

## **Cycling Time Trials – North D.C.**

**The following Local Regulations have been approved by the National Committee in accordance with Regulation 38 Any breaches may lead to disciplinary action being taken.**

### **CTT Regulation 17: Signing-on Sheet and Signing-Out Sheet:**

- (a) The Competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official Signing-on Sheet when collecting their number.
- (b) In Type A events a competitor must return to the events HQ either during the event or within a reasonable time after the last rider has finished the even and must (i) return their number and (ii) sign the official Signing–Out Sheet

### **Local Reg No 2**

Motor vehicles must NOT be parked on grass verges on B5272 (Cockerham Road) west of the A6, or within 100 yards of the traffic lights. Thereafter, parking is only allowed on the SOUTH side of the road.

### **Local Reg No 5**

In ALL events, competitors prior to starting are not permitted to ride past the finish timekeeper during the duration of the event.

### **Local Reg No 6**

Any competitor making a ‘U’ turn in the vicinity of the start or finish will be disqualified from the event.

### **Local Reg No 10**

Course L101– warming up on the course is not permitted during the duration of the event.

### **Local Reg No 15**

Riders must keep to the left hand side of the road except when overtaking. Failure to comply with the above may lead to disqualification.

### **Local Reg No 16**

For events on course L101, competitors waiting for their start must keep off the A6 road, and use the adjacent cycle path, without causing an obstruction.

### **IN ADDITION TO THE ABOVE**

In all events using Lay-bys as turning points, riders must move into the lay-by before turning.

Riders must give their number at the finish and elsewhere on the course if requested.

Riders must NOT STOP on the A6 after passing the timekeeper as this is a clearway. (The clearway is from the south end of Garstang by-pass to Hampson Green R.A.B.)

Riders must NOT STAND in the road at the start or finish. (This constitutes obstruction and is a breach of Regulations).

Riders must NOT ride with their heads down.

At mini R.A.B’s. in Garstang, riders MUST give way to traffic from the right.

### **NOTE - All of the above must be included on the start sheet for the riders information.**

**It is recommended that the following is also included on the start sheet.**

#### **Helmets:**

All competitors under the age of 18 and/or JUNIORS must wear a HELMET of HARD/SOFT SHELL construction that conforms to a recognised Standard (See Regulation 15).

Cycling Time Trials strongly recommends ALL competitors to wear such a helmet

#### **Competitors Machine – Lights**

CTT recommends that a working rear light, either flashing or constant, is fitted to the machine in a position clearly visible to following road users and is active whilst the machine is in use.

**The following local regulations / recommendations / information applies to the event promoters.**

**Local Reg No 7**

The start sheet must include the designated point for the completion of the Signing on and Signing-Out sheet, receiving any further instructions and the collection of numbers [see Regulation No 27(e)(xi) and 27(h)(i)]

**Local Reg No 11**

For all events in the North District at least 50% of the entry fees (less levies) must be allocated to awards..

**In Addition to the above**

A copy of the warning sign 'Head Down' should be displayed at event H.Q. or start.

**Safety:** In the interests of safety, marshals should wear fluorescent clothing.

**Risk Assessment:** The event must comply with the Risk Assessment relevant to the course being used, also any instructions/warnings etc. for the rider on the Risk Assessment must be included on the start sheet.

'Event Safety Form' to be completed and returned to the Asst Sec for Open Events with the copy of the result sheet.

**Course:** The course details on Police Forms and Start Sheets must be identical to the details as enclosed.

**The following recommendations should also be adopted by event promoters**

- 1 All timekeepers be offered a fee of not less than £10.00.
- 2 The first rider off should be a member of the promoting club.

**Note** – Regulation 27 refers to the Duties of Event Secretaries a General Guide is also given on page 43 of the current handbook, a copy and check list is enclosed.

Although you should have studied and generally understood C.T.T. Rules and Regulations, in particular the following are brought to your attention-

**Rule 1** Disciplinary Action and Appeals by Promoting Clubs.

**Regulation 15** Protective Helmets.

**Regulation 42** Reporting Accidents.

The current standard entry form is dated June 2013, any form dated from the January 2007 version may be used for 2017, or the Cycling Time Trials internet entry system.