

BRITISH SCHOOLS CYCLING ASSOCIATION

PROMOTER'S HINTS

* indicates changes for 11/12

These Notes are to be used as a Guideline for Promoters organising events for the British Schools Cycling Association, and should be read in conjunction with the BSCA Rules of Racing in the current Handbook.

ELIGIBILITY TO COMPETE:

1. Only Affiliated Members may compete.
2. Evidence of Membership will need to be shown by competitors in BSCA events, otherwise a Day Membership Fee will be levied as follows;
£2.00 National Championships **£1.00** all other events.
3. Ages for competitors shall be determined as at midnight on the 31st August/1st September at the beginning of the current school year.
4. In no circumstances shall a competitor be permitted to ride in an event for those of a lower age group. **Except for Regional & National Championships**, competitors may, at the promoters' discretion, compete in an event for those of the age-group next above his. Boys' and girl's events may be combined. Girls can compete with the boys' in the next age-group lower.
5. The BSCA General Secretary requires your Event Permit Fee at least 28 days before the date of your event. There is no fee payable for Regional and National Championships.
6. Levies are payable on every entrant in any Regional and National Championship.
7. The BSCA Executive has asked that the following rider be placed on, entry forms, programmes, and at the event registrations. **'Children competing in National and Regional events must compete by their own efforts.'**

REGIONAL AND NATIONAL CHAMPIONSHIPS

8. * **GEAR RESTRICTIONS ARE ONLY IN PLACE FOR THE ROAD. CIRCUIT, TIME TRIAL, TRACK AND ROLLER RACING REGIONAL & NATIONAL CHAMPIONSHIPS** in that the maximum gear will be the distance covered per crank revolution as follows;

Under 7's	5.1 metres	Under 13's	6.45 metres
Under 9's	5.4 metres	Under 15's	6.93 metres
Under 11's	6.05 metres	Over 15's	7.93 metres

It is recommended that all events, other than "Come & Try It", promotions, should be subject to the same gear restrictions

CLOSING DATES:

9. **REGIONAL CHAMPIONSHIPS:** shall be twelve days before the event for Time Trials and fourteen days for other events. If a Promoters stipulates a closing date there shall be no entries on the line.
10. **NATIONAL CHAMPIONSHIPS:** shall be fourteen days for other events. There shall be no entries on the line.
11. **A LEVY OF £1.25** per Registered Rider in every Regional and National Championship is required to be sent to the Treasurer, along with the relevant Day membership fees collected, **together with a signing on sheet and result sheet, no later than 7 days after the event.**

12. **CHAMPIONSHIP PRIZES**

Rule of Racing 32 states:

The official prizes awarded by the Association for its Championships (Regional and National) shall be as follows:

Regional Championships

(a) A gold medal, badge and certificate to the first individual; certificates to the second and third individuals.

(b) Certificates to the first school team.

National Championships

(c) A gold medal, badge and certificate to the first individual; a silver medal and certificate to the second individual; a bronze medal and certificate to the third individual.

(d) Gold medals and certificates to the first school team.

The above are supplied to the promoter by BSCA. Any Awards/Certificates supplied on the day to the lower placings, or additional prizes, is at the promoters' discretion.

COMMISSAIRES

13. The organisers of all Regional and National Championships shall appoint a qualified Commissaire and/or Chief Judge as appropriate for their event.

14. It may be sensible to speak to the appointed Officials, to ensure that they are au-fait with BSCA Rules of Racing and that all the competitors need to be placed and that a provisional result will need to be posted at the event on the day.

SAFETY

15. Machines may be examined for safety before the start of any event, competition or leisure ride at the discretion of the organiser.

16. The use of radios and other communication devices shall not be allowed by any BSCA Competitor during competition.

17. A rider whilst racing or training shall wear a properly affixed protective headgear, which must be of a hard/soft shell construction.

