2026
Edition

Technical Regulations

ROAD

AUSCYCLING

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.

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SECTION 1

General

1.00 Numbers

1.00.00 The wearing of numbers shall be compulsory in competition.

1.00.01 The numbers cannot be altered, cut, or folded and shall be affixed securely on four corners unless approved by the event organiser or President of the Commissaire Panel (PCP).

1.00.02 Clear pockets may be used if the numbers are fully visible in timed events only. No other accessories may cover the numbers.

1.00.03 Numbers shall be the same for all disciplines, consisting of black figures on a white background. The same shall apply to the frame plates#.

1.00.04 No state/territory level events, or above, may utilise different colour numbers. A coloured band at top of number may be utilised max 6cm for all level of events.

1.00.05 The dimensions of the numbers shall be 16cm wide by 18cm high with figures 10cm high (if advertising is authorised this is to be included in a rectangle of 6cm on the lower part of the race number).

1.00.06 Competitors shall wear distinctive numbers sewn or fixed to their jerseys. Either one or two numbers shall be used as follows:

Road Team Time Trial	1
Individual Road Time Trial	1
Road Race	2#
Criterium (inc. Team Criterium & Fixed)	2#

plus one frame number for the bike in Road Races and Criteriums when supplied

1.00.07 Race numbers must be placed as follows:

- When one number is required: low down in centre of the back in a horizontal position
- When two numbers are required: on either side of the back in a vertical position
- Frame numbers under the saddle or on top of rear brake.

1.01 General Road Racing Rules

The following general racing rules apply to all road events.

1.01.01 Permits

1. Competitors and officials must observe the permit conditions from AusCycling, Road Authorities and Police.

1.01.02 Judging the Finish

1. The finish shall be judged from the leading edge of the front wheel at the point of the tangent with a vertical plane extended above the finishing line.
2. The placings are determined by the order of crossing the finish line at the end of the race. In the case of a dead heat for any position the placegetters will be awarded equal placing with the next placing not stated.

1.01.03 General Rules

1. All riders must sign on at least 10 minutes before the start of their Road Race or Criterium.
2. Glassware of any kind must not be used to carry food or drink or be used to pass on to a rider.
3. A rider who holds on to or receives pace from a moving vehicle or receives any other outside assistance may be penalised.
4. In circuit races, lapped rider(s) may be withdrawn when they are too far behind to affect the result. When such riders are permitted to continue, they must not assist or interfere with any other competitor and shall not give pace to the riders who have lapped them.
5. In out and back races, a rider not going to the turning point must withdraw.
6. A rider who rides or acts in a manner considered dangerous to other competitors or the public will be penalised.
7. A rider who pushes or pulls another rider, or interferes with the progress of another rider, may be penalised.
8. During a road sprint, it shall be forbidden to interfere with the progress of another rider. Riders must maintain a straight line to the finish and not change their racing line to prevent another rider from passing. Failure to do so may incur a penalty.
9. It shall be an offence to leave the sealed portion of the carriageway to gain an advantage. At the finish a rider who leaves the road surface must cease to sprint.
10. The PCP may at their discretion withdraw a rider from further competition, if in the opinion of the PCP that rider or their equipment is not in a fit state to continue in the competition.
11. During races the use of radio links or other means of communication with the riders is not permitted except for Elite National Level Time Trials, National Series (or equivalent) events and other events permitted by the UCI. This communication may only be used between the team manager and the riders of the same team no other individuals or other teams.

The use of a transmitting device between Broadcast and 2 specified Elite riders (excludes U23) may be allowed in PSL events under the following conditions:

- not during 1km before any sprint or KOM/QOM point
- not during last 10km
- not during feed zone
- Race Director, Broadcast & PCP to agree when it is safe to do so

1.01.04 Maximum Distances

1. The distances listed in Table 1 shall be the maximum distances that apply to all races.
2. An event that seeks to go over the maximum distances for any category must make an application to offer the longer distance event through AusCycling.
3. In the case of non-championship criteriums, the road race distance shall be considered the maximum distance.
4. Where J19 riders are competing with riders in the elite category and the distances advertised are longer than those listed for the J19 category then an application to compete in the longer distance event must be made to AusCycling.
5. Where J17 riders are competing in graded racing they may race up to their maximum road race distance only.
6. In Junior categories U15, U13, U11 and U9 riders may be permitted to ride in events in older age categories provided the distances ridden are not greater than those listed for the competitor's age category and the gear restrictions as per their age division applies.
7. When Masters categories are combined, at a Masters competition, then the maximum distance for the younger category shall apply. This will automatically exempt the maximum distance for riders in the higher age category.

TABLE 1: Maximum Race Distances

Category	Road Race	Stage Races	Time Trial	Criterium
MEN				
Elite & Under 23	250km	180km	50km	1 hour + 3 laps
Junior Under 19	140km	120km	25km	30 min + 3 laps
Under 17	~~70km~~ 90km	~~50km~~	15km	25 min + 3 laps

		80km		
Under 15	40km	30km	10km	20 min + 3 laps
Under 13	20km	20 km	8km	15 min+ 3 laps
Under 11 and 9	8km	8km	4km	10 min + 3 laps
WOMEN				
Elite & Under 23	140km	140km	50km	1 hour + 3 laps
Junior Under 19	~~100km~~ 130km	~~80km~~ 110km	20km	30 min + 3 laps
Under 17	~~70km~~ 90km	~~50km~~ 80km	15km	25 min + 3 laps
Under 15	40km	30km	10km	20 min + 3 laps
Under 13	20km	20 km	8km	15 min+ 3 laps
Under 11 and 9	8km	8km	4km	10 min + 3 laps
MASTERS MEN				
Category	**Road Race**	**Stage Races**	**Time Trial**	**Criterium**
Category 1 (30 - 34)	150km	120km	20km	40 min + 3 laps
Category 2 (35 - 39)	120km	100km	20km	40 min + 3 laps
Category 3 (40 - 44)	100km	80km	20km	40 min + 3 laps
Category 4 (45 - 49)	100km	80km	20km	40 min + 3 laps
Category 5 (50 - 54)	100km	80km	20km	40 min + 3 laps
Category 6 (55 - 59)	80km	60km	20km	30 min + 3 laps
Category 7 (60 - 64)	80km	60km	20km	30 min + 3 laps
Category 8 (65 - 69)	60km	60 km	20km	30 min + 3 laps
Category 9 (70 plus)	60km	60km	20km	30 min + 3 laps

