

Ahmedabad Bicycle Championships

Rules and Regulations

GENERAL RULES AND REGULATIONS

These rules applicable to all cycling disciplines and races organized by ABCh, unless specifically excluded. In case of conflict, a more specific rule in a discipline-specific chapter supersedes a general rule.

An entrant in an event organized by ABCh shall be subject to these rules from the time the bib number is collected to the completion of the event, including the last awarding of prizes.

The purpose of these Rules is to allow participants and officials to take part in bicycle racing which is safe and enjoyable.

1A. DEFINITIONS

Ban: is a penalty imposed on a rider / team making them ineligible to participate in any race (which include races held in HCCC, TCC, Bangalore, Pune, Delhi or any other races) organized by the respective city based clubs for the whole season.

Category: An Ability/Skill based designation of riders.

Class: Rider classification based on age or gender

Disqualification: is a penalty that causes a rider or team to lose placing in a race and to be ineligible for any subsequent heats in the race.

False Start : A rider moving forward or crossing the start line or gate before the start command is given.

A **Hearing** is a formal request for review by a hearing panel of a suspension or qualification to race.

A **mishap** is a crash or a mechanical accident

A **Protest** is a formal request by a rider or team manager to have a race official review a decision or oversight.

The **Race Director** of a race is the person named / announced for a race event / complete season. This person is responsible to ABCh for the proper organization of the race event.

The **prize list** for a race consists of all prizes announced by the Race Director.

Race entry is the process of paying a fee and making a commitment to compete.

A **race event** is one or more races covered by a single race permit and is not necessarily limited to a single day.

Racer: Is a competitor who has registered for a ABCh event and is participating in that event.

Race registration is the process (conducted on-line, pre race) of submitting your personal details, agreeing to an indemnity and having a race number assigned.

Suspension is a penalty imposed on a rider, Team or both making them ineligible to participate in subsequent races in a season in ABCh. When a suspension is invoked, the rider / team will be relegated.

Time trial (or Team Time Trial): A time trial competition involves individuals or teams who race against the clock.

2. OFFICIALS OF ABCH

All officials will be from the Ahmedabad Bikers Community / Bangalore Bikers Community. Race Officials will be announced prior to the start of each race.

All officials shall endeavour to uphold and enforce the regulations of ABCh and shall do so in an impartial manner.

2A. RACE REFEREE

- The Race Referee supervises the general sporting aspect of each race. The Race Referee is empowered to interpret and enforce the rules of ABCh and to make a ruling on any point that is not specifically covered in the rules.
- The Race Referee may neutralize, shorten, suspend, or cancel any race if dangerous conditions or hazardous weather or any other “force majeure” arises.
- The Race Referee has the power to penalize or recommend suspension of any licensee who refuses to obey instructions of officials or who commits other offenses.
- The Race Referee shall invoke penalties for infractions of the rules except suspension. A decision of the Race Referee under the racing rules is final, subject only to the hearing of a protest.
- The Race Referee will assign duties for each event to the other officials and may delegate authority to them.
- The Race Referee is in charge of the overall results process at a race. This includes determining the finish order of the race, finish times of the riders as appropriate for the discipline, number of laps completed, any mid-race competitions, and any additional rankings of the riders, if applicable.
- Protests may be made to the Race Referee concerning preliminary postings of results, but the decision of the Race Referee on finish order and time is final.
- The Race Referee may, from time to time, delegate responsibilities to an alternate individual.

2B. RACE MARSHALLS

Race Marshalls shall act in an advisory capacity to the Race Referee. They shall position themselves so as to best observe any infractions of the rules, watch closely, and report to the race referee at the end of the race. They shall call all rule violations whether or not a protest is received.

2C. STARTER

- It is the Starter's responsibility to see that riders are called at the appropriate time (15mins before the race start) and to inform them of the distance they will ride and of any special rules governing the race. If the finish line is at a different place than the start, the riders must be informed of its exact location.
- The Starter should ensure that riders reporting to the starting line are properly attired (Helmets are compulsory) and that their numbers are in good condition and properly placed. The Starter shall not permit riders to start whose uniforms or equipment do not conform to the rules.
- The Starter shall alert other interested officials when the race is about to begin, shall judge whether there has been a valid start, and shall stop the race when called for by the rules.

