

EHC/UCI P1 RACES 2010 – ATHLETES INFORMATION



Dear Athlete,

Welcome to the EHC/UCI races in 2010

Please note that there are some important changes relating rules. Please take the time to read this carefully so that you are not surprised at the event.

- All athletes wishing to compete in EHC/UCI P1 races must have a **UCI licence from their national cycling federation**. Athletes without a UCI licence will not be allowed to race! The usual process to get the licence may differ from country to country.
 - If not already UCI classified your old EHC classification is still valid until further notice. But please note, that if your classification is wrong, you will lose your collected EHC or UCI points. Therefore it is strongly recommended to ask for international UCI classification at the EHC events.
 - The technical rules of EHC and UCI are the same. The consequence of ignoring these rules might cause penalties or even suspension. Please find below a personal checklist of these special regulations
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- a. **Safety bar:** The handcycle must be fitted with a safety bar according to the EHC technical rules.
 - b. **Pacing/Drafting:** Any athlete from one class, group or division following, taking pace or drafting from an athlete from another class/division, will be penalised.
 - c. **Helmet:** Without helmet no start! Your helmet needs the right division colour to see clearly to what division you belong. Aerodynamic time trial helmets are forbidden in road races.
 - d. **Brakes:** The handcycle must have two independent effective braking systems
 - e. **Chain wheel protection:** The chainwheel shall have a cover to protect the rider
 - f. **No required angle of backrest any more:** If you race in very low recumbent position, please observe strictly that your eyes are higher than the housing of the bottom bracket while your head is leant against the head-rest.
 - g. **Mirror:** In recumbent seat position **you must** use a mirror for a better overview
 - h. **Clothing:** The cycling jerseys must have sleeves. Please notice that it is usual to wear the club jersey during the victory ceremony. If you have unprotected footrests you have to wear solid shoes. Actual World Champions have to wear their Champion Jersey while racing in their specific discipline.
 - i. **Rear wheels:** The distance between the rear wheels must not be smaller than 55cm (it is measured on the point of the tyres where they touch the ground).
 - j. **Disc wheels:** From now on also carbon disc wheels can be used in road races.
Notice: A spoked wheel with a disc cover is not allowed under UCI rules!

Thank you for your commitment to high performance handcycling and I wish you the best of luck in your future handcycling endeavours.

On behalf of the EHF Committee

Christian Peter