WOMEN				
Category 1 (30 - 34)	150km	120km	20km	40 min + 3 laps
Category 2 (35 - 39)	120km	100km	20km	40 min + 3 laps
Category 3 (40 - 44)	100km	80km	20km	40 min + 3 laps
Category 4 (45 - 49)	100km	80km	20km	40 min + 3 laps
Category 5 (50 - 54)	100km	80km	20km	40 min + 3 laps
Category 6 (55 - 59)	80km	60km	20km	30 min + 3 laps
Category 7 (60 - 64)	80km	60km	20km	30 min + 3 laps
Category 8 (65 plus)	60km	60km	20km	30 min + 3 laps
Category 9 (70 plus)	60km	60km	20km	30 min + 3 laps

Team

TEAM TIME TRIAL			
CATEGORY	**MAXIMUM DISTANCE**	**NUMBER OF STARTERS TO FORM A CHAMPIONSHIP EVENT**	**MAXIMUM STARTERS FROM A SECOND CLUB (COMBINED CLUB TEAMS)**
Elite, U23	80km	Max 4, Min 3	1 if 3 starters; 2 if 4 starters
Masters, J19	40km	Max 4, Min 3	1 if 3 starters; 2 if 4 starters
U17	20km	2	1 (must have 3 starters)
U15, J13	15km	2	1 (must have 3 starters)

U9, J11	10km	2	1 (must have 3 starters)
TEAMS AND CLUB CRITERIUM			
Elite, U23, J19	40 min + 3 laps		
Masters	30 min + 3 laps		
U17	25 min + 3 laps		
U15, J13, J11	15 min + 3 laps		

1.00 Equipment

Refer to UCI General Regulations, Part 1, Ch III: Equipment and Annexure 2 in General Regulations.

1.02.01 Gearing - roll out distances

For junior categories, male and female, the following maximum roll out distances shall apply for:

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

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

1.02.03 For junior categories U9, U11, U13, U15 & U17 the following equipment restrictions will apply:

- Handlebars shall be of a standard or “Classic” style (drop handlebar).
- However, bolt-on handlebar extensions shall be allowed for U15 & U17 in the Individual Time Trial and Team Time Trial only.
- Gear and brake mechanisms must not be placed on the extensions.
- Brake hoods must be parallel to the flare of the drop handlebars
- For all events, wheels must have at least 16 spokes. The rim shall be no more than 45mm in depth.
- Only high-pressure detachable tyres including tubeless shall be used. Such high-pressure tyres shall be beaded.

- At Junior National, and State and Territory Road Championships and Junior Tours.
    i. From 2026: Under 15 riders must use the same bike in all events.
    ii. From 2028: Under 15 & Under 17 riders must use the same bike in all events.

1.02.04 For all events the bicycles used must have two efficient and independent hand brakes and handlebar ends must be plugged.

1.02.05 Free (single ratchet) or variable gears may be used.

1.02.06 Fixed sprockets shall be forbidden. Any event nominated as ‘Fixed Gear’ events will be exempted from this rule.

1.02.07 Tubular tyres must be securely affixed to the wheel rims to be used in any event; this includes replacement wheels. Riders who do not observe this rule and cause a fall may be suspended, fined, relegated or a combination of all three.

SECTION 2

National, State and Territory Road Championships

2.00 General Championship Requirements

2.00.01 Safety

1. The safety of the competitors, officials and the public are paramount, and all precautions must be taken by the organiser to provide this requirement.

2.00.02 Equipment Inspection

1. An area shall be set aside within 100 metres of the start line to provide for the measuring and inspection of each rider's bicycle, helmet and clothing. Such area must be enclosed and at least four-square metres, with at least one table and two chairs provided.

2.00.03 "Hot Seat": Elite men, Women, Under 23 and J19 Time Trial National Championships

1. For the Individual Time Trial events, a covered and enclosed area shall be set aside close to the finish line and/or podium, which shall be utilised as a collection point for potential placegetters. This area shall be equipped with three marked chairs for each placegetter as indicated by the finish race times.
2. The organiser shall provide marshals, who shall liaise with the timekeepers and escort the potential placegetters to the "Hot Seat" area in preparation for the awards ceremony.
3. This area shall be secure from the public. Media interviews may be carried out from outside the enclosure.

2.00.04 First Aid

1. Qualified and equipped first aid personnel shall be available to follow in the race convoy as well as have a static first aid station near the start and finish areas.

2.00.05 Equipment

The equipment listed below shall be provided/arranged by the event organiser.

- Relevant flags
- Lap numbers
- Bell
- Public address facility
- Photo finish equipment and timing equipment

- Radio Communication for all members of the Commissaires' Panel
- Three manual stopwatches, with a split hand or display capability, which shall record in hundredths of a second
- Sufficient barricades to ensure a safe venue
- Bike measuring equipment/ frame
- Set of scales with support post

2.00.06 Officials' enclosure

1. An area must be set aside at the finish post for officials.
2. This area must be secured for officials only and adequate furniture (table and chairs) must be provided, the number of which will be determined by the number of persons attending this area.

2.00.07 Feed Zone/ Pit Area

1. These areas should be adequately marked and controlled by at least two Commissaires.

2.01 Individual Road Races

2.01.01 Course

1. The events should be held on a circuit of not less than 10km and not more than 25km.
2. The road surface should be in good condition and should not be less than five metres wide, except for the finishing straight, which shall be a minimum of seven metres wide for the last 200 metres before the finish line at least.

2.01.02 Start of the Event

1. In the event of a mass fall in the first 10km the PCP may stop and neutralise the race for up to 15 minutes to allow for repairs and medical attention.

2.01.03 Conduct of the Event

1. A neutral service vehicle is encouraged to be provided by the event organizer.
2. The neutral/spares vehicles supplied by the event organiser will service group as directed by the PCP.
3. The team vehicles shall rotate following a group of riders and may only pass that group if they have a rider ahead of that group, and they have permission from the Commissaire following that group.
4. Servicing of breakdowns and the changing of bicycles or wheels shall only be carried out by the personnel of the authorised vehicles. All service must be undertaken on the left-hand side of the road and no service is permitted from a moving vehicle.

5. Feeding with food and drink, is permitted only at the designated feed zone. The time from which feeding is permitted, shall be announced at the Team Manager's Meeting or within the Technical Guide.
6. A rider, who accepts food or drink from a person outside the specified period or the feeding control area, may be penalised.
7. The PCP may withdraw riders from the event who have dropped too far behind to affect the result of the race.

2.02 Individual Road Time Trial

2.02.01 Seeding of Competitors

1. On receipt of entries, AusCycling shall be responsible for the seeding of competitors using available information to establish the starting order.