2D. TIME KEEPERS

- Time keepers will use automated timing devices to record each riders timing.
- Time keepers will ensure that the recording devices are reset and in working order before the race start.
- Time Keepers are in charge of the overall results process at a race. This includes determining the finish order of the race, finish times of the riders as appropriate for the discipline, number of laps completed, any mid-race competitions.

- As a minimum, Time Keepers will announce the Top 3 winners in each Category at the race venue and the remaining competitors timings will be posted online.
- Protests may be made to the Time Keepers in presence of the Race Referee concerning preliminary postings of results, but the decision of the Time Keeper on finish order and time is final.
- Time Keepers work with the Registrar to develop the start list, the Starter to ensure that there is a record of which riders start, and the Race Referee to be certain that the results reflect any penalties assessed by the Race Referee.

3. RIDER CATEGORIES

The following rider categories are applicable for the 2014 racing season;

- Men (18-45)
- Women (18-40)
- Men (45 years and above)
- Women (40 years and above)

3B. MIXING OF CLASSES, CATEGORIES AND GENDERS

- **Masters (45 & above for men , 40 & above for women)** may compete in the Open category however any points won in the Open category will not contribute to their Masters points total
- **Under-18** will not be allowed to race
- **Women** may enter any men's race for which they are eligible by age, category and any performance requirements

3C. INDIVIDUAL POINTS CLASSIFICATION

Points awarded for each race will depend on the number of starters in the event in each category. The below points system is applicable to all the categories. Points will be assigned after each race and will accumulate for the season to decide the individual champion for that season.

ABCh 2014	Points	System	
Placing	Number of Starters		
	0-14	15-39	40+
1	15	20	30
2	12	17	26
3	10	15	23
4	9	14	21
5	8	13	20

6	7	12	19
7	6	11	18
8	5	10	17
9	4	9	16
10	3	8	15
11		7	14
12		6	13
13		5	12
14		4	11
15		3	10
16			9
17			8
18			7
19			6
20			5
21			4
22			3

4. TEAMS

A maximum of 4 riders from a single team shall compete in all the categories.

4a. TEAM POINTS

For each race, team points will be compiled based on the following;

Points earned by the first three team members in all the Categories

5A. ENTRY IN RACES

Registration for all ABCh races shall be handled on-line. **Registrations for each race shall close on Friday midnight, on the same weekend as the race.**

5B. ACCEPTANCE OF RISK

- All those riders who compete in any of the events authorized under these rules do so at their own risk, and no liability shall attach to ABCh or any of its officials with respect to any loss or injury sustained or caused by anyone competing in events.
- During on-line registration, the rider is required to agree to terms and conditions set out in the Indemnity Form. Indemnity Forms will also be available on race day for those unable to register on-line.
- By competing in a race conducted by ABCh, a rider, or a parent or legal guardian who permits a minor rider to compete, acknowledges understanding and acceptance of the regulations covering the event and agreement to the terms and conditions and those terms shall be binding even when no proper entry form has been signed and submitted for a rider.

5C. MAXIMUM RACE FIELD

The maximum field for a road event that includes shall be 120.

Entries shall be accepted in order of receipt by the Race Director, up to the field limit, and subsequent entries shall be returned.

5D. MINIMUM RACE FIELD

If the number of entries for a given race is less than the minimum field size stated in the race announcement at the close of entries or within 30 minutes of the starting time, whichever is earlier, the Race Director may optionally decide to combine categories together. If no minimum field size was given in the official race announcement, "one" shall be assumed for time trials and "four" for other events.

5E. PODIUM PLACES

The number of podium places will depend on the number of riders in each category, as follows;

1-4 riders: One podium position - 1st place

5-9 riders: Two podium positions - 1st and 2nd place

>10 riders: Three podium positions - 1st, 2nd and 3rd place

5F. PRIZES

- The complete Prize list, with values for each place, shall be available to competitors on the day of the event. Prize evaluations shall be based on the retail prices.
- **No Disincentives.** No prizes or primes of value greater than the last place prize may be offered for poor performance, such as a prize for the last rider across the finish line.
- Individual prizes may not exceed a Rs15,000 value.