18. Aero Helmets shall not be permitted.

REGIONAL CHAMPIONSHIPS

19. Where no specific Regional Championship is promoted, a rider may apply to compete in the corresponding championship in an alternative Region, but will only be eligible for a **SEPARATE AWARD** should he/she finish in the first three places. This should not affect the placings of the riders in the Region concerned, who will be awarded the positions of first, second and third in Regional Awards.

It is suggested that a Regional Championship Certificate be awarded with the following wording.

' 1st placed x region competitor in the y regional (discipline) championship'

20. BSCA would ask that promoters and race Officials be flexible when dealing with the parents and children queries and where there are problems that BSCA be made aware of them asap.

TIME TRIALS:

1. All Time Trials on the **Open road MUST BE HELD UNDER CTT Rules**
2. Ensure that a valid Risk Assessment has been done and sent, along with the Permit applicant and money, if necessary, to the BSCA Racing Secretary.
3. All riders whether training or racing shall wear properly affixed protective headgear, which must be of a hard/soft shell construction.
4. The BSCA Executive has asked that the following rider be placed on, entry forms, programmes, and at the event registrations. **'Children competing in National and Regional events must compete by their own efforts.'**
5. Regional and National Championship distances are as follows;
Distances shall be two miles for the Under 7's, three miles for the Under 9's, five miles for the Under 11's. Ten miles for the Under 13's, Under 15's and Over 15's under the RTTC Regulations
Note: Only U15's & O15's can compete on the public highway in Time Trials. Events for the U13's must take place on closed road circuits free from vehicle traffic.
6. **AT LEAST 42 DAYS** (6 weeks) before your event, a Police Notification Form **MUST** be sent, by **RECORDED DELIVERY** to the Chief Constable of each Police Constabulary, which the course passes through. **One Copy** needs to be sent to the relevant CTT District Secretary at the same time.
7. Make sure that you have contacted Marshals and Timekeepers for the event.
8. **ON THE CLOSING DAY** check that the entry forms and entry fees are correct. Any Entry Form, which does not show the entrant's affiliation number, or School Name shall be refused.
9. When Collating your Programme please remember the following items;
 - 8:1 The Programme must show clearly that the event is "UNDER CTT REGULATIONS"
 - 8:2 Please see CTT Guidance Notes on Field Placement enclosed when laying your field out.
 - 8:3 The **CORRECT Course details**, for your course should be printed giving precise start and finish points and intermediate distances.
 - 8:4 Local Regulations referring to course should also be printed, check with the relevant CTT District Secretary.
 - 8:5 All competitors compete in the name of their School. This needs to be shown along with the schools home town if this is not in the School title. Club or Team Names may also be printed.
 - 8:6 **1 Copy of the Start Sheet** is required to be sent to the District Hon Secretary at least 5 days before the event.
 - 8:7 A Start Sheet shall be circulated to all entrants in Regional & National Championships, not fewer than seven days prior to the date of the event, the BSCA Racing Secretary requires 2 copies of the Start Sheet.
10. Prepare a Result Board.
11. Check the Course a couple of days before the event and if there are problems contact the relevant District Secretary.
12. Locate the Precise Start and Finish Points.

ON THE DAY OF THE EVENT

13. Take all the Entry Forms and any correspondence received from the relevant Chief Constable regarding your event.
14. Check all the Official's are present.
15. Make sure all warning signs are in position.
16. Make sure numbers are available at Race Hq.
17. Make sure Marshals are in position and wearing fluorescent bibs/jackets.
18. Ensure that First Aid Provision is available.

THE FINISH

19. Mark the Finish with a chequered Flag or Board.
20. Arrange for the Times to be collected and relayed to the Race HQ to be displayed on the Result Board.

AFTER THE EVENT

21. Check to see that all riders have been credited with a time or DNS/DNF.
22. Prepare a result sheet with the Fastest rider down to the slowest rider in each age group.
23. A Result sheet for Regional & National Championships shall be circulated, within ten days of the event, to entrants, the BAR Secretary and the Racing Secretary. Result Sheets shall include the correct names of schools followed by locations (unless obvious from names).
24. Thank Officials and Marshals.