2.02.02 Waves

1. When a circuit is used for and where more than one circuit is covered by a division, the field shall compete in "waves" to avoid the possibility of competitors catching other competitors and drafting.
2. A time gap shall be applied at the end of each "wave" to allow the last departed rider to ride one or two laps.
3. The number of "waves" shall be decided by the PCP who shall consider the distance of each circuit and the numbers of competitors in each division.
4. The highest-seeded competitors shall depart in the last wave.

2.02.03 Start

1. All riders must present themselves and their equipment to the bike check area at least 15 minutes prior to their allotted start time.
2. Riders shall start at one-minute intervals.
3. In the case of a competitor starting before the signal, a ten-second penalty shall be applied to the competitor's time.
4. The rider is to be held at the start by an appointed start attendant.
5. A late starter must stop at the start line and put one foot on the ground, they may not start before being given the start by the starter and in any case not within 10 seconds of the start of another rider. The late starter's time commences from his original start signal.

2.02.04 Mishaps

1. For a mishap in the first 100m, a restart may be granted, with the rider starting after the last competitor, late starters excluded. No restart shall be permitted after the first 100m and only two starts shall be permitted.

2.02.05 Racing Procedure

1. If one rider is caught by another, they may neither lead nor follow in the slipstream of the rider who caught up.
2. A rider when catching another shall leave a lateral gap of at least 2m between themself and the caught rider. After 1km, the caught rider shall ride at least 25m behind the other.
3. If necessary, the attending Commissaire shall instruct the relevant riders to leave the required gaps. If the rider(s) does not respect these instructions, they may be penalised.
4. Riders may not provide assistance to one another.

2.02.06 Support Vehicles (except J15, J17, Masters and Club Championship events)

1. Each vehicle, if permitted, must have no more than three occupants. The driver and anyone servicing the rider must be current AusCycling members. All occupants shall come under the control of the PCP or another Commissaire and must take directions from them.
2. The race support vehicle shall follow at least 25m behind the rider and shall not overtake or draw level with the rider. In the case of a breakdown, service may be rendered only when both the rider and the vehicle are stationary on the left-hand margin of the road. The support vehicle shall not hinder other competitors or support vehicles.
3. The support vehicle of a rider about to be caught shall, as soon as the distance between the two riders is less than 100m, drop behind the vehicle of the chasing/faster rider.
4. The catching rider's support vehicle may only take up position behind their rider when the gap between the rider and passed rider is at least 50m apart. Should the gap subsequently be reduced by the caught rider, the catching/faster rider's vehicle shall retire behind the second rider.
5. The support vehicles may carry equipment necessary for changing wheels or cycles.
6. No equipment for the riders may be prepared or held outside the support vehicles. Persons riding in the vehicles shall not reach or lean out.
7. Megaphones or loud hailers may be used.

2.02.07 Time Penalties

1. Time penalties may be added to the time of a rider for breaching the rules relating to the start and passing manoeuvres during the race. A Time Penalties Chart should be followed as outlined in Annexure 1

2.02.08 Final Result

1. The final result shall be determined by the recorded times of the competitor timed to 100th of a second and the addition of any time penalties as determined by the PCP.

2. If a dead heat occurs for any placing the placegetters will be awarded equal placing, with the next (following) position not stated.

2.03 Criterium

2.03.01 Definition / Course

1. A criterium is a circuit race held on a circuit of not less than 800m and not more than 3km with a minimum width of 6 metres, except for the finishing straight, which shall be a minimum of 8 metres wide for the last 200 metres at least before the finish line (unless approved by AusCycling).
2. The course must be closed to all traffic except for the authorised race vehicles.

2.03.02 Field Limits

1. The number of starters in a Criterium may be limited, at the discretion of AusCycling, and heats may be required. The composition of each heat shall be determined by the PCP.

2.03.03 During the Event

Mishaps – Free Laps

1. When a recognised mishap occurs, the riders involved shall be allowed one free lap during the race, course length dependant, on which to resume their position in the race as at the moment of the mishap.
2. The decision as to whether to grant the free lap will be made by the PCP or the Commissaire working in the pits.
3. No free laps shall be permitted in the last five kilometres of the event or as determined by the PCP in advance.
4. Riders who have been allowed one free lap shall not be penalised in the final classification.
5. A rider who is ineligible for a free lap is responsible to make up any lost ground.
6. The penalty for fraudulent use of the free lap rule may include disqualification or suspension.
7. A rider who is granted a free lap must return to the race in the position held at the time a mishap occurred.
8. A rider who was in a group shall return at the rear of the same group on the next lap.
9. Riders granted a free lap may not be placed in the following intermediate sprint.

2.03.04 Repair pits

1. Repair pits shall be placed evenly around the circuit with neutral wheels and / or bikes.

2. A Commissaire shall be placed in each pit area to determine if the mishap was a legitimate one and if the rider is entitled to a free lap.
3. The Commissaire must keep a record of all riders who are granted free laps and submit a written report to the PCP at the end of the race.

2.03.05 Lapped Riders

1. A rider who is about to be lapped by the field or who falls so far behind as to be considered out of contention may be removed from the race by a Commissaire.

2.03.06 Judging the Finish

1. In the event of two or more riders lapping the field, a sprint for the minor placings shall take place on three laps to go and the lapped riders must then leave the circuit immediately to allow the leading riders to contest the finish for the major placings unimpeded.

2.03.07 Fixed Gear

1. The Fixed Gear events will be conducted in accordance with AC Technical Regulation 3.03 (Criterium) with the following exceptions:
    - maximum of 30 riders are permitted in a single wave.

2.03.08 Fixed Gear Equipment

1. Prior to the event, all bikes must be presented for a technical inspection.
2. Bikes that do not comply with the following characteristics will not be permitted to start.
    - Drop handlebars only
    - Lock-ring required
    - Fixed-gear conversions prohibited
    - Traditionally spoked wheels (no Disc, Tri spoke or TT wheels)
    - Clipless pedals (pedal and cleat locking mechanism)
    - Pedal/toe straps prohibited
    - Clincher, Tubular, or Tubeless tyres are permitted
    - Brakes prohibited
3. Lights, reflectors and any other accessory prohibited.

2.04 Australian Junior Road Championships

2.04.01 Age Categories

1. Categories shall be:
    - Junior 17 Men
    - Junior 17 Women
    - Junior 15 Men
    - Junior 15 Women

2.04.02 Events

- Individual Road Time Trial
- Individual Road Race
- Criterium

2.04.03 Eligibility to compete

1. To be eligible to compete, each rider must hold a current AusCycling membership.
2. All participants must wear an approved state/territory team kit, club kit or plain kit.
3. All individual entries must have previously raced in a road race or criterium State or Territory Championship in the year of the Championship.
4. Competitors shall compete in these Championships as:
    - Individual representing of an affiliated club; or
    - State/Territory team representative

2.04.04 State/Territory Teams Representatives

1. Each State/Territory shall select a representative team ~~of no more than four members~~ in line with the State Team Selection Policy to compete in each individual event.
2. State/Territory representative riders for each event shall be registered with the Commissaires Panel at Permanence.

