



# TRACK CYCLING HANDBOOK

## 2026

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## PREAMBLE

### 1. PURPOSE

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This document establishes rules and regulations for track cycling racing in South Africa with multiple disciplines taking place on a symmetrical circuit (preferably under 500 metres) constructed for cycle racing and generally having banked corners.

## CHAPTER 1: GENERAL

### 2. APPLICATION OF RULES

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- 2.1. Associations affiliated to Cycling SA and their clubs shall hold all their races under the Rules of Cycling SA and the UCI, stating so in their advertisements, programmes and official notices. The rules for competition must be strictly enforced and observed.
- 2.2. In all events stated to be held under the rules of the UCI and Cycling SA, these regulations and those of the UCI shall be enforced in respect of all types of track races in accordance with all recent and updated UCI rules and regulations.
- 2.3. These regulations apply to the organisation of the National Track Championships and in a modified form to all similar type races organised at any meeting held under the UCI and Cycling SA rules.
- 2.4. The racing will be in an anticlockwise direction.
- 2.5. The UCI Track Rules have been added on the 21 of November 2024, please take note that the rules in The Track Guide could be different to those of the UCI, please revert to the UCI Rule book as the rules in the UCI Rule book will be the up-to-date rules and are the rules we need to follow. UCI Track Rules Link: [Regulations | UCI](#)

### 3. CIRCUITS AND TRACK MEASUREMENTS OF CYCLING VELODROMES

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- 3.1. Events shall take place on circuits of which the surface may be concrete, asphalt, wood, shale, cinders or grass, the dimensions being in accordance with the current recommendations of the Federation.
- 3.2. A certified copy of the plan of the track, showing the markings, lap distance and the number of laps plus any extra distance, for each officially recognised race distance shall be lodged with Cycling SA. –
- 3.3. The Provincial Body or Cycling SA reserves the right to refuse to sanction racing upon a track, which it considers unsuitable for such purposes.

#### 4. TRACK CAPACITY

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Refer to the UCI Rule Book.

#### 5. PADS ON TRACK

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Refer to the UCI Rule Book.

## CHAPTER 2: AGE CATEGORIES AND GEAR RESTRICTIONS

### 6. JUNIOR, ELITE, UNDER 23, VETERAN AND MASTERS

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- 6.1. The age categories for all races for Juniors, under 23s, Elites and Masters shall be as outlined by the UCI regulations.
- 6.2. **UCI regulation: 3.2.001**  
**The track season starts on January 1st and ends on December 31st. Track competitions shall be held in the categories as defined in article 1.1.036.**  
**Riders of the under 23 category can take part in elite competitions.**  
**Junior riders of 18 years old can take part in competition for categories under 23 and elite.**
- 6.3. The application of a new racing season per annum, which will start on 1 January and end on 31 December. In such an event, a rider shall move to the next age category the following calendar year.
- 6.4. The age categories for Veteran / Masters cyclists may be determined differently by Cycling SA from time to time in either five (5) or ten (10) year age categories. AGE CATEGORIES FOR MASTERS WILL START AT 30 YEARS OF AGE: 30-34 / 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64 / 65-69 / 70-74 / 75-79 / 80-84 / 85+.
- 6.5. A Master cyclist is eligible to compete in an age category in the year in which he or she has a birthday in the youngest age group in each age category.
- 6.6. A Master cyclist may apply for a Full Racing Licence in a younger age category (including the Elite category), in which event that cyclist shall not be permitted to change to another age category during the registration year.
- 6.6.1. For the avoidance of doubt and by way of example, a cyclist who turns 40-45, etc. up to and including the year in which he or she turns 45 years of age in a registration year shall be eligible to apply for a Full Racing Licence in the master's 35-39 age category and so for the older Masters age categories.