HILL CLIMB:

1. All Time Trials on the Open road **MUST BE HELD UNDER CTT Rules**
2. Ensure that a valid Risk Assessment has been done and sent, along with the Permit applicant and money, if necessary, to the BSCA Racing Secretary.
3. All riders whether training or racing shall wear properly affixed protective headgear, which must be of a hard/soft shell construction.
4. Regional and National Championship distances are as follows;
Courses for the hill climb Championship shall not be selected on the basis of being within the physical capacity of all age groups.
Note: Only U15's & O15's can compete on the public highway in Time Trials. Events for the U13's must take place on closed road circuits free from vehicle traffic.
5. The BSCA Executive has asked that the following rider be placed on, entry forms, programmes, and at the event registrations. **'Children competing in National and Regional events must compete by their own efforts.'**
6. **AT LEAST 42 DAYS** (6 weeks) before your event, a Police Notification Form **MUST** be sent, by **RECORDED DELIVERY** to the Chief Constable of each Police Constabulary, which the course passes through. **One Copy** needs to be sent to the relevant CTT District Secretary at the same time.
7. Make sure that you have contacted Marshals and Timekeepers for the event.
8. **ON THE CLOSING DAY** check that the entry forms and entry fees are correct. Any Entry Form, which does not show the entrant's affiliation number, or School Name shall be refused..
9. When Collating your Programme please remember the following items;
 - 9:1 The Programme must show clearly that the event is "UNDER CTT REGULATIONS"
 - 9:2 Please see CTT Guidance Notes on Field Placement enclosed when laying your field out.
 - 9:3 The **CORRECT Course details**, for your course should be printed giving precise start and finish points and intermediate distances.
 - 9:4 Local Regulations referring to course should also be printed, check with the relevant CTT District Secretary.
 - 9:5 All competitors compete in the name of their School. This needs to be shown along with the schools home town if this is not in the School title. Club or Team Names may also be printed.
 - 9:6 **1 Copy of the Start Sheet** is required to be sent to the District Hon Secretary at least 5 days before the event.
 - 9:7 A Start Sheet shall be circulated to all entrants in Regional & National Championships, not fewer than seven days prior to the date of the event, the **BSCA Racing Secretary requires 2 copies of the Start Sheet.**
10. Prepare a Result Board.
11. Check the Course a couple of days before the event and if there are problems contact the relevant District Secretary.
12. Locate the Precise Start and Finish Points.

ON THE DAY OF THE EVENT

13. Take all the Entry Forms and any correspondence received from the relevant Chief Constable regarding your event.
14. Check all the Official's are present.
15. Make sure all warning signs are in position.
16. Make sure numbers are available at Race Hq.
17. Make sure Marshals are in position and wearing fluorescent bibs/jackets.
18. Ensure that First Aid Provision is available.

THE FINISH

19. Mark the Finish with a chequered Flag or Board.
20. Arrange for the Times to be collected and relayed to the Race HQ to be displayed on the Result Board.

AFTER THE EVENT

21. Check to see that all riders have been credited with a time or DNS/DNF.
22. Prepare a result sheet with the Fastest rider down to the slowest rider in each age group.
23. A Result sheet for Regional & National Championships shall be circulated, within ten days of the event, to entrants, the BAR Secretary and the Racing Secretary. Result Sheets shall include the correct names of schools followed by locations (unless obvious from names).
24. Thank Officials and Marshals.