2.04.05 All participants must wear approved state/territory team kit, club kit or plain kit.

2.05 Team Championship Specific (Team Time Trial)

2.05.01 Team Time Trial in the following Championship categories:

- U9*
- U11*
- U13*
- U15W and U15M
- U17W and U17M
- Elite (inc. J19)
- Men's Masters and Women 90+, 120+, 150+ and 180+

Note: For all junior category riders may ride up a maximum of one category. For the elite category, members can be from either Elite, J19, U23 or Masters' Categories. For the Masters categories, the total age of the youngest 3 starters will be used to determine the final category.

2.05.02 The organiser may also decide to not conduct categories.

2.05.03 The categories denoted with a * may be offered at State/Territory Championships (not National Championships).

2.05.04 All U9, U11, U13 events are conducted as mixed gender events. In these cases, teams may be all male, all female or mixed with riders from each gender.

2.05.05 In all other categories teams may be mixed gender. In the case where there are only men's and women's categories these teams will compete in the men's category.

2.05.06 Entry Regulations (Junior Championships: National)

- States or Territory Teams may enter up to two teams. Any rider who is nominated in a State/Territory Team can only race in that team.
- Individuals may also combine to create a Composite Team. All members of a composite team must be from the same State or Territory.
- To be eligible to compete, each rider must hold a current AusCycling membership from the state/territory they represent.
- All participants must wear an approved state/territory team kit, club kit or plain kit. Participants are not required to wear the same kit.
- Riders may only enter for one team per National Championships.
- Riders are not permitted to combine with riders from other state/territories.

2.05.07 Entry Regulations (Club Championships: National)

- Clubs may enter as many teams as they would like in each category.
- To be eligible to compete, each rider must hold a current AusCycling membership from the club they represent. This may be a primary or secondary club.
- All participants must wear an approved club kit or plain kit.
- Riders may enter multiple Championships events however only once in a category.
- Composite club teams are not allowed.

2.05.08 Entry Regulations (State/Territory Championships: Club Team)

- There is no limit to the number of teams a club can enter.
- All participants must wear an approved club kit or plain kit.
- Riders may enter multiple Championships events, however, may only participate once in a category.
- Interstate clubs may participate but are not eligible for medals.

2.05.08.01 Team Composition

- For the purposes of forming teams, a rider's club of representation is their primary road/track club. Any riders must transfer clubs at least 30 days prior to the first day of competition to be eligible.
- If a member's primary club Is not a road/track club and that member has a secondary club (add-on membership) which is considered a road/track club it will automatically be considered their primary club for the purposes of these Championships.
- A club may permit a rider with an 'Add-On' membership to participate if that riders Primary club is not entering the event or otherwise providing that rider an opportunity to participate.
- Composite Team: Composite teams may be formed under the following framework:
- The club must be located over 200km from the event or be able to provide evidence that there are insufficient entries from the club to enter a team.
- A minimum of 50% of the participants must be members of the club entering the riders.
- In the case where a club cannot meet the above, riders may participate however they will not be eligible for medals.
- All teams must be approved by their respective clubs. In the case of a composite team riders must have written approval from their club.

2.05.09 Entry Regulations Composite Teams (State / Territory Championships: Club)

- There is no limit to the number of composite teams a club can enter.
- Individuals may also combine to create a Composite Team. All members of a composite team must be from the same State or Territory.
- All participants must wear approved club kit, club kit or plain kit.
- Riders may enter multiple Championships events.

2.05.09.01 Team Composition

- For the purposes of forming teams, a rider's club of representation is their main road/track club, where the main club is either the primary club of membership, or the secondary club of membership where the primary club is not a road/track club. Any riders must transfer clubs at least 30 days prior to the first day of competition to be eligible.
- Teams for Club Team Championships are to be formed with priority as follows:
- All riders within the team are members of the same club.
- All riders within the team are members of the same division/region.
- All riders within the team are members of the same state.
- A team in a lower priority will not be permitted should their nominated riders be able to form a higher priority team with other riders nominated in the same or lower priority.
- All teams must be approved by their respective clubs. Composite teams must be approved by all clubs represented in their nominations.

2.05.10 Race Procedure

- The riders of each team shall be present at the bike checkpoint no later than 15 minutes before the scheduled start time.
- At the start, time gaps should be equal to the number of starters (e.g. 2 riders would have a 2 minute gap).

2.05.11 Race Equipment

- The allowable race equipment will be at the discretion of the PCP.

2.05.12 Timekeeping

- Time shall be taken on the third rider. Finishing times shall be taken to the nearest one tenth of a second at least.

2.05.13 Team conduct during the race

- A team, upon catching another, shall leave a lateral gap of at least 2 metres between them.

- After 1 km, the team caught shall ride at least 25 m away from the other.
- The exchange of food, drinks, small items of equipment, wheels and bicycles and help with running repairs shall be permitted between riders of the same team.

2.05.14 Following vehicles (if permitted)

1. Vehicles may be permitted if approved by the PCP and event organiser based on the suitability of the course.
2. The driver of the following vehicle shall hold a current AusCycling membership.
3. The following vehicle shall follow at least 15 metres behind the last rider of the team, shall never overtake nor draw up level with the last rider, unless point 3 below applies. In the case of a breakdown, technical support may be rendered only with the rider and vehicle stationery on the left side of the road.
4. The vehicle may not take up position between the team and any rider(s) that has/have dropped behind unless they are at least 50 metres apart. The riders that have dropped behind may under no circumstances ride in the slipstream of a vehicle.
5. The following vehicle of a team that is about to be caught up shall, as soon as the distance between the two teams drops below 100 metres, drop back behind the vehicle of the other team.
6. A vehicle following a team that catches up another may not take up position between the teams unless there is at least 60 metres between them. Should that gap subsequently reduce, the vehicle shall return to its position behind the last rider of the 2nd team.
7. Megaphones or loud hailers may be used.
8. No occupant of the following vehicle may reach or lean out of the vehicle under any circumstances.

2.05.15 Disqualification

- If one rider is disqualified the team shall be disqualified and the classification shall be adjusted.

2.06 Club Team Championship Specific (Team Criterium)

2.06.01 Clubs may enter Teams in the following Championship Divisions:

1. U15W and U15M
2. U17M and U17W
3. Elite
4. Men’s Masters and Women 90+, 120+, 150+ and 180+

Note: For all junior categories, all members must be within that age group. For the elite category, members can be from either Elite, J19, U23 or Masters Categories. For the Masters categories the total age of the youngest 3 starters will be used to determine the final category.

