

中國香港單車聯會

The Cycling Association of Hong Kong, China Limited

香港單車比賽規例

Hong Kong Cycling Race Regulations

所有單車比賽會根據在比賽時有效的 UCI 比賽規則執行，同時參加者亦必須遵守香港法例。

The Cycling races will be held in accordance with the editions of the UCI Cycling Regulations which are in force at time of races.

A. 裝備規例 Equipment Specification

1. 運動員必須穿著整齊的單車比賽制服。
All riders must wear proper race attire.
2. 運動員如有屬會，必須穿著所屬車會制服出賽。
Member must wear the affiliated club's racing jersey.
3. 運動員必須配帶符合 ANSI 或相同標準的頭盔出賽。
All riders must put on helmet comply to ANSI standard or equivalent when participating in race.
4. 主要贊助商及在賽衣上之屬會徽必須釘牢屬於賽衣適當位置。
Major sponsor and name of team must be put on the remarkable location of the jersey. °
5. 運動員的號碼布及號碼牌必須清楚置於適當位置。
Numberings must put on designated location without alter, cut or fold.
6. 運動員出賽之號碼必須屬其本人。
All participants must carry on his concerned race number.
7. 運動員之號碼布必須釘牢在背後腰部以下。請參考每次比賽出發順序最後一頁之規定。
Numberings must be put on in the lower back of the waist. Please refer to the last page of the start sheet
8. 運動員之賽衣，不能有 UCI 彩虹色帶(曾獲世界冠軍除外)。
No UCI Rainbow ribbon can be shown on Jersey(Only for World champion).
9. 運動員必須根據 UCI 規定使用合規格之單車出賽。
Athletes must use a qualified bicycle up to UCI standard.

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10. 必須使用紋理完整之車胎出賽。
Riders must use tires with whole texture for racing.
11. 車把末端必須套有蓋塞。
End of handlebar must be covered with bar end plugs.
12. 車把上必須有手把頭布。
The handlebars must have a bar tape.
13. 任何外加裝置必須合乎國際單車聯盟的規定。如沒有預先獲本會批准不可使用。
Any extension or affixed items must respect UCI regulations. Using without prior approval of the Association is not allowed.
14. 管狀胎必須牢固地黏貼在車圈上。
Tabular tires must stick on rim firmly.
15. 所有齊出發公路單車賽，須根據 UCI 規例之單車規格，如不能用任何 Aero Bar(L-type/ Time Trial bar)。
All bikes for mass start events must be according to UCI regulation - technical specification, Aero Bar(L-type / time Trial Bar) is not allowed.

B. 參賽規例 Racing regulation

1. 運動員在參與任何聯會舉辦之賽事前，必須向聯會購買年度保險。保單內容上載於聯會網頁內。
Riders have to pay the annual insurance fee from the Association before take part in any racing. The policy could be reviewed from the website of the Association.
2. 運動員是自願參加比賽，並願意自行承擔所有責任。
Riders voluntarily participate in the races, and are willing to bear all the risk and responsibility.
3. 運動員必須在體狀況良好及具備足夠訓練下參加比賽。
Riders are physically fit and sufficiently trained to compete for the races.
4. 運動員願意授權大會及傳媒在無須該名運動員之審查而可以使用其肖像、姓名、聲線及個人資料作為活動籌辦及推廣之用。
Riders grant permission and assign all rights, title and interest to the organizer to utilize his/her appearance, name, voice biodata and likeness in connection with the race in any and all media throughout the world in perpetually and

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agree to waive any rights of inspection or approval associated.

5. 運動員要退出比賽必須在比賽日前七天辦理取消手續，逾期通知一律不受理及不退款。
Riders must inform the Association 7 days before the race if he or she cannot participate in the racing, otherwise no refund will be made.
6. 運動員臨場退出比賽必須親身向裁判提出，或由領隊代為取消。
Riders withdraw the race on site must inform the Commissaire in person himself/ herself or through the team manager.
7. 遲到者依照所編定時間計算。
Late rider's result will be calculated according to the official start time. Time of late riders will be counted as the scheduled time.
8. 運動員必須帶上所屬號碼出賽。
Riders must carry on numbering belongs to himself/ herself.
9. 運動員必須依據 A 項之裝備規例穿上適當單車比賽衣出賽。
Riders must wear proper race attire according to item A.
10. 運動員必須使用符合 A 項規定之單車出賽。
Riders must use up to standard bike according to the requirements in item A.
11. 必須聽從工作人員的指示。
Must follow Organizer's instruction.
12. 運動員必須服從發號員的號令。
Riders must comply starter's order.
13. 運動員必須遵守交通規例。不得超越雙白線行車。
Riders must comply the Traffic Ordinance. Overtaking double whiteline in road is strictly prohibited.
14. 集體出發賽中不能超過馬路中線。
Riders cannot pass the middle line on road in mass start race.
15. 計時賽「T.T.」及「T.T.T.」過程中不能在 25 公尺內跟隨任何交通工具及單車。
Riders cannot pacing any vehicles in 25 meters in Time Trial races including individual Time Trial and Time Time Trial.
16. 運動員必須服從裁判的裁決。
Riders must obey commissaire's decision.

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17. 參賽的運動員有權投訴其他參賽者的犯規行為。
Rider can complain other's offense behavior.
18. 與當日比賽事故有關的投訴，必須發獎前投訴。
Protest of race incidents must be lodged to the Chief Commissaire before prize presentation.
19. 運動員在衝線後不能騎車重複經過終點線，否則以最後一次衝線作當天成績。
Riders cannot pass the finish line repeatedly, or else the latest passing will be counted as final order.
20. 賽後必須立刻退還號碼布，車架牌及計時晶片，違者罰款\$50 元。
All riders must return numberings, frame plate and timing chips immediately after the race on the event day, otherwise fine \$50.
21. 運動員必須在出賽表指定時間前到起點簽到、驗車、領取號碼布及車架牌。
Riders must arrive in the specified time shown on start sheet to sign on, being checked the bike, take numberings and frame plate.

C. 單車檢查員將會檢驗下列部份 Inspector will check the following parts of bikes

1. 制動系統：剎車制鉗應平均安裝，壓力能制動車輪。制線加上滑油，不能生銹及散開線心。手制在加壓施用時不能虛位太多至貼到把手。
Brake System: Brake Caliper must be evenly installed, enable to stop the wheels. Brake cable should be properly librucated and maintained in a good condition. Brake lever should also properly fixed and functioned effectively.
2. 齒輪：車輪組轉動時齒輪應暢順移動，並且車鏈不能從齒輪脫落(跳出)。
Gear: Free wheels should move smoothly and cannot jump out from the chainset
3. 車呔：輪胎要貼牢
Tyre: Tires should firmly glued to the rim.
4. 鍊條：鍊條必須有足夠的潤滑，在任何情況下，鏈條不應從車輪組脫落(跳出)。
Chain: Chain must be enough lubricated. No matter what situation, chain should not jump out from the free wheels
5. 把手：把手末端要有把手塞。
Handle: Plugs must be put in the bar ends.

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6. 其他零件：所有零件必須調校合適，否則不批准出賽。
Other parts: All parts must be set properly, or refuse start.

*運動員在調整過後，須重新驗車。

Bike check will be carried out again after riders fixed the bike.

注意：車輪胎未有牢固貼緊，及有問題剎車制鉗是非常危險。驗車員將會嚴格執行，他的決定為最後決定。

Attention: Tires must be firmly fixed. Brake caliper problem is very dangerous. Bike check will implement strictly. His judgment is the final decision.