

## **SA Road Champs in Klerksdorp 17 – 20 February.**

Below are some general rules and things to remember when competing in the SA Champs.

### **Some rules in terms of clothing:**

- The strict rules in terms of the branding/logos on clothing were abolished in 2009, but there are still some general rules that riders should adhere to.
- No sleeveless shirts are allowed.
- Although it is summer, please note that leg warmers are NOT allowed. Rather be safe with arm warmers by wearing plain unmarked ones.
- Windbreakers, rain jackets and other clothing must be worn in such a way that your race number is always clearly visible.

### **The wearing of race numbers:**

- For the road events, two race numbers are normally issued and these must be fixed next to each other on the lower back, on the pockets of the cycling shirt (**please, no numbers on the higher back!**)
- If frame numbers are issued, fit your number to hang from the front of the top tube so it is visible from both sides
- For the time trial events, only one number is required and must be fixed on the lower back
- Riders normally keep the same number for both the Time Trial and the Road events. Please check with the officials at number collection if this is the case.

### **Rules in terms of bikes: (also see attachments)**

- Before the road and time trial events, there will be bike checks to ensure that the bikes and gear ratios (gear ratios only for the school children age categories) adhere to the correct standards.
- According to article 3.1.019 of the UCI Cycling Regulations, the weight of bikes may not be less than 6.8kg. (see the “Bike structure for TT” attachment)
- According to article 3.1.023 of the UCI Cycling Regulations, for time trials, an extension to the handle bars may be added (time trial bars). The distance between the vertical line passing through the bottom bracket axle and the furthest point of the time trial bars (excluding gear controls or brake levers) may not exceed 75cm. (see the “Bike structure for TT” attachment)
- Please make sure that for the age groups under 10, under 12, under 14 and under 16, the bikes adhere to the maximum gear ratios. (see the “Junior Gear Ratio’s” attachment) The roll in distances and recommended gear ratios for the different age categories are:

- Under 10 and under 12: roll in distance 6.227m – 41 x 14

- Under 14: roll in distance 6.626m – 41 x 13
  - Under 16: roll in distance 6.897m – 42 x 13
  - The roll in distances are more important, so a 52 front blade and any rear cassette may be used, as long as the gear ratios fall within the specifications.
  - If you are not sure if your gear ratios are correct, please take the bike to a cycle shop to check the above roll in distances.
- Please use water bottles and **not** MTB water backpacks.

## Race Rules

- If you have entered the SA Champs, be sure to present in Klerksdorp in order to avoid a UCI penalty in Swiss frank. If you have entered and cannot ride, contact the Road Director at [Hendrik@cyclingsa.com](mailto:Hendrik@cyclingsa.com) at least 48 hours before the event to notify him of your absence. There obviously are exceptions if you have a valid reason, but make sure your reason is VALID.
- **Time Trials:**
  - If you compete in the **Time Trials** (17 February), check your own start time which will be available before the event. Be at the start point at least 10 minutes before your start time. Remember that the time keepers start your time even if you are not ready.
  - No slip streaming is allowed in the time trials and no outside assistance is allowed. During the 2009 SA Champs, no-one was allowed to follow their riders, so to be safe, prepare yourself to do the time trial with no assistance.
- **Road race:**
  - Be at the start at least 10 minutes before the start time when the officials check if all entrants are present. If you are not present you could be disqualified and penalised.
  - During the race, if you catch up with another age group, or if you get dropped and another age group catches you, do not stay with that group to avoid being disqualified. (Do not even consider taking a chance because UCI penalties in Swiss frank could ruin your financial position!)

**All the best to all riders who will compete in the SA Road Champs and remember to compete fairly and in a spirit of good sportsmanship.**

Please contact me if you have any further questions or if you need more information, or even if you want to share any other bits of information.

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