6A. BICYCLES

Bicycles used in competition must be propelled solely by the rider's legs and shall have the following characteristics:

1. **Dimensions.** Bicycles may be no more than 2 meters long and 75 cm wide, except that tandems may be up to 3 meters long
2. There may be **no protective shield**, fairing, or other device on any part of the bicycle, which has the effect of reducing air resistance except that spoke covers may be used.
3. **Wheels** may be made with spokes or solid construction. No wheel may contain special mechanisms to store and release energy
4. The **handlebar** ends shall be solidly plugged and attachments thereto shall be fashioned in such a way as to minimize danger without impairing steering. In road, track, or cyclo-cross races, handlebars with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands are permitted only in time trial and pursuit events (not in Team Sprint); however, attachments that point upward on the brakehoods of road bicycles are allowed if the distance between them is greater than 25 cm (9.8 inches).
5. Bicycles commonly known as **recumbent** may not be raced in ABCh races unless there is a separate race for this category of bicycle, and then may be used only in that category.
6. A **massed-start bicycle** is a road or track bicycle that is legal in all events within the road or track discipline, rather than a bicycle that is restricted to particular events. Handlebars for massed-start bicycles may not have forearm supports nor handlebar extensions or attachments that point forward.
7. Time trial events may restrict the competitors to mass-start bicycles in one or more classes, provided that the restriction is stated in the race announcement and technical guide.
8. A **Single Speed** is any type of bicycle possessing only one rear cog and only one front chainring and with no means of altering the gear ratio in any way during the race.

Riders are responsible for their selection of competition equipment and for taking reasonable precautions to ensure that its condition is adequate and safe for use in competition.

1. To maintain compliance with these regulations, the equipment and uniform of one or more riders may be examined at any time to discover the use of items which are not allowed or which are obviously improperly adjusted, insecurely fastened, or which may present a danger to the rider(s). The Race Referee shall prohibit the use of any such items discovered during the examination. Such examinations are conducted at the discretion of the Race Referee. An examination of every rider's equipment is not required.
2. ABCh and any Race Referee and their respective agents, officials, employees and volunteers, shall not be liable for any damages or injuries arising from or connected in any way with the condition or adequacy of any rider's competition equipment or uniform, regardless of whether or not such competition equipment or uniform was examined or was not determined to be in violation of the rules.

6B. RIDER'S UNIFORM

1. **Helmets.** At all times when participating in an event held under a ABCh, any rider on a bicycle or motorcycle shall wear a protective, securely fastened helmet. "Participating in an event" means riding a bicycle in the vicinity of a race at any time between the beginning of registration and the last awarding of prizes, but does not apply to riding rollers or stationary trainers in order to warm up.

2. For MTB **downhill and 4X events**, a full-face helmet is mandatory.
3. For all MTB gravity events, additional padding is strongly recommended. Examples: body armor, elbow and kneepads and full finger gloves
4. **Jerseys** must be worn in all races and shall cover the shoulders. No additional equipment, whether worn over or under a rider's uniform, which has the effect of reducing wind resistance is permitted, except in the case of inclement weather, additional covering designed solely to protect against precipitation or cold may be worn. However, shoe covers are permitted in any conditions.

6C. RACE NUMBERS (BIBS)

1. Racing bib numbers are provided by the Race Committee on race day.
2. Riders shall place their numbers as prescribed by the Race Director or officials and in such a way that visible when the rider is in a racing position. Numbers may not be folded, trimmed, or otherwise defaced.
3. Additional bib numbers (helmet stickers, seatpost numbers etc) may be provided and will need to be placed as prescribed by the Race Director.

7A. CONDUCT

1. No rider shall benefit from his or her misconduct. Misconduct on the part of a team member or support person may result in penalties to any member of the team.
2. **General Misconduct:** The following offenses may be punished by disqualification, suspension or lesser penalties:
 1. Acts of theft, fraud, dishonesty, or grossly unsportsmanlike conduct in conjunction with a sporting event;
 2. Offering, conspiring, or attempting to cause any race to result otherwise than on its merits.
3. **Identity Fraud:** No licensee may enter a race under an assumed name nor conspire to allow another rider to enter a race under an assumed name. This includes fraudulent use of another rider's license or racing number.
4. **Rules and Course:** It is the rider's responsibility to familiarize themselves with the rules of the event and the race course before the start of the race. Riders may not take any other route or short cut. *The fact that tape or barriers may have moved or fallen shall not stay the responsibility of the rider to stay on the designated route.*
5. **Withdrawal.** Riders must immediately follow a Referee's order to withdraw from the race.
6. **Abuse:**
 1. No rider may be disrespectful toward anyone at a race.
 2. No rider may use foul or abusive language or conduct during a race event.
 3. No rider may assault (an unlawful attempt, coupled with the present ability, to commit a violent injury on the person of another) or do battery (any willful and unlawful use of force or violence upon the person of another) to anyone connected with any event held under the ABCh.
 4. Violent assault and/or battery by a rider against another rider or a race official at a ABCh event shall be subject to a lifetime ban from further ABCh events.
7. No rider may make an **abrupt motion** so as to interfere with the forward progress of another rider, either intentionally or by accident.

