



RULES OF RACING

for competitors

Revised December 2024

BMCR race licence/membership

1. All riders in a BMCR event must be members of BMCR at the time of entering and riding. Riders must join/rejoin BMCR before the day of the event. BMCR Racing Licences, or other evidence of membership, must be shown at the time of signing on to obtain a race number which must then be worn unobscured on the outer top garment for the duration of the event. It is the rider's responsibility to ensure that their race number is clearly visible. Transparent number pockets can be used, provided the number is clearly visible.

2. Riders may take out Temporary Membership of BMCR, which lasts for 6 weeks and allows them to ride one BMCR event (excluding championship and Stallard events). They must show their BMCR Licence or RiderHQ membership page to sign on.

See Para 12 (c) for non-UK riders.

Age Categories

3. BMCR age categories for men are designated as follows: A, 40-44; B, 45-49; C, 50-54; D, 55-59; E, 60-64; F, 65-69; G, 70-74; H, 75-79; I, 80-84; J, 85-89; K, 90-94; L, 95-99.

Age categories for women are: F 40-57, G 58-63, H 64-68, I 69+.

Members will change category on 1st January of the year of their appropriate birthday, and when entering races must quote their age category.

When three races are run concurrently, riders will normally be grouped: ABC, DE and F+ & Women.

4. There will normally be separate entry lists, for women riders, and when possible there will be separate women's races. When there is not a separate women's race, women will usually ride together in the E+, F or F+ men's race, and compete with men for age category prizes. If numbers and funds allow, there may be separate prizes for women.

5. All members are encouraged to ride in an age category in which they feel comfortable because of varying ability. Therefore those who wish to do so may at any time, except in the case of Championship events and the Stallard Series, enter to ride with a different age category than the one designated by their calendar age.

6. Championship races will be run for each age category. Medals, provided by BMCR, will be awarded to the first three in each age category, together with a BMCR champion's jersey to the winner of each age category (providing there are at least 3 entries in that age category). However, women's age categories may be grouped for the purposes of medals and jerseys. All age categories shall race in separate events, except where the number of riders is fewer than ten.

7. For all events the category for each rider must appear on the start sheet and on the signing-on sheet.

Entries to Events

8. The standard entry fee for single races is £20, but race entry fees will be at the discretion of the organiser. Where the costs of circuit or track hire, motorbike marshals or transponder timing systems are particularly high, the entry fee may be greater.

Stage race entry fees should not normally be greater than the number of stages multiplied by the standard fee of £20 per race.

9. Entries will not be accepted until eight weeks prior to the date of the race. Entrants withdrawing or not participating shall not be entitled to a refund of the entry fee or of any component of the entry fee.

10. The normal method of event entry is online through RiderHQ. Postal entries will only be accepted by special arrangement with the organiser, whose email address will appear on RiderHQ.

11. The standard closing date for entries shall be two weeks before the date of the event. Entries accepted for all events shall be at the discretion of the organiser.

Entries on the day

12. Unless an event is being promoted as ONLY for Entries on the Day (EOD), any EOD shall be subject to the organiser's discretion but may attract an entry fee up to 50% greater than entries in advance. They can only be accepted if a full field of riders has not signed on. All entries on the day will always be subject to the following conditions:

(a). Riders must complete a BMCR standard Entry Form before being allowed to sign on.

(b). All entrants must join/rejoin BMCR before the day of the event, and show their BMCR licence, or other evidence of membership, when signing on.

(c). Entrants who permanently reside outside the UK must take out BMCR Temporary Membership before the day of the event (see Para 2).

Signing-On Sheets

13. All competitors must sign on before the race and show their BMCR licence, or other proof of membership. Organisers may ask riders to leave some form of security (eg driving licence, credit card) against costly equipment such as timing transponders.

Pre-race Briefing

14. All riders must receive, and must attend, a pre-race briefing covering important safety information. Organisers may take appropriate action against riders who do not attend the pre-race briefing, which may include penalties or exclusion from the race.

Equipment

15. The wearing of hard-shell helmets is mandatory in all events held under BMCR rules. A statement to this effect must appear in all BMCR event programmes.

16. Tri-bars or Spinaci-type bars are not allowed in BMCR bunch races.

17. Disc brakes are allowed in all BMCR road and off-road events.

Multiple Races on the Road

18. In events with multiple races for different age groups, when a slower race, group or rider is caught by a faster race, group or solo rider then the slower race shall allow the faster race, group or rider to establish itself separately in front of the slower race. It is not permitted for riders from the slower race to join, contribute to or otherwise affect the motion or outcome of the faster race, group or rider.

Action to be taken when encountering horse riders or other hazards on the road

19. If a race comes across horses, other animals or any hazardous obstruction on the road (eg a slow or wide tractor) riders MUST slow down, pass any animals wide, and NOT resume racing until ALL of their group has safely passed the hazard. **The race is effectively neutralised for this period.** If there is a race car or motorbike within sight in front of the group, they will slow down and put on their hazard lights until it is safe to resume racing. Any rider ignoring this procedure will be disqualified.

