handling your data with the ICO, who can be contacted at www.ico.org.uk.
- Right to Opt-out of Marketing Communications - You have the right to opt-out of marketing communications we send to you at any time. You can exercise this right by clicking on the "unsubscribe" or "opt-out" link in the marketing emails we send you. To opt out of other forms of marketing (such as postal marketing or telemarketing), then please contact us using the contact details provided below.

Changes to our privacy policy

Any changes we may make to our Privacy Notice in the future will be posted on this page and, where appropriate, notified to you by date-stamped communication.

Contacting the Data Protection Officer

If you wish to contact us about your personal data or exercise any of the rights described above please contact:

dataprotection@britishcycling.org.uk

The Data Protection Officer, British Cycling Federation, Stuart Street, Manchester, Lancashire M11 4DQ



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