8. **Dangerous Rider.** Any rider who appears to present a danger to the other competitors may be disqualified by the Race Referee, either before, during, or after a race.
9. **Pushing or pulling** among riders is prohibited in all races. No rider may hold back or pull an opponent by any part of his or her clothing, equipment or body.
10. Competitors may make no progress unaccompanied by a bicycle. In the case of a crash, they may run with their bicycles to the finish line, staying on the course.
11. A racer may be penalized for causing a crash or spill through inadequate tightening or adjustment of a bicycle component, including gluing of tires.
12. **Non-Competitor on Course.** A rider may not be on the track or course during a race for which he has not entered and registered, or from which he has withdrawn or been directed to withdraw.
13. No person with official responsibilities at a race (including, but not limited to, race officials, marshals, race directors, timing or results companies, and race announcers) shall consume alcoholic beverages or other intoxicants while races are in progress and any such person who appears to be under the influence of alcohol or other intoxicating substances shall be promptly relieved of responsibilities.
14. No person with official responsibilities at a race (including, but not limited to, race officials, race announcers, marshals, timing or results companies, or Race Directors) may lay a wager on the outcome of the race they are participating in.
15. Recommended penalties for first and second offenses under normal circumstances are listed in Appendix 1 of these Rules and Regulations

7B. PROTESTS AND HEARINGS

Procedure. Protests may be made verbally to the Race Referee on the day of the race. All other protests must be in writing, submitted directly to ABCh via email (council@ABCh.in). Protests must be made within the following time limits:

1. A protest of foul riding or any other irregularity taking place during the race must be made within 15 minutes after the protestor's finish time.
2. A protest regarding the final results must be made within 15 minutes after the announcement of results in order for riders to be eligible for prizes.
3. For any protests made after the awards ceremony, any rider's right to prizes is waived.
4. Protests regarding the qualification of riders or bicycles or the regularity of entries or classifications to be made prior to the start of the race

Once the results have been finalized onsite and the awards have been given out, any further results protests may be submitted directly to ABCh via email (race@abcl.org.in), who will consider them at its discretion. Any such results protests must be submitted at the latest 3 days after the results are published on-line on the ABCh website.

All protests, other than those regarding results and placings, shall be heard and decided either by the Race Referee or by a jury composed of an odd number of race officials that includes the Race Referee.

Road Racing: Rules & Regulations

Road Course

- A road course may be from place to place, around a circuit, out and back, or any combination of these. The course shall not cross itself; there must be no chance that riders may have to cut through other groups of riders.
- The **Race Director** shall endeavor to establish police and marshal facilities to help ensure the safety of the riders, and that preparations have been made for crowd control at the finish. If these conditions are not met, the Race Referee may delay or cancel the race.
- Any change in route shall be decided jointly by the Race Referee and the Race Director. Once adopted, such a decision shall be immediately transmitted to all riders and Team Managers.
- Should some or all riders head off in the wrong direction, the Race Director's staff shall do all in their power to redirect such riders back to the correct route at the point at which they left it, but they shall not be held responsible for routing errors by riders. Should such riders be in the lead, but the redirecting back to the correct route cancels that lead, no account may be taken of that loss as all riders are expected to know the route to be followed and shall bear full responsibility for any such incidents.

