

RULES and REGULATIONS

1. Competitor's Machine

Every competitor must ensure that their machine is so constructed, equipped and maintained as to be capable of being ridden on the road safely at all times and in all conditions. The riding position shall be set so that the competitor has good forward vision when in a competitive position. In particular but without prejudice to the general principles of this regulation:

- (a) Brake levers must be secured to the handlebars in such a position as to enable the competitor to readily apply both brakes whilst holding the handlebars at their widest point. The width of handlebars shall be no less than 35 cms.
- (b) Tyres shall be in good condition and tubular tyres shall be securely attached to the rims.
- (c) Disc wheels or spoked wheels fitted with covers may not be used.
- (g) Deep section rims may be used with a maximum rim depth of 90mm and a minimum of 14 spokes.
- (h) The use of recumbent machines, protective shields or windbreaks is prohibited.
- (i) No competitor shall be permitted to start either a Type A or Type B event unless such competitor has affixed to the rear of their machine a working rear red light, either flashing or constant, that is illuminated and in a position that is clearly visible to other road users.
- (j) Tri-bars, clip-on bars, spinacci bars or anything similar may not be used

N.B. Use of the so called "tuck" and "superman" positions would be a breach of the opening paragraph of this Regulation and that such use is not in the best interests of the safety of riders or the welfare of the sport.

N.B. Para-cyclists who are unable to ride a machine that complies with this regulation shall apply to the organiser for dispensation.

2. Protective Helmets

All competitors must wear a properly affixed helmet which must be of hard/soft shell construction. Time trial and triathlon helmets are not permitted. Aero road helmets are permitted. Helmets should conform to a recognised Standard such as SNELL B95, ANSI Z90.4, AUS/NZS 2063:96, DIN 33-954, CPSC or EN 1078. It is the responsibility of the rider to:

- (a) Select a helmet that offers protection against head injury and does not restrict the rider's vision or hearing.
- (b) Ensure that the helmet is properly fitted, is undamaged and in good condition.

Footnotes:

- (i) *Any helmet which suffers damage (e.g. in the case of an accident or through*

mishandling) may no longer afford the same level of protection.

(ii) The organisers make no warranties or representations regarding the adequacy of any standard or the fitness for the purpose of any brand of helmet and will not accept any claims arising from the use of any particular helmet.

(iii) The current British Standard BS 6863 is primarily intended for use by young riders and is not intended to provide a complete specification for helmets for high speed or long distance riding.

3. Competitor's Clothing

Competitors must be clothed from the neck to at least mid-thigh. Sleeves shall be at least mid upper arm length. Swimming type suits and running vests are not allowed. To be allowed to start all clothing shall be clean and tidy.

Where reasonably possible, teams should aim to ride in matching or similar kit (we appreciate this may not always be feasible)

Numbers and chips to be used in accordance with the organiser's instructions provided at sign-on.

4. Signing-on Sheet/Signing-out Sheet/ Logistics

(a) Competitors must make themselves aware of any special safety instructions for the event when collecting their number and chip and must comply with any such instructions.

(b) No access to the track after 8:30am is permitted for warming up. Please take extreme care if warming up in or near the car parks given the number of spectators and participants. The large tarmac area behind the paddock is expected to be available on the day for warming up.

(c) Please keep dogs supervised and on leads at all times.

5. Covering the Course

(a) The onus of keeping to the course rests with each rider.

(b) A competitor who fails to complete the entire published course (or such course as directed by the chief marshal) before the finishing circuit is reached shall be recorded as DNF.

(c) When dismounted a competitor must wheel or carry their machine without assistance whilst covering any portion of the course.

(d) Competitors will complete 5 laps of the race circuit, a distance of approx. 11.7 miles

(e) Must count your own laps and failure to complete the course will mean a DQ.

(f) If you have mechanical problems do not take a short cut across the track. It is a live airport and very dangerous. You **MUST NOT** walk through the middle of the field

(this will result in a £5000 fine from the track owner which the individual is wholly liable for). Walk the motor racing track back to the pit lane.

(g) In no circumstances ride or walk anti-clockwise (ie against the flow of racers).

(h) Start: Start times will be announced the week leading up to the event. Start times from 9am. Riders then set off 1-2 minute intervals to be confirmed the week leading up to the event. Make sure you are in the pit lane under race control area 5 mins before you are due to start. As your starting time approaches, the assistant time keeper will call your number. At this point, make your way to the starting line. This will be located near to where the pit lane meets the track. Starts are from standing only, no holding of bicycles.

