IKSA FOOTBIKE COMPETITION RULES

„Fairness should be the key principle when interpreting these rules, for competitors as well as for organizers.“

“We are aware of the current problems by organizers of international footbike race. Still, try to follow the Rules, thank you.“

1 TECHNICAL REQUIREMENTS/ SPECIFICATION

1.1 Athletes race on footbikes that fulfil the following criteria:

- the vehicle touches the ground at exactly two points
- it is not equipped with any kind of a driving mechanism
- has to fulfil the generally valid criteria for safety.

1.2

The athlete has to undertake the whole race with footbike. The footbike can be changed in the case of defect such as broken frame, defunct brakes, flat tyre, etc.

1.3

The protective helmet that applies to the law requirements and safety regulations is mandatory for all athletes, breaking this rule means immediate or subsequent disqualification. Athletes have to wear the helmet properly and for the whole race. We also advise competitors to use gloves.

2 AGE CATEGORIES

2.1

The age limit is based on the year of birth. Only in the category „pupil“, for the race where the traffic is not completely closed, the date of the athlete´s 10th birthday is relevant (see the law of the road traffic)

A. MEN:

- 5 –9 years preparatory and younger (with girls)
- 10 – l2 years – pupil
- 13 – 15 years – cadet
- 16 – 18 years – junior
- 19 – 39 years – senior
- 40 – 49 years – master
- 50 – 59 years – veteran
- 60+ years – superveteran

B. WOMEN:

- 5 – 9 years preparatory and younger (with boys)
- 10 – l2 years – pupil
- 13 – 15 years – cadet
- 16 – 18 years junior
- 19 – 39 years senior
- 40 – 49 years master
- 50 – 59 years veteran
- 60+ years – superveteran

3 THE STRUCTURE OF FOOTBIKE COMPETITIONS

IKSA provides these footbike competitions:

A.

„Eurocup” is an international league footbike competition. Its rules generally and adequately apply to other footbike competitions.

B.

World Championship is an ultimate world uni-phase competition held every other year.

C.

European Championship is an ultimate European uni-phase competition held every other year and never/not colliding with the date of World Championship.

Ad **B, C**) World Championship and European Championship are ideally three day events that consist of three individual races and one team race.

A mandatory race of the World Championship is Long distance. The organizers then adds another races and they can choose from a time trial, criterium, sprint, and in case of a team race, they can choose from classic or American relay or team time trial.

4 CLASSIFICATION OF COMPETITORS

5.1.

How to determine the final standings: The winner o the race with mass start is the athlete who crosses the finish line as the first. The winner of the race with interval start is the athlete with the shortest race time.

Finish line has to be marked in the Finish area and in the case of the race with mass start, the results are based on the finish machinery that is able to take a finish photography in the moment when the winner crosses the finish line. When the race is clocked electronically, the finish line has the form of a fixation strip (cardboard) which fastens the clocking rug to the ground, or any other line stated in the race propositions.

5.2.

False start: is a situation when an athlete starts before the starting signal. False start is sanctioned. This sanction has the form of disqualification of the athlete or the whole team.

5 TRACKS, TYPES OF RACES AND RULES OF PARTICULAR DISCIPLINES

5.1 TRACKS

For women and superveteran categories, the tracks in particular disciplines should be adequately shortened; we recommend approx. 70-80% of the men´s track.

5.2 ROAD RACES – INDIVIDUALS

5.2.1 Long distance

Track: The track runs from point A to point B or there can be several circuits. The race starts with a mass start. Recommended length of one circuit is 4 km, but when the track is wide or permeable enough, it can be shorter. The length of the race for men´s categories is from 25 to 50 km. The maximum length of the long distance for juniors is 30 km. The maximum length of the long distance for women and superveterans is 30 km. Within the framework of national customs, it is possible for Ultraveterans to ride the same long route as men (= start with men).

In the case of short circuits up to 4 km the length of the long distance for men´s categories can be shortened to approx. 20 km; the length of women, cadet, pupil and preparatory categories will be analogically shortened as well.