OR

~~6.6.2. Masters will be allowed to enter a competition in a younger age group than what is stated on his licence. He must however then compete in that age group for the Entire Event and cannot just do certain events in said age group (The ruling must be verified by Executive)~~

## 7. YOUTH CATEGORIES

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7.1 The age categories for riders up to Junior level shall be:

7.1.1. Under 11: A cyclist who turns 9 or 10 years of age in a registration year.

- 7.1.2. Under 13: A cyclist who turns 11 or 12 years of age in a registration year.
- 7.1.3. Under 15: A cyclist who turns 13 or 14 years of age in a registration year.
- 7.1.4. Under 17: A cyclist who turns 15 or 16 years of age in a registration year.
- 7.2 Second Year Youth riders may apply in writing to the National Track Commission of Cycling South Africa (Cycling SA) to ride in their next age category for specific events.  
**As per the UCI licensing rules a second year U17 rider may not apply to ride up as a Junior.**  
 These requests must be made for a minimum of 21 days prior to the closing of entries for said events. Additional motivation from their District and Provincial Track Commissioners will also be required

## **8. GEAR RESTRICTIONS**

- 8.1 Maximum Gear Ratios (must be “rolled out” by comms - suggested gearing i.e. 50X17 etc. is only a guide and will vary according to wheel and tire size)

- 8.1.1. Under 11 - 6.353metres (79.412") 50X17
- 8.1.2. Under 13 - 6.75metres (84.375") 50X16
- 8.1.3. Under 15 - 7.2metres (90") 50X15
- 8.1.4. Under 17 – 7.488metres (93.6") 52X15
- 8.1.5. Juniors - No Restriction

Youth riders who have permission to ride in an older age category will be allowed to use the gearing as prescribed for such age category.

## **CHAPTER 3: OFFICIATING**

### **9. APPOINTMENT OF OFFICIALS FOR TRACK MEETINGS**

- 9.1 At Track National Championships, Provincials Championships and Grand Prix Events, the officials shall be appointed by the Cycling SA Technical Manager and the Technical Track Commission.
- 9.2 Only licensed officials shall be allowed to officiate. (Between the ages of 18-70 years old)
- 9.3 No official shall be permitted to compete and officiate in the same event.
- 9.4 Probation Officials / Training Officials, Timekeepers and Judges, Regional Commissaires, National Commissaires and Elite National Commissaires are to hold a membership licence as well as a Technical Licence with Cycling SA. Officials’ licences should be active at all times, failing which, they will not be allowed to officiate.
- 9.5 It is compulsory that each official has their own clipboard, stopwatch and stationery to fulfil their duties.
- 9.6 All Officials are to know their CSA and UCI Rules prior to all events.
- 9.7 Commissaires have a code of conduct that needs to be adhered to. Please revert to the Code of Conduct

## **10. OFFICIALS TO BE APPOINTED FOR NATIONAL EVENTS**

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- 10.1. Management Officials: Race director / Clerk of course,
- 10.2. Race Secretary,
- 10.3. Technical Manager.
- 10.4. Competition Officials: President Commissaire, Judge Referee, Starter.
- 10.5. Corner Commissaires, Judges (3 or more),
- 10.6. Timekeepers (minimum of 3 per station or more).
- 10.7. Starter's assistant, Machine Examiner, Announcer.
- 10.8. Lap Scorer (2 or More), Recorders (1 or more).
- 10.9. Competitors and Press.

## **11. OFFICIALS TO BE APPOINTED FOR PROVINCIAL EVENTS**

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- 11.1. Judge Referee
- 11.2. Starter
- 11.3. Assistant Starter
- 11.4. 3-4 judges
- 11.5. Timekeepers (minimum of 3 per station)

## **12. TRACK OFFICIAL'S TECHNICAL RULES AND REGULATIONS**

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### **PREAMBLE**

These Rules and Regulations of Cycling SA are to be read in conjunction with the Rules and Regulations of the UCI and the Rules relating to each specific discipline, which will take precedence in the event of any conflict in content, context or interpretation.

In many respects, Cycling Officials are the face of cycling in South Africa to the riders, spectators, sponsors and the general public.

This policy applies to all Cycling Officials who officiate at cycling events sanctioned by Cycling SA and to Commissaires assigned by the TC to International, National or Regional events hosted by Cycling SA.

Cycling Officials shall adhere to and uphold the Rules and Regulations of the UCI and Cycling SA in all disciplines of cycling as a sport.

Communication with Cycling Officials will be primarily through e-mail and by telephone.

Cycling Officials should ensure that their current e-mail address and phone number/s are on file with the TCC and Cycling SA.