2.06.02 Race Regulations

1. Each team shall consist of 3 riders.
2. Clubs may enter any number of teams.
3. To be eligible to compete, each rider must hold a current AusCycling race membership from the club they represent.
4. All participants must wear an approved club kit or plain kit.
5. Riders may only enter for one team per Championships.
6. Riders are not required to be Australian citizens.
7. Combined club teams are not permitted.
8. A maximum of 25 teams shall compete in any one category. Multiple categories may be run together if the total number of teams is not exceeded.

2.06.03 Race Procedure

1. The event shall be conducted where riders are awarded points at a set interval of laps.

SECTION 3

National, State and Territory Masters Championships

3.00 National, State and Territory Masters Road Championships

3.00.01 The following rules apply only to the Masters Road Championships and set out how they vary from other Championship rules.

3.00.02 They relate to the administration of the events as the organisation of these Championships is governed by time constraints and unknown number of entrants.

3.00.03 Medals will be awarded in all events no matter the number of competitors.

3.00.04 If it is necessary to combine to run at the same time separate medallions will still be allocated. If riders are withdrawn by the Commissaire medals will be awarded as per their placing at the time of removal.

SECTION 4

Non-Championship Events

4.00 Road Team Time Trial

4.00.01 The starting order will be based on the fishing order from the previous year, in reverse.

4.00.02 Time intervals are to be four minutes for Men, Women, Junior U19 men and women and two minutes for all other categories.

4.00.03 At the start a team will line up abreast and shall be held up by officials who shall release them on the starting signal. Riders must not be pushed.

4.00.04 Each competing team is to provide its own service vehicle in which no more than four registered persons shall travel, with a Commissaire being one of the permitted personnel.

4.00.05 In no case may the vehicle draw level with the team but shall follow at least 15 25m behind the team or third man thereof should the fourth rider have dropped more than 50m behind the back of their third rider.

4.00.06 When a team is catching another, the team vehicle of the caught team must drop back behind the team vehicle of the catching team when the catching team is within 100m of the other team.

4.00.07 Food, drink and minor repairs may be exchanged by members of the same team or members may wait for a team member who has had an accident or dropped behind. Team members cannot push or tow each other.

4.00.08 Riders shall carry their own food requirements. Outside feeding from persons on the course or from the team support is forbidden.

4.00.09 A team overtaking another team shall pass on the right-hand side, leaving at least two metres between the teams.

4.00.10 In no case may a team ‘sit-in’ behind another team that it has caught. They must remain at least 25m behind until it is safe to pass.

4.00.11 A rider who has been dropped by their team cannot re-join it by waiting for its arrival on the next leg or assist in any way another team.

4.00.12 Timing will commence when the starting signal is given and be stopped when the third rider of the team reaches the finish line. Where possible times for each leg of the race should be recorded.

SECTION 5

Stage Race Regulations

5.00 General Regulations

5.00.01 All official race personnel directly connected with the conduct of the Stage Race other than accredited journalists, sponsors and honorary guests shall be AusCycling members.

5.00.02 Stage races may be run over one day or several days, consisting of varying distances and terrain.

5.00.03 The winner being determined by accumulated riding time or points classification.

5.00.04 Winners time less time bonuses for sprints and mountain points, plus any intermediate time bonuses plus any penalties incurred.

5.00.05 Riders must start and finish each stage to be able to progress to the next stage.

5.00.06 If an organiser wishes to include unpaved roads in an event AusCycling must be informed at the time of registering the event on the calendar.

5.00.07 The organiser shall make every effort to ensure the safety of the riders, spectators and race followers and that the event runs smoothly in sporting terms and with regards to the equitable treatment of participants.

5.00.08 AusCycling may refuse to sanction an event and/or refuse the inclusion of an unpaved section.

5.00.09 Any infringement of the race rules and regulations by any competitor, team official or helper will make them liable to such penalties as set down in the AusCycling /UCI scale of penalties.

5.00.10 The Commissaires' Panel will comprise of at least three (3) Commissaires, including the President of the Commissaire Panel (PCP) who shall allocate the specific duties to the members of the Commissaires' Panel.

5.00.11 All stages will be run with regard to the UCI and AusCycling Extreme Weather Protocols and any advice from Emergency Services.

5.00.12 The Commissaires' Panel, after consultation with the event management, has the discretion to modify a stage should unforeseen circumstances arise. The race may be neutralised by the PCP.

5.00.13 All stages will start promptly at the advertised times, with countdown times being announced at the assembly area 30 minutes before the start of each stage.

5.00.14 The leaders in all classifications are required for presentation near the start line.

5.00.15 Riders are required to sign-on up to 10 minutes before start time. Failure to sign on may result in a penalty.

5.00.16 There may be a processional start to several stages, which will be neutralised.

5.00.17 Each team shall have a support vehicle to follow in the race convoy. This vehicle may carry spare bikes, spare wheels and any other spare parts needed to service riders during the race. Unauthorised vehicles following the race shall render the rider whose vehicle is following liable to a penalty.

5.00.18 There will be neutral spares vehicles, each under the control of the PCP, to cover groups of riders as determined by the PCP. Each team should make available at least one (1) pair of wheels, food and drink appropriately marked, for each neutral spares and the sag wagon.

5.00.19 Service for all riders will be available from the team vehicles, under the control of the PCP, to cover groups of riders as determined by the PCP. Ideally, all vehicles shall be fitted with a minimum of a race radio and flashing amber lights.

5.00.20 All service to riders must take place on the left-hand side of the road to ensure a smooth passage of other convoy vehicles.

5.00.21 Whatever the position of a rider in the race, they may receive such assistance and mechanical check (brakes for example) only to the rear of his bunch and when stationary. The greasing of chains from a moving vehicle shall be forbidden. Failure to do so will incur penalties.

5.00.22 All traffic regulations must be strictly observed by both riders and drivers of official vehicles. Any infringements will incur penalties.

5.00.23 The Commissaires' Panel reserves the right to penalise any rider's time and /or fine and/or disqualify for any traffic regulation infringement.

5.00.24 Whilst assistance may be given by the police escort to ensure the smooth passage of the race, competitors and drivers must remember that the stage race is being conducted on open roads, and in the interest of rider safety, they must obey any instructions given by race officials and/or police.

5.00.25 Riders are reminded that it is unlawful and an offence against public decency to urinate in public places. Failure to respect these laws may result in monetary and/or time penalties.

5.00.26 Race numbers shall be worn in all stages, without being cut, folded or reduced. Failure to do so may incur a penalty.