The lengths of a Long distance in the following age categories are:

- cadet categories 11 – 18 km
- pupil categories 3 – 7 km
- preparatory up to 1,5 km

5.2.2 Criterium (Short race)

Track: The track consists of either one or several circuits, or it runs from point A to point B. The length of the race can be 10 – 15 km for men, for women categories see 6.1.1. The race has a mass start.
The lengths of a Criterium in the following age categories are:

- cadet categories 6 – 8 km
- pupil categories 2 – 4 km
- preparatory up to 1 km

5.2.3 Time trial

Track: Time trial consists of a one circuit or it runs from point A to point B. The recommended length is from 8 to 15 km for men (from time trial “uphill” it is for men at least 4 km). In case that time trial substitutes the long

distance, it has to have the same length as the rules state for the long distance), women categories are shortened accordingly.
Drafting in this type of the race is forbidden.

The lengths of the race in the following age categories are:

- cadet categories 4 – 6 km
- pupil categories 2 – 4 km
- preparatory up to 1 km

Start: For this kind of race the individual start is applied. The races start with intervals at least 30 seconds long.
Grid positions are determined according to the final standings of the previous race or on the basis of world chart in case it is available. We start from the last one to the first one, and from the slowest category to the fastest (pupils, juniors, women,...etc.).

5.2.4 **Sprint**

Track: The track consists of one or more circuits, or it runs from point A to point B. It is 800 to 2000 m long for adult categories, women, superveteran and junior categories are shortened in accordance with 6.1.1.
In case the track is divided into lanes, the sprint can be only 400 m long, which applies to all categories. When competing in lanes, it is important to measure the distances properly, to ensure identical conditions in all lanes, particularly the surface and profile of the lane. For 400 m sprint, particularly athletic stadiums are convenient, where the surface is tartan and the use of spiked running shoes is forbidden. The 400 m sprint track outside the athletic stadium has to be approved independently by two technical delegates (TD), and without their approval the sprint cannot be a part of EC.

During sprint qualification, Drafting is forbidden. It is mandatory to use finish camera.

Individual sprint races start with a qualification where athletes start in regular intervals. The order in which they start is determined similarly to what is stated in the regulations about Time trial. It is based on the overall standings and each category starts separately.

After the qualification, the successful athletes continue to the final part via knockout heats. The track for qualification and heats should be identical. At least some sections of the track have to be straight, wide and long enough so the athletes can pass one another.

Sprint lengths (with the exception of 400 m at the athletic stadium) in individual categories are as follows:

- men junior, senior, master, veteran 800 to 2000 m
- women junior, senior, master, veteran, 800 to 2000 and it is recommended that in the case when the race is longer than 1500 m to shorten it to cca 70 – 80 % of men´s race.
- Superveterans - the same distance as women
- men and women cadets 500 – 700 m
- men and women pupils 400 – 500 m
- preparatory up to 200 m - for the preparatory, the sprint can be replaced by the Criterion, due to the simplification of the entire race program and the less demanding race for the youngest children.

Qualification: In the case of interval start, the intervals can be: 20, 30 or 60 seconds. The maximum of qualified athletes is stated in the following tables A and B. The majority of enrolled racers should have a chance to compete in heats.
Athletes choose their starting position in the heats always according to their time of qualification, from the fastest to the slowest participant in the particular heat. The scheme of the sprint has to be approved by technical delegate until the qualification starts.
Connection of Junior and Senior category starts. During the sprint, Juniors will always start in the same category as Seniors. The results announcement of both categories will be separate, as in other races. Similarly, category merging can be used (higher or lower) for other categories as well, if less than 5 people are registered in a certain category

A Sprint – quarter-final in 5 heats with up to 6 athletes (continue 20, 25, max. 30 racers)

Table A:

quarter-final heat ranking:	R1	R2	R3	R4	R5
division 1-20	1	4	5	2	3
	10	7	6	9	8
	11	14	15	12	13
	20	17	16	19	8
Wider division 21-25	21	24	25	22	23
26-30	30	27	26	19	28

A Sprint – Semi-final and Final with 6 athletes in the Final (B Final is also possible)