## LICENSING

Cycling Officials and Probation Officials are required to hold a valid licence, issued annually by Cycling SA or the UCI, in order to be assigned to officiate at any sanctioned event.

The licence shall display the discipline and level at which the Cycling Official is qualified and the year for which it is issued.

A licence with the designation of Commissaire may be issued only to those who have an active or trained status.

Each year Cycling Officials shall apply to Cycling SA for a licence to be issued.

Cycling SA shall only issue a licence to a Cycling Official on written application and, provided such application is endorsed by the Director of the TCC, an authorised nominee of the Director or in the absence of either, a Technical Commissioner.

### **13. CYCLING SOUTH AFRICA OFFICIAL'S DUTIES AND RESPONSIBILITIES**

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- 13.1 Officials shall have a valid Cycling SA Technical Licence and appropriate for the duty to be performed.
- 13.2 It is compulsory for Probation Officials to apply for the membership licence as well as their probation licence. Failure to do so will result in the Probation Official not being allowed to work at any CSA Sanctioned event.
- 13.3 Officials should wear the official commissaries' clothing as directed by CyclingSA.
- 13.4 Officials appointed to a cycling event shall be compensated for their services for each day of such an event, including registration, according to the fees published by CyclingSA or as agreed upon between the Province and/or Event Organiser.

### **14. APPOINTMENT OF OFFICIALS**

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- 14.1 Officials shall be appointed as described in the preceding sections for National and Regional events.  
For National Championships events, the President Commissaire, Chief Judges, Commissaires Panel and technical delegates shall be appointed by the Cycling SA Technical Manager in conjunction with the Technical Committee Chairperson. The Technical Committee chairperson may consult with the relevant discipline commission prior to finalising appointments.
- 14.2 The President Commissaire, and technical commissioner shall appoint all other required officials, taking into consideration those qualified from the hosting province first.
- 14.3 The Commissaires Panel will be managed and chaired by the Commissaires Panel chairperson, who will be elected by the Commissaire Panel.
- 14.4 The duties of the President Commissaires are as follows:
  - 14.4.1 S/he is responsible for the overall competition.
  - 14.4.2 Supervises the start arrangements, the officials, the Commissaires and the results service.
  - 14.4.3 Ensures the application and respect of the regulations in all circumstances and collaborates

with the Race Director in the completion of his/her duties.

14.4.3 Will discuss any penalties with the appropriate officials. Receives complaints from competitors.

14.4.4 Ensure a race report/s is submitted to the CyclingSA Technical Manager.

## **15. RACE REPORTS**

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Within 24 hours after each cycling event, the Cycling Officials shall submit to the President Commissaire a written report setting out details of the event from the perspective of the Cycling Official, including but not limited to:

Any injuries or fatalities sustained by cyclists, Cycling Officials, members of the public or any other person.

Any contravention of the Rules and Regulations of CyclingSA or the UCI and any sanctions imposed.

Any information which may be helpful for future events.

Any other aspect which the Cycling Officials may deem appropriate to assist the President Commissaire in preparing a report.

Within five (5) days after each National or Provincial Event, the President Commissaire shall submit, to the Technical Commissioner, a written report.

Upon receipt of a race report, the Technical Commissioner shall, unless the President Commissaire has done so, submit that report to the Event Organiser, CyclingSA and any other person or body which is entitled to a copy.

The report of the Cycling Officials shall be in the form and in accordance with the requirements of Cycling SA or the UCI.

## **CHAPTER 4: TYPES OF RACES AND RULES APPLICABLE FOR TRACK RACES IN SOUTH AFRICA**

### **16. RECOGNISED MISHAP**

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Refer to the UCI Rules.

### **17. 200M TIME TRIAL**

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Refer to the UCI Rules.

### **18. SPRINT**

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Refer to the UCI Rules.

### **19. INDIVIDUAL PURSUIT**

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Refer to the UCI Rules.

### **20. TEAM PURSUIT**

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Refer to the UCI Rules.

**21. KILOMETRE AND 500M TIME TRIAL**

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Refer to the UCI Rules.

**22. POINTS RACE**

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Refer to the UCI Rule Book.