5.00.27 Any rider withdrawing from the race shall immediately remove their race numbers. Numbers will be worn in a position as instructed by the PCP.

5.00.28 Riders who finish either first, second or third in any stage, plus the leader of the individual general classification, sprint leader and the mountain champions leader will be required on the presentation stage immediately after the stage finish.

5.00.29 All riders must make themselves available to the media as required. Failure to do so may incur monetary and/or time penalties.

5.00.30 Riders must officially complete the previous stage within the 20% time limit or at the discretion of the PCP, with the exception of the prologue, in order to start the next stage.

5.00.31 In the case of a duly noted fall, puncture or mechanical mishap in the last three kilometres of a road race stage the rider or riders involved shall be credited with the same time of those riders they were with at the moment of the accident.

5.00.32 The rider's placings shall be determined by the order in which they cross the finish line.

5.00.33 If, as a result of a fall in the last three kilometres, a rider is unable to cross the finish line, they shall be placed last in the stage and credited with the time of those riders they were with at the time of the accident. This article shall not apply where the finish is at the top of a hill-climb.

5.00.34 At the finish where there is a gap of more than 1 second between riders this will represent a 'split' and the timekeeper shall give these riders a different time.

5.00.35 Timekeepers shall continue to officiate until the sag wagon crosses the finish line.

5.00.36 Riders shall wear only authorised advertising. Unauthorised advertising is absolutely forbidden.

5.00.37 Riders wearing unauthorised advertising shall be penalised in accordance with the AusCycling/UCI scale of penalties.

5.01 Prologue

5.01.01 Run as an individual time trial over a preferred distance of 1km to 8km.

5.01.02 Any rider who suffers an accident and is not able to finish will be credited with the time of the slowest rider and placed in the last position for the stage.

5.01.03 Times shall be recorded to the hundredths of a second. These hundredths of a second, along with any hundredths of a second recorded in individual time trial stages, will be added back into the times of any riders who are tied in the individual general classification to break the ties.

5.01.04 The organiser of the stage race will determine the starting order of the teams for the prologue. The teams will determine the starting order of their riders in the team.

5.01.05 The time of any competitor reporting late at the start shall be calculated from their scheduled starting time and they shall make a standing start from the designated place.

5.02 Classifications

5.02.01 The race will be subject to various classifications (but not limited to):

- Individual General Classification

- Team Classification
- General Climbers' Classification
- General Classification by Points
- Under 23 Rider Classification
- Criterium Points Classification

5.03 General Classification

5.03.01 The overall winner of the race will be the rider who has the lowest accumulative time after subtracting bonuses and adding penalties for all stages, including the prologue, time trials and criteriums.

5.03.02 The finish of all stages will be recorded on a video camera along with the results of the Finish Judge and their assistants.

5.03.03 All stage placings will be listed in the results communiqué with their place and time, which has been verified by the video camera. It is essential that all riders pin their numbers on properly so that they can be identified on the photo finish film.

5.03.04 Riders may be penalised for incorrect number placement.

5.03.05 Time for all riders will be calculated to the nearest hundreds of a second, with times rounded down to the nearest second.

5.03.06 Riders finishing in a group will all be credited with the same time as the leader of the group.

5.03.07 The Finish Judge in consultation with the Timekeeper will define different groups, with time gaps determined in one-second gaps.

5.03.08 The rider leading this classification must wear the individual classification leader's jersey.

5.03.09 In the case of a dead heat in general classification fractions of a second registered by the timekeeper during all individual time trials and any prologue shall be added back into the total accumulated time to decide the result.

5.03.10 If the result is still a dead heat the tie-breaking sequence will be: the placings of each stage shall be added, the rider with the lowest accumulated number being placed ahead of the other.

5.03.11 As a final separator, the placings on the final stage shall be the decider.

5.04 Team Classification

Refer to UCI Regulation 2.6.016

5.05 General Classification By Points/Sprint Classification

5.05.01 The General Classification by Points (sprint) Classification will be awarded to the rider with the highest aggregate number of points, accumulated from intermediate sprints and stage finishes.

5.05.02 In the event of a tie in the general individual classification by points, the following criteria shall be applied in order until the riders are separated:

1. Number of stage wins;
2. Number of wins in intermediate sprints counting for the general classification on points;
3. General individual classification by time. The rider leading this classification must wear the allocated points / sprint jersey.

5.05.03 Points will be awarded for stage finishes and intermediate sprints as follows:

1. 1st 3 points
2. 2nd 2 points
3. 3rd 1 point

5.05.04 All intermediate sprints are to be listed in the race program.

5.06 General Climbers Classification

5.06.01 The leader of the general climber's classification will be the rider with the highest aggregate number of points, accumulated from classification sprints.

5.06.02 The rider leading this classification must wear the allocated jersey.

5.06.03 Points shall be awarded for designated climbs as follows:

Category 1	10pts	6pts	4pts	2pts	1pt
Category 2	7pts	5pts	3pts	1pt	
Category 3	5pts	3pts	2pts		
Category 4	3pts	2pts	1pt		

5.06.04 All climbers' classification sprints will be categorised according to their severity and are to be listed in the race program.

5.06.05 In the event of a tie in the general individual climbers' classification, the following criteria shall be applied in order until the riders are separated:

1. Number of first places in the highest category climbs;
2. Number of first places on climbs in the next inferior category and so on;
3. General individual classification by time.

5.07 Criterium Classification

5.07.01 A criterium may be included as part of the awarded classifications.

5.07.02 A criterium classification may be conducted with all criteriums held during a stage race.

5.07.03 The rider with the most accumulated points after the completion of all the criterium shall be the criterium champion. Points shall be awarded as follows:

1st	10pts
2nd	9pts
3rd	8pts
4th	7pts
5th	6pts
6th	5pts
7th	4pts
8th	3pts
9th	2pts
10th	1pt

5.07.04 The rider leading this classification must wear the criterium leader's jersey.

5.07.05 Should more than one rider finish on equal points the classification will be awarded to the rider with the most wins, if still equal then most seconds, if the riders are still equal then the result in the final sprint of the last Criterium shall decide.

5.08 Multiple Jerseys

5.08.01 In the event of one rider holding more than one jersey the next highest ranked rider in the competition will wear the jersey.

- General Classification by time
- General Classification by points
- General Climbers Classification
- Others at the organisers discretion

5.09 Time Bonuses

5.09.01 Calculating the times for individual classification - The following time bonuses will be deducted from the general classification following each stage, excluding time trials and the prologue.