Riding Conduct

- **Centre Line.** If a course is not closed to traffic, all competitors must keep to the left of the road centre line or enforcement line.
- **Rules of the Road.** Riders shall, of their own responsibility, conform to all traffic regulations in force in the area where the race is held.
- **Road Closure.** It is forbidden to cross a closed railroad crossing or any other road closure. The following rules apply to railroad crossings and other closures:
 1. If one or more riders who have broken away from the field are held up at a railroad crossing and the gates open before the field catches up, then no action shall be taken and the closed crossing shall be considered a mere race incident.
 2. If one or more riders with more than 30 seconds lead on the field are held up at a railroad crossing and the rest of the field catches up while the gates are still closed, then in this case the race shall be neutralized and restarted with the same gaps, once the official vehicles preceding the race have passed. If the lead is less than 30 seconds, the closed crossing shall be considered a mere race incident.
 3. If one or more leading riders make it over the crossing before the gates shut and the remainder of the riders are held up, no action shall be taken and the closed crossing shall be considered a race incident.
 4. Any other situation (e.g., prolonged closure, etc.) shall be resolved by the officials on a case by case basis
- The responsibility of **keeping on the prescribed course** rests with the rider. A rider may not leave the prescribed course unless ordered to do so by public authorities or a race official.
- **Taking pace** or assistance from any outside means is forbidden, including holding on to a motor vehicle or taking pace from riders in a different race that is concurrently on the same course.
- Competitors who suffer a **mishap** may be assisted in remounting and may be pushed up to 10 meters.
- Riders are permitted to start with **feeding bottles** or such refreshments as they wish to carry, but glass containers are strictly prohibited.

- **Support.** When not otherwise prohibited, competitors may exchange food and drink among themselves. Tires, tools, pumps, wheels may also be exchanged among competitors, however a rider may not sacrifice himself for another rider unless on the same team.
- **Feeding.** The passing of food or refreshments to competitors shall be at the discretion of the Race Referee. Riders may not discard materials that are not biodegradable; they may pass or throw such material to support personnel in places far from any bystanders.

Incidents

Should an incident or accident occur that interferes with the proper conduct of the race, the officials may decide to take any of the following actions:

1. Temporarily neutralize the race;
2. Restart the race, beginning with sign-in; or,
3. Reroute or shorten the stage; or,
4. Cancel the stage and any results of that stage.

Following Cars

- Team cars and neutral service vehicles should be 1.6 meters in height or less, with windows that are not opaque. If non-complying vehicles are allowed in the caravan, the Chief Referee may change their position based on vehicle characteristics.
- Drivers of support vehicles shall keep to the left of the road and shall follow the rules of the road. Should a support vehicle need to stop, it shall always pull off the road on the right side.
- Riders may be assisted only at the rear of the group, regardless of the rider's position in the race. No rider may be assisted at the front of a group.
- In the case of a breakaway, a support vehicle may drop in between the breakaway riders and the main group only with the permission of a referee.

Feeding

- Riders may be supplied with food or drink in either of two ways, as planned jointly by Race Committee:
 1. In specified feed zones by hand-ups from the Race Director's staff or the rider's support staff;
 2. From support vehicles during the race.
- Feeding will normally begin 50 km from the start. Feeding shall be authorized thereafter except for the last 20 km.
- The above may be modified by the Race Referee depending on the nature of the course and the weather.
- When a referee grants permission to feed from cars, the procedure is for riders to slowly move to a position even with their team car to receive food and drink. The team car must be positioned at the rear of the race group to feed. No supplies may be sought or provided from a vehicle during a hill climb or on dangerous bends or descents.
- Any riders accepting food or drink from spectators, provided that this is not an organized service, shall do so at their own risk.

Race Finish.

In the case of a **group finish**, the Chief Judge shall attempt to place as many riders as possible and those who follow shall be placed equal up to the point where individual riders can again be identified.

A rider who suffers a mishap in the last kilometer of a road race shall be given the same finish time as the riders he was with at the time of the mishap, provided that the mishap was observed or otherwise verified by a race official. The rider shall be given his actual place across the finish line, or last in the stage if he is unable to cross the line.

This rule shall not apply in cases of a hill climb finish. The Race Commission shall determine the applicability of this rule to particular stages and circumstances.

Riders must normally finish the race within a time limit equal to the winner's time plus a percentage, as specified in the race regulations. However, if the number of riders beyond this time cut exceeds 20% of those who started the stage, then the time cut may be extended if so decided by the Race Referee after consultation with the Race Director.

All riders finishing within the revised deadline shall qualify for Championship points.

Extended race times due to unanticipated extreme circumstances will be decided by the race referee.

Individual Time Trial: Rules & Regulations

Road bicycles and time trial bikes shall be used. Bicycles with a front hand brake and fixed wheel may also be used.

Course:

Courses may be out-and-back, around a circuit, or one way. Only out-and-back and circuit courses may be used for record purposes.