**23. KEIRIN**

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Refer to the UCI Rule Book.

**24. TEAM SPRINT**

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Refer to the UCI Rule Book.

**25. MADISON**

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Refer to the UCI Rules.

**26. SCRATCH RACE**

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Refer to the UCI Rules.

**27. 1500m**

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**27.1** The 1500m is a race specific to events held in South Africa and is a bunch event (number of riders limited to track capacity), completed over a total distance of 1500m or as close to this distance.

**27.2** The number of riders per racing track in South Africa shall be determined by the Track Commission and published as Annexure A to this handbook.

**28. ELIMINATION RACE**

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Refer to the UCI Rule Book.

**29. SIX DAY RACES**

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Refer to the UCI Rule Book

**30. OMNIUM**

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Refer to the UCI Rule Book.

**31. FLYING LAP**

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Refer to the UCI Rule Book.

**32. TEMPO**

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Refer to the UCI Rule Book.

## CHAPTER 5: TECHNICAL RACING ASPECTS

### 33. HEATS

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Refer to the UCI Rule Book.

### 34. SCRATCHING

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Refer to the UCI Rule Book.

### 35. COACHING

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Refer to the UCI Rule Book.

### 36. STARTS FOR TRACK RACES

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Refer to the UCI Rule Book.

## CHAPTER 6: RECORDS

### 37. GENERAL

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- 37.1. Cycling SA shall adjudicate on claims for South African records, and shall:
- 37.1.1. Procure and use any evidence bearing upon the claim and shall retain all documents in connection therewith.
  - 37.1.2. Decline to consider any claim, it may consider to be contrary to the interests of the sport. Any person claiming or improperly supporting a record render himself liable to be dealt with by Executive Board or the Compliance and Advisory Board.
  - 37.1.3. It is not compulsory for the riders to apply for Medical Control, but a rider cannot refuse medical control should they be at the event that the record is broken.
- 37.2. No claim for a record shall be considered unless:
- 37.2.1. the record attempt has been undertaken in the presence of a UCI or National commissaire, who shall be appointed by the Provincial Officials Body or National Officials Body, having jurisdiction.
  - 37.2.2. The record attempt has been timed by at least three official timekeepers.
  - 37.2.3. The particulars on the official application form has been certified by the Commissaire, Chief Timekeeper and in the case of a bunch race by the Chief Judge.
- 37.3. The results of the record attempt must be submitted by the Provincial Body to Cycling SA within 14 days of the attempt, upon the official form provided to Cycling SA.
- 37.4. The Executive Board of Cycling SA shall consider an application after a period at its discretion provided other similar records have not been recorded in the interim and The Executive Board must ratify any national record.
- 37.5. The application to attempt a record in a private time trial shall be made to Cycling SA through the Provincial Body concerned. All arrangements regarding officials and the timing of the attempt shall be

sanctioned by the Technical and Commissaires Commission.

- 37.6. All costs that may be incurred shall be borne by the applicant.
- 37.7. In private record attempts in any multiple lap time trial, recorded lap times must be compiled by the timekeepers and claims for the records must be accompanied by the lap score chart with recorded times, certified as to its accuracy by the Chief Timekeeper.
- 37.8. South African Records will be recognised only when established by riders holding a current Full Racing Licence.
- 37.9. Records can only be established at:
- 37.9.1. Officially sanctioned Local events which meet the criteria and procedures set out above. When a rider applies for permission to do a record attempt and meets the required criteria and procedures.
- 37.9.2. International events with provision of electronic timed documents signed off by a chief commissaire.

### **38. RECORD RECOGNITION**

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- 38.0.1 Categories in which records are recognised are as follows:
- 38.0.2 All Comers Record: Records established by Elite or Junior riders
- 38.0.3 Elite Records: Records established by any rider confined to Elite riders.
- 38.0.4 Junior Records: Records established by any Junior rider.
- 38.0.5 Youth Records: Records established by Youths in the age groups recognised by Cycling SA. A record established by a rider in a younger age group can, if good enough, be recognised for older age groups as well
- 38.0.6 Masters Records: Records established by Masters.
- 38.0.7 Ladies Records: Records established by Ladies.
- 38.0.8 UCI Rule 3.2144 on tracks bigger than 250m a rider shall lead for 1 lap.

