



CYCLING RULES & REGULATIONS FOF 2024

CYCLING RULES

BICYCLES

- Competitors can use either a mountain bike or a racing bike as per their preferences. The onus of choice lies with the competitor and the advantage accrued. There will be some off-road cycling. No electric bikes allowed.
- Where a rider is found to be using a Bike which in the opinion of the Chief Commissaire presents a danger to himself or others he shall be withdrawn from the event

DRESSING

- Each Participant shall be provided with a number
- The wearing of numbers shall be compulsory on road.
- The number(s) shall be securely attached and not be folded, obscured or mutilated in any way.

HEADGEAR

- A rider whilst racing or training in any cycling discipline, shall wear properly affixed protective headgear, which must be of a hard/soft shell construction. "Aero Style" helmets are acceptable
- A Headgear is a MUST

MISCELLANEOUS

- All those who compete in FOF cycling event authorized under these Regulations do so at their own risk, and no liability shall be attach to the FOF or to any of its officials in respect of any loss or injury sustained or caused by anyone competing in such events.
- If a cycle is disabled in a race, the rider may use another cycle which fulfils the conditions mentioned above
- If a rider falls in the course of a race and is assisted on to his machine by another person, he is entitled to any prize he may win, and is not disqualified by reason of this outside assistance.
- Any member who strikes or interferes with another member during the course of an event or whilst still under the jurisdiction of the commissaire(s) or as a consequence of any race shall be liable to disciplinary action under the Technical Regulations and/or the Disciplinary Rules of FOF RACE JURY
- The conduct of all stage races will be in the hands of a Race Jury.
- All decisions of the Race Jury shall be final.
- All riders MUST carry their Own Water Bottles.

RACE SERVICE

- Riders may receive service from the technical personnel of their team or from a neutral service vehicle.
- Whatever the position of a rider in the race, he may only receive such service at the rear of his bunch and on the left-hand side of the road.
- The greasing of chains from a moving vehicle is forbidden.

COMPETITORS

- The onus of keeping to the course rests with the rider.
- All competitors must observe the law of the land in relation to road travel, and exercise extreme care when contesting sprints or primes. All forms of traffic signals and direction indicators must be obeyed. Competitors who ride dangerously shall be liable to disqualification and may be subject to further disciplinary action under the Disciplinary Rules. Race officials must not attempt to regulate other traffic on the road.
- Competitors may exchange among themselves machines, food, drink, wheels, tyres, tools and pumps. Otherwise no food, drink or equipment may be handed to a competitor otherwise than by a person on foot. The use of breakable vessels of any kind is prohibited.

CONVENOR: PRATIK SHAH

An Event with Less than three (3) communities shall be cancelled. Subject to change without notice. Age As at 5th OF NOVEMBER 2024. For more information Contact your community representative.