CIRCUIT RACES:

1. Arrange a venue for your event, that no vehicle movements on it. (this can be an approved circuit, closed roads, closed large safe car park or similar private development)
2. Ensure that a valid Risk Assessment has been done and sent, along with the Permit applicant and money, if necessary, to the BSCA Racing Secretary.
3. All competitors compete in the name of their School. This needs to be shown along with the schools home town if this is not in the School title. Club or Team Names may also be printed.
4. All riders whether training or racing shall wear properly affixed protective headgear, which must be of a hard/soft shell construction.
5. Triathlon bars and Spinache style bar extensions are not permitted in any BSCA Massed start events.
6. The BSCA Executive has asked that the following rider be placed on, entry forms, programmes, and at the event registrations. **‘Children competing in National and Regional events must compete by their own efforts.’**
7. Ensure that you have an appropriately qualified Chief Commissaire and a Chief Judge appointed to your event. (These appointments will need to be ratified by the BSCA Racing Committee)
8. Ensure that First Aid Provision is available.
9. **ON THE CLOSING DAY** check that the entry forms and entry fees are correct. Any Entry Form, which does not show the entrant's affiliation number, or School Name shall be refused.
10. Prepare a Programme and ensure that a Start Sheet/Programme shall be circulated to all entrants in Regional & National Championships, not fewer than seven days prior to the date of the event, **the BSCA Racing Secretary requires 2 copies of the Start Sheet.**
11. Regional and National Championship distances should be as close as follows;

Under 7's	3kms (2 miles)	Under 13's	20km (12.5 miles)
Under 9's	5kms (3 miles)	Under 15's	35km (22 miles)
Under 11's	10kms (6.5 miles)	Over 15's	organiser's discretion.

All riders shall finish in the same lap as the winner, but lapped riders may be pulled out at the Chief Judge's discretion, subject to the recording of the lap in which they were pulled out so that their placings may count towards team and BAR results.
12. All machines may be examined for safety before the start of all circuit races and Competitors must use a machine with a freewheel (single or multiple gears) and two efficient brakes.
13. A Result sheet for Regional & National Championships shall be circulated, within ten days of the event, to entrants, the BAR Secretary and the Racing Secretary. Result Sheets shall include the correct names of schools followed by locations (unless obvious from names).

ROLLER RACING:

1. Arrange a venue for your event.
2. Ensure that a valid Risk Assessment has been done and sent, along with the Permit applicant and money, if necessary, to the BSCA Racing Secretary.
3. All competitors compete in the name of their School. This needs to be shown along with the schools home town if this is not in the School title. Club or Team Names may also be printed.
4. All riders whether training or racing shall wear properly affixed protective headgear, which must be of a hard/soft shell construction.
5. Triathlon bars and Spinache style bar extensions are not permitted in any BSCA Massed start events.
6. The BSCA Executive has asked that the following rider be placed on, entry forms, programmes, and at the event registrations. **‘Children competing in National and Regional events must compete by their own efforts.’**
7. Ensure that you have an appropriately qualified Chief Commissaire and a Time Keepers appointed to your event. (These appointments will need to be ratified by the BSCA Racing Committee)
8. Ensure that First Aid Provision is available.
9. **ON THE CLOSING DAY** check that the entry forms and entry fees are correct. Any Entry Form, which does not show the entrant’s affiliation number, or School Name shall be refused.
Prepare a Start Sheet/Programme, ensure that this is circulated to all entrants in Regional & National Championships, not fewer than seven days prior to the date of the event, **the BSCA Racing Secretary requires 2 copies of the Start Sheet.**
9. For Regional and National Championships the Championship races shall be held as an Omnium. Which shall comprise a 500 metre Time Trial and a 1Km Flying Start Time Trial. Normally 3 attempts at the 500m and 1 attempt at the 1km, with points awarded on the best times for each competitor
 - 9:1 For National Championships, the Under 7’s, Under 9’s, & Under 11’s must be supported by mechanical means. There shall be no mechanical support for the Under 13’s, Under 15’s and Over 15’s. All riders may be supported by assistants.
 - 9:2 In the case of, a] a false start, b] a fall, c] mechanical mishap to rollers or machines, including punctures, before 100 metres have been covered by the leaders, a restart shall be made in Championships.
 - 9:3 Omnium points shall be the same as those awarded in Regional / National BAR Competitions. [Regional: 10, 9, 8, 7, 6, 5, 3, 2, 1: National: 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 3, 2, 1]
 - 9:4 In the event of a tied medal position the riders involved shall ride a second 500 metre time trial, head to head race. First past the post being the winner.
 - 9:5 Attendants must be properly attired and wear good foot protectors. (Shoes / Trainers but NOT cycling shoes).
10. A Result sheet for Regional & National Championships shall be circulated, within ten days of the event, to entrants, the BAR Secretary and the Racing Secretary. Result Sheets shall include the correct names of schools followed by locations (unless obvious from names).