Semi-final S 1	**Semi-final S 2**	**B Final**	**A Final**
R 1 #1	**R 4** #1	**S 1** #4	**S 1** #1
R 1 #2	**R 4** #2	**S 2** #4	**S 2** #1
R 2 #1	**R 5** #1	**S 1** #5	**S 1** #2
R 2 #2	**R 5** #2	**S 2** #5	**S 2** #2
R 3 #1	**R 3** #2	**S 1** #6	**S 1** #3
R 4 #3	**R 1#3**	**S 2** *#6*	**S 2** #3

The sixth places in the semi-final heats are reserved for the two competitors in the third places from the quarter-finals, R1 and R4, , i.e. those where competitors start who finished in 11th and 12th place in the qualification and are deployed to the quarter-final heats in third place

B Sprint – quarter-final in 4 heats with 4 up to 6 athletes (16, 20 or max. 24 racers continue)

quarter-final heat ranking:	R1	R2	R3	R4
dividison 1-16	1	4	2	3
	8	5	7	6
	9	12	10	11
	16	13	15	14
Wider division 17-20	17	20	18	19
Wider division 11-24	24	21	23	22

B Sprint Semi-final and Final with 4 athletes in the Final (B Final is also possible)

	Semi-final S 1	**Semi-final S 2**	**Final**
	R 1 #1	**R 3** #1	**S 1** #1
	R 1 #2	**R 3** #2	**S 2** #1
	R 2 #1	**R 4** #1	**S 1** #2
	R 2 #2	**R 4** #2	**S 2** #2
to 5 competitors	**R 3** #3	**R 1** #3	
to 6competitors	**R 2** #3	**R 4** #3	

When expanding to 5 competitors, there are 3. places in the semi-final heats are intended for two competitors from the quarter-finals, R1 and R3, i.e., those where the competitors who finished in the 9th and 10th place in the qualification and are deployed in the quarter-final heats in the 3. places start.

If less than 16 competitors take part in a sprint race in qualifying, the Sprint B table will always be used. Organizer decides to use a reduced version of table B, i.e. he can place the competitors directly in the semi-final heats, or even directly in the Final, if the number of applications is so small.

There is a penalty for missing the start. The penalty is disqualification of the competitor. This athlete will be placed on the last result position in this final, semi-final or quarter-final.
Furthermore, any athlete, who will endanger by his or her ride other participants of the race or will in unsportsman way prevent them from passing him or her, that is will ride from one side of the track to the other there and back again in sections were the passing is otherwise possible, may be disqualified as well.

Start and starting signals: Athletes start with a kick (push-off) not by running. The athletes get ready on the starting line (on your marks) when the starter says "get ready" and start on the following verbal signal "start", a gunshot or a loud/distinctive sound.

Race result determination: Athletes who do not qualify for heats has the same final standings as in the qualification. The standings of athletes that lose in quarter-finals and semi-finals will be determined according to the time they managed at this particular level (in case time is not measured in knockout heats, its qualification again). The standings of athletes in final A and final B will be determined on the basis of their arrival to finish. If junior and veteran categories do not have a separate race, their result will be determined from the overall standings.

1.1 ROAD RACES – TEAMS

In relays and team time trials only athletes of the same sex start together.

1.1.1 **American relay**

A race of teams of three members on short circuits with a certain total distance or a certain time 20-25 minutes for men and women category.
The length of race of the following categories is always:

- pupil categories 10 – 15 min.
- cadet categories 15 – 20 min.
- superveteran categories – see the length of track, category women senior

The length of one circuit has to be between 400 and 1000 meters.
Every athlete goes one circuit at a time. Kickbike serves as a baton.
The whole circuit has to be closed for traffic. The exchange area has to be 80 – 200 m long considering the number of starting teams and has to be situated in straight or possibly ascending section of the circuit, to ensure that the athletes exchange their footbikes in safe speed and on a safe track profile.
The athlete who finishes his circuit must not 50 m before the exchange area deliberately cross the path of other participants or change direction of his or her ride, and has to signal clearly to his or her team colleague on which side of the track will the exchange take place.
The athlete who handed over his or her footbike to his team colleague continues running in the direction of his previous ride and than immediately leaves the track in order not to endanger or restrain other athletes.
Before the start the team members are marked as riders 1, 2, 3 and rotate strictly in this cyclic order for the whole race (1-2-3-1-2-3 …
Disqualification:
A team that does not hand over in the handover area, endangers or restricts other competitors during the handover, or violates the order of rider changes, or the first competitor starts before the starting signal/command, will be excluded from the race.