### **38 SOUTH AFRICAN RECORD HOLDING RACES**

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- 38.1 Elite Men:
- 38.1.1 200m
- 38.1.2 1km Time Trial
- 38.1.3 4km Individual Pursuit
- 38.1.4 4km Team Pursuit
- 38.1.5 One hour
- 38.1.6 1500m (Bunch)
- 38.1.7 750m Team Sprint
- 38.2 Elite Women:
- 38.2.1 200m
- 38.2.2 1km Time Trial
- 38.2.3 4km Individual Pursuit
- 38.2.4 4km Team Pursuit
- 38.2.5 One Hour
- 38.2.6 1500m (Bunch)
- 38.2.7 750m Team Sprint

- 38.3 U23 Men:
  - 38.3.1 200m
  - 38.3.2 1km Time Trial
  - 38.3.3 4km Individual Pursuit
  - 38.3.4 4km Team Pursuit
  - 38.3.5 One Hour
  - 38.3.6 1500m (Bunch)
  - 38.3.7 750m Sprint
- 38.4 U23 Woman
  - 38.4.1 200m
  - 38.4.2 1km Time Trial
  - 38.4.3 4km Individual Pursuit
  - 38.4.4 4km Team Pursuit
  - 38.4.5 One Hour
  - 38.4.5 1500m (Bunch)
  - 38.4.6 750m Sprint
- 38.5 Junior Men:
  - 38.5.1 200m
  - 38.5.2 1km Time Trial
  - 38.5.3 3km Individual Pursuit
  - 38.5.4 4km Team Pursuit
  - 38.5.5 1500m (Bunch)
  - 38.5.6 750m Team Sprint
  - 38.5.7 One Hour
- 38.6 Junior Women:
  - 38.6.1 200m
  - 38.6.1 500m Time Trial
  - 38.6.2 3km Individual Pursuit
  - 38.6.3 4km Team Pursuit
  - 38.6.4 1500m (Bunch)
  - 38.4.7 750m Team Sprint
  - 38.4.8 One Hour
- 38.7 Under 17: (Boys and Girls)
  - 38.7.1 200m
  - 38.7.2 500m Time Trial
  - 38.7.3 2km Individual Pursuit
  - 38.7.4 3km Team Pursuit
  - 38.7.5 1500m (Bunch)
  - 38.7.6 750m Team Sprint
- 38.8 Under 15: (Boys and Girls)
  - 38.8.1 500m Time Trial
  - 38.8.2 1500m Individual Pursuit
  - 38.8.3 2km Team Pursuit
  - 38.8.4 1500m (Bunch)
- 38.9 Under 11 and under 13: (Boys and Girls)
  - 38.9.1 1500m Time Trial
  - 38.9.2 1500m Individual Pursuit
  - 38.9.2 2km Team Pursuit
  - 38.9.3 1500m (Bunch)

### 38.10 Masters Men (Ages 30-34 not recognised under master's at UCI masters champs)

- 38.10.1 200m
- 38.10.2 Time Trial
  - 1000m – Ages 30-39
  - 500m -Ages 50+
  - 500m -Ages 40-49
- 38.10.3 Individual Pursuit
  - 2km - Ages 50+,
  - 3km - Ages 35-49,
  - 4km - Ages 30-34
- 38.10.4 4km Team Pursuit,
- 38.10.5 1500m (Bunch),
- 38.10.6 750m Team Sprint
- 38.10.7 One Hour

## CHAPTER 7: SOUTH AFRICAN TRACK CHAMPIONSHIPS

### 38 CONSTITUTING A RACE

- 38.9 A minimum of 1 rider is required to constitute a race and be eligible to contend for a jersey and medal. If a minimum of 5 Riders are not entered in bunch events these riders may be combined with an appropriate category to race but the results will be split on the line into the separate categories In the masters' categories are as follows: 35-39, 40-44, 45-49, 50-54 , 55-59, 60-64,65-69,70-74,75-79, 80 plus.