Start:

Starting times shall be at equal intervals.

Starting order may be chosen by random selection, by numeric order, or by seeding (normally fastest last).

1. Each rider shall report to the starter at least three minutes before his scheduled starting time and shall start at the scheduled time.
2. The rider shall be held at the start, but shall neither be restrained nor pushed.
3. No restarts are permitted for any reason.

Rider Conduct:

1. On an out-and-back course, riders shall stay to the left of the centerline or enforcement line at all times.
2. No group of riders shall set up a pace-line for the benefit of all riders in that group.
3. No rider shall take pace behind another rider closer than 25 meters (80 feet) ahead or 2 meters (7 feet) to the side.
4. No two riders may ride abreast other than when attempting to pass and such attempts shall not be maintained beyond a distance of 500 meters. If the pass is not made cleanly within 500 meters, the caught rider must drop back to a distance 25 meters behind the rider who caught him.

Support Vehicles:

Rules governing support vehicles in an Individual Time Trial are as follows:

1. Support vehicles must be authorized by the Race Referee to be on the course.
2. Each rider may be followed by a motor vehicle. The vehicle may carry spare wheels, repair materials, and bicycles ready for use in case of a mishap.
3. A bullhorn may be used to communicate with the rider. Support vehicles shall at all times remain at least 10 meters behind the rider, except when the rider has a foot on the ground.
4. A support vehicle may not take a position between two riders unless there is a distance of at least 75 meters between them. Should this distance diminish, the vehicle supporting the leading rider shall immediately drop back behind the follower.
5. No attendant may lean or hold any piece of replacement equipment out of a vehicle.
6. No rider may be handed supplies during a time trial, whether from a support vehicle or not.

Team Time Trial: Rules & Regulations

Teams may be made up of a minimum of two riders and a maximum of four riders at the start of the race.

Team times will be based on the following;

- a. If 4 riders start, the time will be based on the third rider at the finish
- b. If 3 riders start, the time will be based on the second rider at the finish
- c. If 2 riders start, the time will be based on the second rider at the finish

Women, Masters and under-18 teams must include only riders from those individual categories, however, any of these riders can ride in Open category teams.

There will be no championship points earned by the individual riders. Teams with more than four riders can submit a second (and third) team to race the TTT.

Team points will be assigned as follows;

ABCh 2014	Team	Points	System
Number of Teams			
Placing	0-4	5-9	10+
1	25	40	60
2	15	30	50
3	5	20	45

4		10	40
5			35
6			30
7			25
8			20
9			15
10			10

Course:

1. Courses may be out-and-back, around a circuit, or one way. Only out-and-back or circuit courses may be used for record purposes.
2. The turnaround point for an out-and-back course should be at a place where the roadway is sufficiently wide to permit the riders and any following vehicles to turn smoothly.

Start:

The **starting interval** between teams will normally be at least two minutes, but may be increased according to the course.

Starting order may be chosen by random selection, by numeric order, or by seeding (fastest last).

1. Each team shall report to the starter at least three minutes before their scheduled starting time and shall start at the scheduled time.
2. The riders from each team shall line up side by side at the start. All riders must start with one foot on the ground. All teams must start in the same manner.
3. No restarts shall be permitted for any reason.

Rider Conduct:

1. All **pushing** of riders is forbidden, even among teammates.
2. **No team shall take pace** behind another team closer than 25 meters (80 feet) ahead, or 2 meters (7 feet) to the side.
3. The **exchange** of food, drink, minor repair items, help with repairs and exchange of wheels or bicycles shall be permitted solely among members of the same team.

Support Vehicles:

Rules governing support vehicles in a Team Time Trial are as follows:

1. Support vehicles must be authorized by the Race Referee to be on the course.
2. Each team may be followed by a motor vehicle. The vehicle may carry spare wheels, repair materials, and bicycles ready for use in case of a mishap.

3. A bullhorn may be used to communicate with the riders. Support vehicles shall at all times remain at least 10 meters behind the rider, except when the rider has a foot on the ground.
4. A support vehicle may not take a position between two teams unless there is a distance of at least 100 meters between them. Should this distance diminish, the vehicle supporting the leading rider shall immediately drop back behind the follower.
5. No attendant may lean or hold any piece of replacement equipment out of a vehicle.
6. No rider may be handed supplies during a time trial, whether from a support vehicle or not.