(i) Finish: **Enter the pit lane after the chicane** to finish at the checker board and flags at the end of your **fifth lap**. Slow down as directed by marshalls. Remember you must count your own lap and enter the pit lane at the correct point. You must exit the course at the end of your fifth lap.

(j) No spitting or clearing of nose whilst racing, please have respect for other riders.

6. Awareness of Surroundings

(a) Competitors must not use ANY audio equipment except prescribed hearing aids.

(b) Where head and/or eye protection is used, competitors must ensure that this does not impair their vision or hearing.

N.B. A competitor in breach of this regulation shall be disqualified.

N.B. Competitors must not use a mobile phone while mounted on their machine.

7. Observance of the Law

All competitors in, or in the vicinity of the event, must observe the law of the land and of the track relating to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must:

(a) not ride in a manner that is unsafe either to themselves or to other road users;

(b) practice safe overtaking and take extreme care when riding near other teams/riders;

(c) conform to all traffic signs, signals and direction indicators;

(d) in making any turn before, during or after the event, ensure that it is safe to do so.

8. Paced & Company Riding

Competitors must ride entirely alone (ie in your team only) and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders, teams or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider(s) overtaken.

N.B. If you should catch up another rider/ team you should try to pass as quickly as possible and must not in any other circumstances ride close behind so that you take shelter from the wind.

You must set your own pace and not use another rider as a pace maker. The onus on avoiding company riding shall be on the rider(s) overtaken.

Nor is it in order to ride alongside and even to ride a few metres behind for any appreciable distance. In the spirit of the sport, caught riders should not disturb the performance of the rider catching them by repassing and/or riding closely behind them, except when they can sustain that move. This is generally considered to mean that the caught rider should allow a reasonable gap to develop of some 30 to 50 yards/metres.

9. Use of Motor Vehicles

A competitor shall not be preceded, accompanied, followed by or in anyway receive assistance from a motorised vehicle or its occupants.

10. Feeding

Feeding assistance is prohibited. Breakable containers must not be used.

11. Disease, Disability and Medical Treatment

No person may compete whilst knowingly suffering from any disease, mental or physical disorder or is undergoing medical treatment which makes it unsafe or undesirable to do so.

12. Use of Proscribed Substances

The anti-doping rules are the UK Anti-Doping Rules published by UK Anti-Doping (or its successor), as amended from time to time which shall apply with the necessary changes.

Note: You can find the UK Anti-Doping Rules at www.ukad.org.uk/resources/document/uk-anti-doping-rules

IF IN DOUBT, CHECK IT OUT WITH UKAD

13. Risk and Liability

All participants are reminded that they are responsible for their own safety; participants take part at their own risk. To the fullest extent permitted under English law, no liability is accepted by or shall be attached to the event organiser, Onyx RT or any of the planning committee members for this event or any other member of Onyx RT for any injury, loss or damage suffered by any participant or any third party.

14. Teams

- (a) Teams shall be of four riders.
- (b) Incomplete teams may start but (except teams of three starting in an event for teams of four) shall not qualify for an award. At least 3 members of the team must finish (including one female and one male rider in the mixed events)
- (c) Every rider in each team shall be responsible for their own safety and compliance

with the rules of the road.

(d) No teams or members of teams shall take shelter from other vehicles or members of other teams.

(e) The normal formation of a team shall be single file with the minimum amount of echelon to allow a view ahead for each rider. In passing other teams or vehicles teams shall always be in single file.

(f) No racing shall take place between teams and/or individual riders. If one team overtakes another team the onus shall be upon the overtaken team to avoid such racing by dropping back if necessary.

(g) The finishing time for a team shall be that of the third rider save that for mixed teams at least one female and one male rider must finish for a finishing time to be given (it follows that the finishing time will be the fourth rider in the event that the first three riders finishing in any team are all female or all male).

(h) Only team members who start shall be eligible for awards.

(i) During an event a member of a team may not join or rejoin the team unless such member has ridden all the preceding part of the course.

(j) Extreme care to be taken when overtaking or riding near other teams or riders
N.B. All riders in a team are encouraged to wear clothing of a similar colour and design.