Conduct

20. All riders are expected to behave before, during and after races with consideration for those around them and for their environment. Any case of unacceptable behaviour (including abuse of members of the public, organisers, helpers or other competitors) or dangerous riding in a BMCR event should first be reported to the Race Organiser, who will investigate and may take appropriate action, which could range from a verbal warning to disqualification from the race. In more serious cases, the Race Organiser will then inform the regional officers and the National Executive Committee of BMCR, who may nominate a small panel of regional and national officers to investigate further and take appropriate action. This action could include disqualification from the race or suspension from racing or termination of membership. The subject will have a right of appeal to the BMCR Chairman.

Prizes

21. The value and distribution of prizes is at the discretion of the event organiser. Prizes should normally be given to at least the first three in each age category. However, as a minimum, the winner of each age category should always be awarded a prize, the only exception being a handicap race.

When riders choose to ride in an older age category than their calendar age (see Para 11) they will not be eligible for prizes. When riders choose to ride in a younger age category, they will be eligible for race position prizes (if awarded) but not age category prizes.

Prize winners not attending the prize presentation give up any claim to a prize won, unless they have notified the organiser beforehand that they cannot attend.

The total value of prizes should be shown in the Income and Expenditure statement and should reflect BMCR culture of allocating the maximum amounts reasonable to prizes whilst at the same time allowing organisers and clubs to reinvest excess income back into the sport.

Results

22. Organisers must submit race results to results@bmcr.org.uk for the BMCR website within 48 hours of the race. Organisers should also send results to riders within 48 hours of the event by email via RiderHQ, and post results, reports and photos on the BMCR FaceBook page if possible.

Appeals against Race Results

23. Race participants will have the right to appeal the result of a race. This must be done immediately after the race and in the first instance to the race organiser and/or chief judge. The race organiser and/or chief judge will consult all relevant parties and decide the outcome on the day of the race. The race organiser and chief judge's decision will be final, and no subsequent communication will be entered into.

If full results are not given on the day, any appeal must be made to the race organiser within 24 hours of results being published. The race organiser will investigate and inform the appellant of the outcome. The race organiser's decision will be final.

Drugs

24. All riders have the right to compete in the knowledge that they, and their competitors, are free of performance enhancing drugs (PEDs), or drugs which compromise safety. BMCR members have a duty to protect the integrity and safety of the sport of cycle racing, and accept that the use of PEDs and other doping behaviour severely damages the legitimacy of cycling and undermines the integrity of clean riders and the safety of all. The use of both PEDs, and substances which affect judgement and thus the safety of riders, is disallowed. Any BMCR member found to be in breach of this rule may be suspended or banned permanently. Random or targeted drug testing may be carried out at any BMCR event without notice.

25. BMCR is fully compliant with the UK Anti-Doping Rules and processes and therefore members must abide by the UK Anti-Doping Rules (as amended from time to time). All members (including Temporary Members) are bound by these rules for 12 months from the date of membership. These rules can be found at www/ukad.org.uk

26. A rider suspended by any UK sport governing body as a result of a positive drug test is barred from competing in BMCR events during the period of his/her suspension from that other body.

Guidelines for Safer Racing

1. Hold the same line as other riders in the bunch, especially on bends.
2. Advise other riders of your intention to move left or right, and if sprinting check that other riders will not be impeded by your actions.
3. Do not move up the bunch on the inside of corners.
4. Only overtake other riders where there is sufficient room to do so and without forcing them to change direction or to brake.
5. Do not overtake other riders by riding on the wrong side of the road where there is a solid white central line, or where you cannot see that the road ahead is clear.
6. Do give warnings to riders behind you of hazards such as potholes or obstructions.
7. Avoid physical contact with other riders.
8. Keep both hands on the bars at all times when riding in close formation in a fast-moving bunch.
9. In the event of a puncture or mechanical failure, put one hand up, keep a straight line and allow other riders to pass before you ride to the roadside. Do not brake sharply.
10. If deciding to pull out of the line, signal your intention to do so, and do not brake or swerve into the path of following riders.
11. Riding positions which are banned by the UCI for safety reasons, such as sitting on the top tube or resting the forearms on the handlebars, are not allowed in BMCR bunch races.

EVENT ORGANISATION AND SAFETY MANUAL

The manual is available to download from the BMCR web site [bmcr.org.uk/wp-content/uploads/2019/12/bmcr-safety-and-event-organisation-2019.pdf](https://www.bmcr.org.uk/wp-content/uploads/2019/12/bmcr-safety-and-event-organisation-2019.pdf)

The Manual has five sections:

1. Guidelines for Race Organisers; covering all aspects of road race organisation from initial application to final presentation of accounts
2. Risk Assessments – about completion of risk assessments including generic and specific examples
3. Police Notification - examples of and recommendations for event approval
4. Cycle Race Regulations - The Cycle Racing on the Highways Regulations, 1960 (and 1980 and 1995 amendments)
5. Race Organisation and Safety Forms - all the forms needed for BMCR events.