CYCLO CROSS:

1. Arrange a venue for your event.
2. Ensure that a valid Risk Assessment has been done and sent, along with the Permit applicant and money, if necessary, to the BSCA Racing Secretary.
3. All competitors compete in the name of their School. This needs to be shown along with the schools home town if this is not in the School title. Club or Team Names may also be printed.
4. All riders whether training or racing shall wear properly affixed protective headgear, which must be of a hard/soft shell construction.
5. Triathlon bars and Spinache style bar extensions are not permitted in any BSCA Massed start events.
6. The BSCA Executive has asked that the following rider be placed on, entry forms, programmes, and at the event registrations. **‘Children competing in National and Regional events must compete by their own efforts.’**
7. Ensure that you have an appropriately qualified Chief Commissaire and a Chief Judge appointed to your event. (These appointments will need to be ratified by the BSCA Racing Committee)
8. Ensure that First Aid Provision is available.
9. **ON THE CLOSING DAY** check that the entry forms and entry fees are correct. Any Entry Form, which does not show the entrant’s affiliation number, or School Name shall be refused.
10. Prepare a Start Sheet/Programme, ensure that this is circulated to all entrants in Regional & National Championships, not fewer than seven days prior to the date of the event, **the BSCA Racing Secretary requires 2 copies of the Start Sheet.**
11. For Regional and National Championships the distances all events shall be as follows.

U7’s: 10 minutes + 1 lap	U9’s: 15 minutes + 1 lap	U11’s: 20 minutes + 1 lap
U13’s: 25 minutes + 1 lap	U15’s: 30 minutes + 1 lap	O15’s: 40 minutes + 1 lap

With the shortest distance being a minimum of 2 laps All riders shall finish on the same lap as the winner.
 Note:- The principle shall be short, exciting racing rather than gruelling tests of endurance.
 With the shortest distance being a minimum of 2 laps. All riders shall finish on the same lap as the winner, and need to be placed, as placings may count towards team and BAR results.
12. These Races may be time trials or massed start races.
13. No more than 25% of the course may be metalled surface (ie public highway, school path etc.).
14. All machines may be examined for safety before the start of all circuit races and Competitors must use a machine with a freewheel (single or multiple gears) and two efficient brakes.
15. A Result sheet for Regional & National Championships shall be circulated, within ten days of the event, to entrants, the BAR Secretary and the Racing Secretary. Result Sheets shall include the correct names of schools followed by locations (unless obvious from names).

MOUNTAIN BIKE RACING:

