

# City Limits Rules & Regulations

## EQUIPMENT

All athletes must pass technical inspection with their race equipment. This technical inspection is mandatory and all equipment must be presented in race ready condition. Athletes that fail the technical inspection must solve the issue before their race in order to compete.

- Track bike required
- Drop handlebar required
- Lock-ring required
- Traditionally spoked wheels required (no TT wheels)
- No quick release skewers
- Clipless pedals required
- Clincher, Tubular, or Tubeless tires are permitted
- Bike mounted cameras are permitted
- Road bike to fixed-gear conversions prohibited
- Pedal/toe straps prohibited
- A reasonable gear ratio should be used. 48×14 for men and 49×15 for women is a good starting point. Excessively large gear ratios are not recommended
- Tubular tires must be properly glued. Tubular tape is not recommended
- All components must be in safe mechanical condition. Do not attempt to race with worn out and dangerous parts
- The drivetrain (chain, chainring, lockring, cog, pedals, shoes, and cleats) must be in good condition
- The rear wheel must sit entirely in the rear dropout. If it does not you must shorten your chain
- Handlebars must have bar tape and bar ends

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## APPAREL

- Cycling helmet required
- Cycling jersey and bib shorts or skinsuit (kit) required
- Bib number required (provided at rider check-in)
- Headphones prohibited
- Helmet and chest mounted cameras prohibited

## QUALIFYING

There will be no qualifying for this race and series so starting grid positions will be determined as follows -

- Grid positions 1-10 will be based on the results from the most recent Fixed Crit.
- Riders selecting a number from a hat prior to the race will determine the remaining grid positions.
- This same system will continue throughout the series.

## STARTING GRID / RACE START

- Athletes must arrive at marshaling area (30) minutes prior to the start of their race
  - Athletes must enter the circuit through designated entrance
  - Athletes must start on their exact grid mark. It is each athlete's responsibility to know in which position he or she are required to start
  - Athletes must not move off their grid mark until the race is started

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## STARTING GRID / RACE START (cont.)

- Athletes must start with one foot on the ground
- Track stands are not permitted
- Athletes are not permitted to lean on another athlete or the barriers
- A 45-seconds, 30-seconds, 15-seconds, 10-1 second countdown will announce the race start
- Each race will be a set amount of laps. The amount of laps will be communicated before the race start
- A lap counter is used to signify how many laps are left
- The length of the race is subject to change at any time per the race director's discretion
- A bell is used to signify the start of the last lap
- There are NO free laps for mechanicals or crashes

## LAPPED ATHLETES

- Athletes must exit the circuit after they are lapped
- It is the lapped riders responsibility to stay out of the way of the lead riders
- Athletes must exit the circuit in a safe and controlled manner
- Athletes refusing to exit the circuit will be disqualified and penalized
- If a solo rider is about to lap the field, the first chase group may be allowed (at the race director's discretion) to complete the race

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## RACE FLAGS

Race organisers will use a series of flags to communicate with the riders whilst they are racing.

- Red Flag - The race is stopped and riders must stop racing immediately
- Yellow Flag - The race has been neutralised and riders must use caution but may continue to race
- Chequered Flag - Riders have completed the final lap and the race is over

**Note\* Dangerous riding will not be permitted and will result in disqualification.**

Race organisers have the ability to neutralise or stop the race at any stage. This will be communicated to the riders with a series of flags. More information is below.