

2024 Edition  
Published: October 2023

# Technical Regulations

# Gravel



These Technical Regulations have been developed to ensure the safety of all participants and to encourage fair competition. AusCycling Regulations marked with an (A) may be modified by the event organiser in conjunction with the PCP.

Where any ambiguity or lack of a clear ruling exists the UCI regulations will take precedence.



# SECTION 1

## GENERAL REGULATIONS

Gravel discipline is a form of cycling that combines elements of both road and mountain-bike disciplines and consisting mostly of distance riding over unpaved roads.

### 1.00 CATEGORIES

The categories recognised in the 'AusCycling Technical Regulations – General – Annexure 5' must be recognised at National and State/Territory Championships. Categories may be run together.

Non-Championship events may be conducted with different age/ability categories..

### 1.01 FORMAT

Gravel events are competitive mass-participation events with a mass-start (or in waves with intervals between the start groups) fully timed for all participants and split results per age group and gender or ability category.

Gravel events may be one-day cycling events or multi-day cycling events. Multi-day events shall be timed in accordance with MTB Stage Race regulations.

### 1.02 DISTANCES & GEARING

Race will consist of a single race over 60 - 100km with a target race winning time for the Elite and Masters categories of between 2.5 and 3 hours.

For junior categories the following maximum distances/times may apply:

|                    |      |        |
|--------------------|------|--------|
| Junior 19          | 70km | 2.5hrs |
| Under 17           | 50km | 2hrs   |
| Under 15           | 35km | 1.5hrs |
| Under 13 and below | 20km | 1 hour |

For junior categories at State/Territory and National level events the following maximum roll out distances shall apply for:

1. Junior U17 7.0 metres
2. Junior U15 6.10 metres
3. Junior U13 5.5 metres
4. Junior U11 and below 5.5 metres

If using a Mountain Bike the gearing distances shall not apply.

- 1.02.01 To restrict the rollout distance mentioned above, blocking off may be permitted by the adjustment of the derailleur or other means.



### 1.03 COURSE

- Gravel races shall take place on any type of unsurfaced roads and can include gravel, forest fire-roads, farm roads and tracks and cobbles.
- Tarmac surfaced roads should not total more than 20% (twenty percent) of the race distance.
- The course should avoid grass and meadows.
- Singletrack sections should be kept to a minimum and only be included in the course where required to link other sections and only where an alternative route for essential event vehicles (for example medical services) is available.



# SECTION 2

## EQUIPMENT

### 2.00 BIKES

There is no restriction on the type of bike that can be used for gravel racing. Bikes must have two working brakes. Riders are expected to complete the race with the same frame, forks and wheels as at the start.

Handlebars can be of any shape but must be of a one-piece construction with no bar-ends or clip-on extensions allowed (triathlon handlebars and any other handlebars extension system are forbidden).

### 2.01 RIDER NUMBERS

Riders with frame number and helmet or body numbers of plates. If electronic identification device is provided for race timing, riders must follow instructions on its attachment. Riders are responsible to ensure the number remains readable and timing device is undamaged during the race.

### 2.02 OTHER EQUIPMENT

Riders are expected to be self-sufficient whilst racing. It is recommended riders carry:

- Adequate water for hydration
- Basic first aid kit
- Spare tube and tools to repair
- Adequate food
- A map (actual or electronic).



# SECTION 3

## RACE PROCEDURE

### **3.00 SIGN ON**

Riders are required to sign on at the start marshal area. Failure to sign on will result in the rider being disqualified.

### **3.01 RIDER BRIEFING**

Riders are required to attend a briefing at the start marshal area no more than 15 minutes before the published start of the race.

### **3.02 START**

The start may be flying or standing. Depending on the number of racers the start may be broken into waves based on categories. Each start wave will have a distinct start time. Riders who start before their categories scheduled start wave's start time will be disqualified.

### **3.03 NEUTRAL SUPPORT**

A neutral support area is to be provided at minimum every 25km. Riders may be permitted to drop bottles for this area in designated tubs at the start marshal area. At a minimum a water supply will be provided at these areas.

### **3.04 CHECK POINTS**

Organisers will provide marshal points at minimum every 25km.

### **3.05 INJURED RIDERS**

A rider who comes across an injured rider must stop and render assistance. The assisting rider should stay with the injured rider until assistance arrives. They should inform the next rider to pass to advise the next race official to send assistance.

### **3.06 ASSISTANCE**

Riders may receive technical assistance only from neutral support during the race.



Collusion or any assistance (pacing, feeding, mechanical assistance, etc.) between riders within or between races is forbidden.

### **3.07 CUT OFF TIMES**

The race organiser will publish cut off times for checkpoints at in the rider information. Riders who fail to reach a cut point by the cut off time will not be permitted to continue.

### **3.08 SAG WAGON**

A sag wagon is to be provided for riders who are unable to complete or have exceeded the cut off time.

### **3.09 FINISH**

The finish will be at least 4 meters wide. Riders are expected to hold their line at the finish.

# **SECTION 4**



# PENALTIES, DISCIPLINE AND APPEALS

Refer to AusCycling Technical Regulations – General for penalties, discipline and appeals processes.