Stage Finishers	1st – 10 sec	2nd – 6 sec	3rd – 4 sec
Half Stage Finishers	1st – 6 sec	2nd – 4 sec	3rd – 2 sec
Intermediate Sprints	1st – 3 sec	2nd – 2 sec	3rd – 1 sec
Mountain Champion (All Categories	1st – 3 sec	2nd – 2 sec	3rd – 1 sec

5.10 Prizes

5.10.01 Competitors shall not be eligible to take prizes unless they complete the race.

5.10.02 If the standard of riding on any stage is not up to the expectations of the event management and the PCP, they reserve the right to reduce the stage prizes by up to 50%.

5.11 Control Flags

5.11.01 The control flags which are recommended to be used in races are:

- **Red Flag**: to mark any danger points or neutralisation, conduct the barrage when required. Riders and team/neutral vehicles must slow or stop as directed by the Commissaries/officials.
- **Yellow Flag**: to denote 100m to the intermediate and mountain champion sprints.
- **White Flag:** to denote intermediate and Mountain Champion sprints.
- **Black and White chequered flag:** to denote stage finishes.
- **Green flag**: to conduct the barrage in conjunction with the red flag.

5.12 Time Trial Regulations

5.12.01 The starting order shall be in the inverse order of individual general classification. The start shall be at 1-minute intervals. However, that interval may be increased between the higher placed riders (e.g., the first 10 riders on individual general classification).

5.12.02 Should the inverse order of individual general classification cause two riders of the same team/club to be placed consecutively, their starting order will be revised and may be split.

5.12.03 The time of any rider reporting late to the start shall be calculated from their scheduled starting time. In the case of a rider starting before the final countdown signal a 10-second penalty shall be applied to the rider's time.

5.12.04 If one rider is caught by another, they may neither lead nor follow in the slipstream of the rider caught. A rider upon catching up with another rider shall leave a lateral gap of at least two metres between themselves and the other rider.

5.12.05 After one kilometre, the rider caught shall ride at least 25m away from the other. If necessary, the Commissaire shall instruct riders to leave the two-metre lateral gap and the distance of 25m respectively notwithstanding the penalties as provided for. Riders may not assist one another.

5.12.06 Each rider may be permitted to have a support vehicle. However, each vehicle must have no more than three occupants on board (driver, coach, mechanic), all of whom must be registered with AusCycling/UCI.

5.12.07 All occupants, especially the driver shall come under the control of the PCP and must obey directions from all Commissaires.

5.12.08 The support vehicle may follow at least 25m behind the rider, never overtaking or drawing level. In the case of a breakdown, service may be rendered only with the rider and the vehicle stationary on the left side of the road. The following vehicle shall not hinder any other riders or their support vehicle.

5.12.09 The support vehicle of the rider about to be caught shall, as soon as the distance between the two riders drops below 100m, drop back behind the vehicle of the other rider.

5.12.10 The vehicle of the other rider who catches up with another may not take up position between riders until they are at least 50m apart. Should the gap subsequently be reduced, the vehicle shall drop back behind the second rider.

5.12.11 The support vehicles may carry equipment necessary to effect changing of wheels or cycles.

5.12.12 No equipment for the riders may be prepared or held outside the support vehicles; persons riding in the vehicles shall not reach or lean out.

5.12.13 Megaphones or loud hailers may be used.

5.13 Criterium Stages

5.13.01 The criterium stages will be included in the team's classification.

5.13.02 All competitors must complete the criterium stages.

5.13.03 In the event of a recognised mishap, the affected riders will be allowed one lap to re-join the field, up to five kilometres to go. After five kilometres to go, no free laps will be given.

5.13.04 A rider who is granted a free lap must return to the race in the position held at the time the mishap occurred. A rider who was in a group shall return to the same position the next time around.

5.13.05 In the event of a fall, a rider will be allowed such time as determined by the PCP to re-join the field.

5.13.06 If a fall occurs with five kilometres or less of the race to go, the rider will be withdrawn and credited with the time of the largest group, unless they decide to chase at their own risk.

5.13.07 Lapped riders will be debited with time equivalent of average lap time for each lap lost.

5.13.08 In the event of two or more riders lapping the field will sprint for the minor placings at three laps to go and the lapped riders must vacate the circuit to allow the leading riders to contest the finish unimpeded.

5.13.09 If a lone rider laps the field, they will automatically win the race at the bell (one lap to go). Lapped riders can not affect the result of the race.

5.14 Team Managers

5.14.01 A Team Manager, who is a member of AusCycling/UCI shall head each team.

5.14.02 The team manager shall ensure that the regulations be applied by the staff and riders of that team, setting the example in this respect, and shall respond promptly when requested by the PCP or event management.

5.14.03 Team vehicles shall be driven on the left side of the road and in the order as set by these regulations.

5.14.04 During the race, the team vehicles shall take up position in the convoy behind the PCP's car or of the Commissaire designated. Team managers shall under all circumstances comply with the Commissaire instructions.

5.14.05 Any team manager or driver wishing to overtake the relevant Commissaire vehicle and must seek permission by driving beside the Commissaire and asking permission. They shall state their intention and proceed only when granted official permission.

5.14.06 Only one vehicle at a time shall be allowed to merge with the bunch regardless of the size of the bunch.

5.14.07 No equipment may be held ready outside a vehicle. Persons riding in vehicles may not reach or lean out and assist any competitor for any reason whatsoever. No vehicle may overtake the riders in the last 10km unless authorised by the Commissaires.

5.14.08 Whatever the position of a rider in the race, mechanical or medical assistance shall be permitted only at the rear of the bunch and to receive such assistance they shall remain stationary. The greasing of chains, adjusting seat heights or gear derailleurs from a moving vehicle shall be forbidden.

5.14.09 If a group of riders breaks away from the bunch, their support vehicles may not slip in between the break-away riders and the following group without the authorisation of the Commissaire, if and for as long as the Commissaire considers the gap sufficient.

5.14.10 If a neutral service motorcycle is provided, the motorcycle may only carry spare wheels as received from the team manager.

5.15 Medical Service

5.15.01 Medical care during the race shall, from the time the riders enter the sign on area at the start of the race until they leave the presentations at the finish of the stage, be provided exclusively by the official doctor or medical personnel appointed by the event management.

5.15.02 It shall be clearly understood that where medical treatment to be administered is of any consequence or required during hill or mountain climbs the race doctor and rider shall remain stationary during treatment.

5.15.03 The medical personnel responsible for the first aid vehicle and its occupants shall not tolerate any assistance being rendered to the rider's undergoing treatment which may help them to remain in or return to the bunch (towing, motor pacing etc).

5.16 The Rights and Obligations of The Riders

5.16.01 Riders may receive breakdown services from their own team technical staff vehicle, from neutral service vehicles or from the sag wagon.