6.3.4. **Team time trial**

It it a race, where teams of three or four members compete with time.
Track: The track consists of one or more circuits of at least 4 km, or it runs from point A to point B. The length of the race can vary between 10 to 25 km for men´s categories. For women categories, the track can be adequately shortened.
The length of race of the following categories is always:

- cadet categories 4 – 8 km
- superveteran categories – see the length of the women senior category track
- pupil categories 3 – 5 km

Teams start individually. The interval is at least one minute.
Starting succession is determined according to the previous race or the current standings of Eurocup. Teams start from the worst one to the best one.
The final time of the team is measured in the moment when its third member passes the finish line.
The starting interval between teams has to be long enough to ensure that no team will gain an advantage.
Drafting behind any other team or members of the same team is forbidden.
Time measurement: the same as in individual time trial.

6 EUROCUP RULES

7.1. GENERAL PROVISIONS

Eurocup is a European league of individuals and clubs and consists of several individual events. It has a league format, every event takes place in the weekend (or prolonged weekend) and consists of at least two races that are a part of Eurocup series.
The races are open to all athletes, the evaluation is specified further in the text.

6.1 EC TYPES OF RACES IN EC

Every Eurocup event has to consist of two races:

- always a long distance with mass start
- criterium (short race with mass start), time trial, or sprint.

The long distance can be no more than once per season replaced with a time trial at least 20 km long (for men´s categories). In this case, the second race of the Eurocup event has to take form of either criterium or sprint.
Furthermore, we recommend as a part of every EC event to organize also a team race – relay race or team time trial.

6.2 ALLOTMENT OF EC RACES

Eurocup races are distributed to particular organizers by IKSA according to its in-house rules.

6.3 GENERAL TERMS FOR EC RACE:

- The athletes can start only at the signal of the starter. In the case of races with mass start we recommend to start in waves. The first wave consists of men juniors, seniors, masters and veterans. The second wave consists of the rest of categories. According to similar rules, the race can be split into more races for separate categories. The positions of athletes at the start is decided by the organizer of the race, who consults the results of the previous season and the current performance of the athletes.
- In the case there are more circuits in the race, the entering to the final circuit has to be signalled to all participants (relay teams) with a distinct signal of a horn or similarly loud sound signal.
- In the case the race is held without the exclusion of the traffic, the athleter is obliged to behave according to the traffic code and valid legal norms.
- The athlete has to complete the whole track and length that was determined before the start of the race and to do so with his own strength resources. The athlete is responsible for the fact that he or she will stick to the officially marked track and is responsible for the mistakes he or she did during the race. He or she cannot use any shortcuts, skip one circuit, pass a section of the track without footbike or use other unfair vehicle to gain advantage.
- Athletes, organizers and other participants of the race (company, officials, trainers, etc.) should not behave unsportsmanlike or rudely. The athlete has to show his citizen ethics at any time. During the race, the athlete maintains his or her direction, does not go from left to right and vice versa, mainly when he or she rides in the tight group of athletes, and in the finish etc. he or she never blocks rivals. Furthermore, in races with more circuits, the athlete who is being overtaken by the faster racers is obliged to always make way for the faster athlete and let him pass. The soiling of the surroundings of the track is forbidden. Glass bottles or features on footbikes that are dangerous for safe ride are also forbidden.

6.4 EC CLASSIFICATION

Every EC race is organized as a competition of individuals and teams.
Individuals are split into categories.
Teams are split into two categories, men and women. Relay races also count when determining EC classification.
One competitor cannot start during one EC season start in more than one team.
Individuals that are not in any club can start in EC races.

