



HCC Crit Racing Rules and Safety

Rules at the Teardrop:

- Obey the instructions of commissaires and marshals at all times
- Neutral (no passing) into, around, and out of the hairpin corner
- Don't pedal through the hairpin corner – left leg up
- Keep left when another grade is passing
- Keep looking ahead, especially up the hill
- Keep your line when sprinting (follow the curvature of the road, don't go in a straight line to the finish line)
- Both hands on the handlebars across the finish line
- You can take a lap out for a puncture or mechanical failure
- No physical contact between riders
- Have fun 😊

General safety advice for all bike races:

- Don't overlap wheels – 'protect your front wheel'
- Avoid sudden braking
- Don't over-inflate your tyres
- Position yourself so you have an 'escape route'
- Point and call out hazards
- Be predictable
- Treat other front wheels as you would treat your own
- Pay attention