1. Arrange a venue for your event.
2. Ensure that a valid Risk Assessment has been done and sent, along with the Permit applicant and money, if necessary, to the BSCA Racing Secretary.
3. All competitors compete in the name of their School. This needs to be shown along with the schools home town if this is not in the School title. Club or Team Names may also be printed.
4. All riders whether training or racing shall wear properly affixed protective headgear, which must be of a hard/soft shell construction.
5. Triathlon bars and Spinache style bar extensions are not permitted in any BSCA Massed start events.
6. **For mountain bike events, machines with drop handlebars will not be permitted.**
7. The BSCA Executive has asked that the following rider be placed on, entry forms, programmes, and at the event registrations. **'Children competing in National and Regional events must compete by their own efforts.'**
8. Ensure that you have an appropriately qualified Chief Commissaire and a Chief Judge appointed to your event. (These appointments will need to be ratified by the BSCA Racing Committee)
9. Ensure that First Aid Provision is available.
10. **ON THE CLOSING DAY** check that the entry forms and entry fees are correct. Any Entry Form, which does not show the entrant's affiliation number, or School Name shall be refused.
11. Prepare a Start Sheet/Programme, ensure that this is circulated to all entrants in Regional & National Championships, not fewer than seven days prior to the date of the event, **the BSCA Racing Secretary requires 2 copies of the Start Sheet.**
12. For Regional and National Championships the distances (or time) shall be as follows, but the principle shall be short, exciting racing rather than gruelling tests of endurance. The distance for all events shall be as follows:

U7's: 15 minutes + 1 lap	U11's: 25 minutes + 1 lap	U15's: 40 minutes + 1 lap
U9's: 20 minutes + 1 lap	U13's: 30 minutes + 1 lap	O15's: 40 minutes + 1 lap

With the shortest distance being a minimum of 2 laps. All riders shall finish on the same lap as the winner, and need to be placed, as placings may count towards team and BAR results.
13. These Races may be time trials or massed start races.
14. No more than 25% of the course may be metalled surface (ie public highway, school path etc.).
15. All machines may be examined for safety before the start of all circuit races and Competitors must use a machine with a freewheel (single or multiple gears) and two efficient brakes.
16. A Result sheet for Regional & National Championships shall be circulated, within ten days of the event, to entrants, the BAR Secretary and the Racing Secretary. Result Sheets shall include the correct names of schools followed by locations (unless obvious from names).

GRASS TRACK RACING:

1. Arrange a venue for your event.
2. Ensure that a valid Risk Assessment has been done and sent, along with the Permit applicant and money, if necessary, to the BSCA Racing Secretary.
3. All competitors compete in the name of their School. This needs to be shown along with the schools home town if this is not in the School title. Club or Team Names may also be printed.
4. All riders whether training or racing shall wear properly affixed protective headgear, which must be of a hard/soft shell construction.
5. Triathlon bars and Spinache style bar extensions are not permitted in any BSCA Massed start events.
6. The BSCA Executive has asked that the following rider be placed on, entry forms, programmes, and at the event registrations. **'Children competing in National and Regional events must compete by their own efforts.'**
7. Ensure that you have an appropriately qualified Chief Commissaire and a Chief Judge appointed to your event. (These appointments will need to be ratified by the BSCA Racing Committee)
8. Ensure that First Aid Provision is available.
9. **ON THE CLOSING DAY** check that the entry forms and entry fees are correct. Any Entry Form, which does not show the entrant's affiliation number, or School Name shall be refused.
10. Prepare a Start Sheet/Programme, ensure that this is circulated to all entrants in Regional & National Championships, not fewer than seven days prior to the date of the event, **the BSCA Racing Secretary requires 2 copies of the Start Sheet.**
11. Regional and National Championship distances are as follows;
 - 10:1 An Omnium, to consist of a sprint, a pursuit (which may be run on a time trial basis) and a distance event. Equal points will be awarded for each event, based on the number of entries. The winner will be the rider who scores the most points from the three events.
 - 10:2 Team Awards to be given on the basis of total points of a School's top three riders in any category, two for girls.
12. Pursuit distances shall be the number of complete laps giving a distance as close as possible to

