

Safe and fair racing is important to HCC. Riders are expected to **Follow Rules**. Riding marshalls will **Check Compliance** to the rules during racing. Officials will observe from the side lines and **Enforce the Rules** to ensure all riders compete safely, fairly, and with courtesy to everyone involved in the event. Failure to comply can result in the commissaire imposing relegation in race results, monetary fines and suspensions, in addition to disqualification from the race.

HCC expects all riders to:

- ✓ Learn and follow the race rules
- ✓ Follow the advice of marshals
- ✓ Accept penalties from officials immediately without arguing
- ✓ Race in a grade appropriate for their skill level

| HCC safe racing behaviour themes | Riders | Marshals | Officials |
|----------------------------------|-------------------|--------------------------|-----------------------|
| Accountability → | Follow rules | ← Check compliance | ← Enforce the rules |
| Communication → | Speak up | ← Coach and encourage | ← Communicate openly |
| Risk Management → | Stay alert | ← Promote risk awareness | ← Manage the risks |
| Learning → | Learn and improve | ← Promote learning | ← Develop race safety |

The rules which govern racing at the HCC Crit are the Cycling Australia Technical Regulations plus this supplementary set of rules. These rules have been developed based on our experience of what causes crashes and near misses on this crit course.

Riders MUST:

- ✓ Maintain a straight course where possible and keep to the left of the circuit, unless overtaking a slower bunch.
- ✓ Maintain clear visibility of riders in front at all times. That is, you don't look down at your front wheel.
- ✓ Report to one of the commissaires if involved in a fall, after first aid has been completed
- ✓ Keep both hands on the bars unless taking a drink. Two hand victory salutes in all grades are banned
- ✓ If lapped do not participate in the intermediate or finish sprints. The race commissaire may direct you to withdraw from the race
- ✓ When sprinting, maintain your position on the road and don't cut across to the gutter. *See the photo on the next page for further detail.*

Riders MUST NOT:

- ✗ Deviate from their line unless their back wheel is well clear of the front wheel of the following rider. That is, you cannot cut off a rider when overtaking or attacking.
- ✗ Look back unless well clear of other riders.
- ✗ Attempt to improve their position in corners in particular by diving up the inside of the bunch.
- ✗ Strike the road surface with their pedals while cornering. In D and C grades pedalling is banned after the two cones which mark the entry into the hair pin.
- ✗ Gain any assistance from riders from any other grade on the circuit at the same time
- ✗ Have contact with other riders (grabbing, pushing, bumping etc).
- ✗ Harass other riders in any form.

Crit Racing Rules

Further detail for:

- ✓ When sprinting, maintain their position on the road and not cut across to the gutter