5.16.02 All riders may render each other such minor services as lending or exchanging food, drink, spanners or accessories.

5.16.03 The pushing or pulling of one rider by another shall in all cases be forbidden.

5.16.04 Riders may whilst riding, dispose of their waterproof capes, over-garments, etc by handing them into their team vehicle.

5.16.05 When the finish is on a circuit, riders may help one another where permitted only if they have covered the same distance in the stage.

5.17 Team Behaviour

5.17.01 Collusion between riders of different teams shall be forbidden.

5.17.02 Anyone perpetrating an act of violence, proffering insults or threats, demonstrating or otherwise behaving in any way designed to delay the finish of the race shall be penalised according to AusCycling/UCI Scale of Penalties.

5.17.03 Riders and team members shall abide by the discipline and rules as per the AusCycling Technical Regulations, AusCycling Policies.

5.18 Feeding

5.18.01 Riders may receive food only in areas set aside for that purpose.

5.18.02 Feeding areas shall be advised and be of sufficient length to allow feeding operations to proceed smoothly.

5.18.03 Feeding shall be affected on foot by the staff accompanying the team only.

5.18.04 Feeders shall stand at a maximum of one meter from the side of the road. They shall be positioned on one side of the road only.

5.18.05 Each feeding zone should be accompanied by a zone for waste situated just before and just after the feeding zone where riders can get rid of their waste.

5.18.06 The Commissaires' Panel may authorise the provision of additional drinks during the race.

5.18.07 Riders shall drop back to level with their team manager's vehicle or neutral spares and they shall supply them with refreshments from their vehicle, which shall retain its position behind the PCP or other Commissaire vehicles and in no case in or behind the bunch.

5.18.08 If a group of 15 riders or less has broken away from the bunch, refreshments may be supplied to the rear of that group, by permission of the Commissaire with that group.

5.18.09 There shall be no refreshments on hill climbs and descents, or during the first 30km and the final 20km of a stage.

5.18.10 The PCP may reduce this distance mentioned above, depending on atmospheric conditions and the category, type and length of the stage.

5.18.11 Such a decision must be communicated to all team managers and riders before the start of the stage.

5.19 Procedure At Level Crossings

5.19.01 It is strictly forbidden to cross level crossings when the barrier is down or closing, while the warning lights or bells are operating. Apart from risking the penalty of such an offence as provided by law, offending riders shall be sanctioned.

5.19.02 Where one or more riders who have broken away from the field are held up at a level crossing, but where the gates open before the bunch catches up no action shall be taken. The closed level crossing shall be considered as a mere race incident.

5.19.03 Where one or more riders with 30 seconds or more advantage on the field are held up at a level crossing and the rest of the field catches up while the gates are still closed, the race shall be neutralized and restarted with the same gaps, once the officials' vehicles preceding the race have passed.

5.19.04 If the advance is less than 30 seconds the closed level crossing gates shall be considered a mere passing incident.

5.19.05 If one or more leading riders make it over the level crossing before the gates shut and the remainder of the riders is held up, no action will be taken and the closed level crossing shall be considered a passing incident.

5.19.06 if a group of riders is split into two groups following the closure of a level crossing, the first group will be slowed down or stopped in order to allow the delayed riders to return to the first group.

5.19.07 Any other situation (prolonged closure of the barrier, obstacles on route etc) shall be resolved by the Commissaires.

5.20 Penalties

5.20.01 Any penalties or fines applied to teams for any misconduct of support personnel will be determined by the Commissaires' Panel as per AusCycling/UCI scale of penalty rules and regulations.

SECTION 6

Annexure 1

6.00 Time Trial Penalties

Time Penalties Chart

Table of Time Penalties in Road Time Trial Races

Distance in Metres	Speed in km/h																														
	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
50	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	3	3	3
100	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	2	3	3	3	3	3	3	4	4	4	4	5	5
150	1	1	1	1	1	2	2	2	2	2	3	3	3	3	3	3	4	4	4	4	4	4	5	5	5	5	5	5	5	6	6
200	2	2	2	2	2	2	3	3	3	3	3	4	4	4	4	4	5	5	5	5	5	5	6	6	6	6	6	6	7	7	7
250	2	2	2	2	3	3	3	3	4	4	4	4	4	4	5	5	5	5	5	6	6	6	6	7	7	7	7	8	8	8	9
300	2	2	3	3	3	3	4	4	4	4	4	5	5	5	6	6	6	7	7	7	7	8	8	8	9	9	9	1	10	11	12
350	3	3	3	3	3	4	4	4	5	5	5	5	6	6	6	7	7	7	7	8	8	8	9	9	10	11	11	12	13	14	15
400	3	3	3	3	4	4	4	5	5	5	5	6	6	7	7	8	8	9	9	9	10	10	11	12	13	14	15	16	17	18	19
450	4	4	4	4	5	5	5	6	6	6	6	7	7	8	8	9	10	11	11	12	12	13	14	15	16	17	18	19	20	22	23
500	4	4	4	5	5	5	6	6	7	7	7	8	8	9	9	10	11	12	12	13	14	15	16	17	18	20	21	22	24	26	28
550	5	5	5	6	6	6	7	7	8	8	8	9	10	10	11	12	13	14	15	16	16	17	18	20	22	24	26	27	29	31	33
600	5	5	6	6	7	7	8	8	9	9	10	11	11	12	12	13	14	15	16	17	19	20	21	23	25	27	29	31	33	35	38
650	6	6	6	7	7	7	8	8	9	10	11	12	12	13	14	15	16	17	18	20	22	23	25	27	29	31	33	35	37	40	43
700	6	6	7	7	8	8	9	9	10	12	13	14	15	15	17	18	19	20	21	23	25	27	29	31	33	36	38	40	42	46	49
750	6	7	7	8	8	8	9	10	11	13	14	15	16	17	18	20	21	22	24	26	28	30	32	35	37	40	42	44	47	50	55
800	7	7	7	8	9	9	10	11	12	14	15	16	17	19	21	23	24	25	27	29	31	33	36	39	42	45	47	49	52	56	61
850	7	7	8	9	9	10	11	13	14	15	17	18	19	21	23	25	27	29	31	33	35	37	40	43	47	50	53	56	59	62	68
	7	8	9	10	11	12	13	14	15	17	19	20	22	24	26	28	30	32	34	36	39	42	45	48	51	55	58	61	65	69	75
950	8	9	10	11	12	13	14	15	17	19	21	23	25	27	29	31	33	35	37	39	42	45	48	51	55	60	64	67	71	75	82
1000	8	9	11	12	13	14	15	17	19	21	23	25	27	29	31	34	36	38	40	43	46	49	52	56	60	64	68	72	77	82	90