### 39 MEDALLING AT NATIONAL CHAMPIONSHIPS

- 39.1 To encourage participation and competition in national track events, the following will be applied when determining start lists for the various age groups. The lower requirement in some cases, especially in the young categories, is to encourage and reward participation.
- 39.2 Minimum no. of riders to make up an age group [but awards as in 4 below]:

Category	Number of Riders
Elite	5
Under 23	5
Junior	5
Youth	5
Masters	5

39.3 If less than above, riders are to move category step-by-step as below, until the minimum is reached:

Age Group	Move to
Youth	Junior (or next higher-age cat)
Junior	No move Possible
Elite	No move possible
Masters	Combine with Masters Category with closest Race distances

39.4 Per number of riders prize money and medals should only be awarded as follows:

No. of starters	Positions for medals	Positions for prize money
3	1 <sup>st</sup> – 2 <sup>nd</sup> – 3 <sup>rd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup> – 3 <sup>rd</sup>

## 40 TEAM COMPETITIONS

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40.1 Team Pursuit and Team Sprint at National championships will only be contested by:

Priority will be as follows:

- 40.1.1 Provincial Team
- 40.1.2 CSA Registered Team
- 40.1.3 Regional/District Team.
- 40.1.4 Club Team
- 40.1.5 Mixed Team

**41 Mixed Provinces Team. (Riders that have not been selected for any of the above Teams will be allowed to form a Team Time Trial and Pursuit.**

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41.1 Dependent on the number of entrants, the track commission may require riders riding individual pursuit and time trials events to ride qualifying times in order to participate in the National Championships. A decision should be made and communicated at least 30 days prior to the start of the event.

## 42 EQUIPMENT AND EQUIPMENT CHECK

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42.1 All track equipment to be recognised by the UCI according to their list of approved track equipment. Refer to UCI Article 1.3.000 and <https://www.uci.ch/news/2014/equipment-165067> for equipment list. A discretionary decision may be made by the track commission of South Africa for identified events.

## 43 SOUTH AFRICAN YOUTH TRACK CYCLING EQUIPMENT RULES

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43.1 The following rules will apply for Regional, Provincial and National Track Cycling Championships.

43.2 Should local / regional race promoters wish to keep youth riders (Under 17 and below) on traditional wheelsets, for their local or regional league racing, this is their prerogative. But this must be communicated in all race flyers and event information, well in advance of the event start date.

43.3 Equipment shall be allowed as follows:

SOUTH AFRICAN JUNIOR AND YOUTH TRACK CYCLING EQUIPMENT RULES							
	WHEEL-SETS WITH 16 SPOKES OR MORE AND LESS THAN 30 MM DEEP SECTION	TIME TRIAL HELMETS	WHEEL-SETS WITH 16 SPOKES OR MORE UP TO 50MM DEEP	WHEEL-SETS WITH 16 SPOKES OR MORE UP TO 100MM DEEP	REAR DISC WHEELS	BI, TRI AND FOUR SPOKE FRONT WHEELS AND FRONT DISCS	FRONT FIVE SPOKE WHEELS
<b>UNDER 13's</b>	YES	NO	NO	NO	NO	NO	NO
<b>UNDER 15'S</b>	YES	NO	YES	NO	NO	NO	NO
<b>UNDER 17'S</b>	YES	YES	YES	TIMED EVENTS ONLY	TIMED EVENTS ONLY	TIMED EVENTS ONLY	TIMED EVENTS ONLY
<b>JUNIORS</b>	AS PER UCI	AS PER UCI	AS PER UCI	AS PER UCI	AS PER UCI	AS PER UCI	AS PER UCI
<b>THE ABOVE RULES APPLY TO REGIONAL, PROVINCIAL AND NATIONAL CHAMPIONSHIPS</b>							

## CHAPTER 8: RACE INCIDENTS AND SPECIFIC INFRINGEMENTS

### 44 APPLICATION OF UCI RULES AND REGULATIONS

- 44.1 The UCI rules 3.10.001 – 3.10.008 shall be applied.
- 44.2 A coach /rider / manager has the ability to respectfully query an official regarding rules and regulations during the event, separate to an official appeal process.
- 44.3 Officials and in particular the President Commissaire may be held accountable for decisions made at events and provision of supporting documents can be requested to be used to prove beyond reasonable doubt decisions made.