Under 7's	600 metres	Under 13's	1,500 metres
Under 9's	1000 metres	Under 15's	2,000 metres
Under 11's	1,500 metres	Over 15's	2,000 metres
13. To qualify for the team title, a team must have three finishers in the team pursuit event (two for girls), all of whom must have ridden the Individual Sprint Championship. No team may start with more than four riders (three for girls).
14. The Team Title shall be decided according to the following points scale:
Individual Sprint: 10,9,8,7,6,5,4,3,2,1 points to the ten best riders in finishing order.
15. Team Pursuit: On a scale reducing at 3-point intervals where the fastest team scores three times the number of teams entered. All positions shall be decided on times recorded.
16. All machines may be examined for safety before the start of a Grass Track Event.
17. Competitors in Regional and National Championships must use a machine with a single fixed gear and may not have brakes or any dangerous projection. This rule does not apply to under 7's, under 9's under 11's, and under 13's who must use free wheel machines. The use of Spinache style bars shall not be permitted in massed start races.
18. **UNDER NO CIRCUMSTANCES SHOULD BOTH FREE AND FIXED WHEEL MACHINES COMPETE AGAINST EACH OTHER.**
19. A Result sheet for Regional & National Championships shall be circulated, within ten days of the event, to entrants, the BAR Secretary and the Racing Secretary. Result Sheets shall include the correct names of schools followed by locations (unless obvious from names).

HARD TRACK RACING:

1. Arrange a venue for your event.
2. Ensure that a valid Risk Assessment has been done and sent, along with the Permit applicant and money, if necessary, to the BSCA Racing Secretary.
3. All competitors compete in the name of their School. This needs to be shown along with the schools home town if this is not in the School title. Club or Team Names may also be printed.
4. All riders whether training or racing shall wear properly affixed protective headgear, which must be of a hard/soft shell construction.
5. Triathlon bars and Spinache style bar extensions are not permitted in any BSCA Massed start events.
6. The BSCA Executive has asked that the following rider be placed on, entry forms, programmes, and at the event registrations. **'Children competing in National and Regional events must compete by their own efforts.'**
7. Ensure that you have an appropriately qualified Chief Commissaire and a Chief Judge appointed to your event. (These appointments will need to be ratified by the BSCA Racing Committee)
8. Ensure that First Aid Provision is available.
9. **ON THE CLOSING DAY** check that the entry forms and entry fees are correct. Any Entry Form, which does not show the entrant's affiliation number, or School Name shall be refused.
10. Prepare a Start Sheet/Programme, ensure that this is circulated to all entrants in Regional & National Championships, not fewer than seven days prior to the date of the event, **the BSCA Racing Secretary requires 2 copies of the Start Sheet.**
11. Regional and National Championship distances are as follows;
An Omnium, to consist of a sprint and a pursuit and a distance event. Equal points will be awarded for each event, based on the number of entries.
(ie 10,9,8,7,6,5,4,3,2,1 points to the ten best riders in finishing order.)
12. The winner will be the rider who scores the most points from the events.
13. A 500m Sprint for all age groups.
The finals shall be reduced to four by heats as appropriate.
14. An Individual Pursuit for all age groups.
Pursuit distances shall be the number of complete laps giving a distance as close as possible to

Under 7's	1000 metres	Under 13's	1,500 metres
Under 9's	1000 metres	Under 15's	2,000 metres
Under 11's	1,500 metres	Over 15's	2,000 metres
15. A School Team Pursuit for all age groups. Pursuit distances as for Individual Pursuit. Where a promoter receives fewer than four team entries in any category, the entries he has received shall be transferred to an 'Open' Championship over 2,000 metres, and the schools which have submitted teams shall be invited to re-nominate riders in the 'Open' team.
16. All machines may be examined for safety before the start of a Track Event.
17. Competitors in Regional and National Championships must use a machine with a single fixed gear and may not have brakes or any dangerous projection. This rule does not apply to under 7's, under 9's and under 11's who must use free wheel machines. The use of Spinache style bars shall not be permitted in massed start races.
18. **UNDER NO CIRCUMSTANCES SHOULD BOTH FREE AND FIXED WHEEL MACHINES COMPETE AGAINST EACH OTHER.**
19. A Result sheet for Regional & National Championships shall be circulated, within ten days of the event, to entrants, the BAR Secretary and the Racing Secretary. Result Sheets shall include the correct names of schools followed by locations (unless obvious from names).