6.5 INDIVIDUAL CLASSIFICATION – THE FINAL STANDINGS:

The winner of the race is the athlete with the shortest time. Athlete who finishes with double or bigger time of the winner will not be ranked.
In the case of a race with more circuits, the following holds: When the leading athlete completes the given number of circuits, he or she is the winner, and for the rest of the athletes, the race is finished when they cross the finish line.
Any athlete is ranked when he or she completes more than 50% of the track with the condition of the crossing of the finish line, or the finish line of some of the circuits (if these are not identical).
If more than one athlete have identical time in time trial, they gain points for their final standings equally split.

Points
According to the standings in each race the points into the EC standings are distributed in this way:

- The 1st place takes 40 points
- The 2nd place takes 39 points etc. …
- The 40th place takes 1 point
- The rest of the athletes have 0 points.

The classification is twofold

- Overall across categories
- Separate for each category

6.6 INDIVIDUAL CLASSIFICATION – ACCORDING TO AGE CATEGORIES:

In case that athletes from multiple age categories participate in one particular race, the gained points form overall standings do not count to the classification of age categories. The overall standings serves only as a tool for the arrangement of athletes in particular categories. Points in individual categories are distributed as if every category would have its only race, that is up to 40 points.

6.7 CLASSIFICATION OF TEAMS IN EC

For adult categories, there is a category MEN and WOMEN.
In case of relay races, it is allowed for the team relay to be completed with one athlete of the cadet category if the track is suitable for this younger category. Pupils of any sex however cannot start in senior categories. If any cadet starts in the adult relay race, he or she cannot start also in the cadet relay race.

Men's team has to have at least 3 individuals with valid league license,
Women's team has to have at least 3 individuals with valid league license,
In relay race, the order in which the racers finish determines the results.
In the case of individual races the winner is the team with the lowest sum of the standings of its three best athletes. If the club has 6 or more athletes in one race, it can create two or more teams (team “A”, “B”, “C” etc.) These teams have to be registered before the race during presentation.
If more teams are not registered before the individual race, the club has only one official team and only the results of the three best athletes count into the overall classification.
An individual can start in various races as a member of various teams of the same club.
According to the final standings in every individual race / relay race the points are distributed into the overall EC classification of teams in the following way:

- The 1st team gets 10 points
- The 10th team gets 1 point
- Other teams get 0 points

Only the teams with at least three ranked individuals get the points.
Mixed teams are not allowed.

6.8 OVERALL CLASSIFICATION

After the last race of the EC season IKSA creates the final classification of individuals and teams on the bases of results of the individual races.
The overall winner of the EC season is the individual or team with the highest score/sum of points.
When two individuals or teams have the same score, the better is the one with more best results, more second best results, more third best results, then the sum of all auxiliary points in all races (auxiliary points: the first races gets as many points as there were athletes in the race; the second one minus one point, the third one minus three points and so on).
In the classification of individuals and teams, approx. 30% of the worst results in the particular season is not counted, as can be seen in the table of crossed out races.
The final standings of the athletes who did not gain any points in the particular season is determined on the basis of simple sum of auxiliary points. A table of races in EC with the number of races that do not count into the final overall classification (if a racer has a 0 % absence at the races, his or her worse results are crossed out, or the allowed percentage of absence in the races):

Total of races included in EC	Crossed out races from the total of races in EC	**Number of races that count for the overall classification**
6	2	**4**
7	2	**5**
8	2	**6**
9	2	**7**
10	2	**8**
11	3	**8**
12	3	**9**
13	3	**10**
14	3	**11**

IKSA publishes the results of every particular EC season in a table on its IKSA websites until the end of the calendar year. During the year, IKSA processes also partial classification of the league.

6.9 TECHNICAL DELEGATE

IKSA creates the position of Technical delegate. Technical delegate will be determined for every EC event, and the director of the races will consult with him or her the whole concept of the race and details of individual tracks and the organizing of the race background.

6.10 COMPETITION NUMBERS

Athletes have to sign their footbikes with competition numbers provided by the organizer.
The number is placed in the middle of handlebars, so it is well seen and readable from the front.
It is mandatory for the athletes to fasten their number in the way it is not contorted – they have to use both fastening openings. The placement of other numbers (back, legs, etc.) is determined by the organizer.
The placement of numbers will be checked by the referees and in case of wrong placement and consequent failure to read the number the losing of some positions or even disqualification.

6.11 OFFICIALS

6.11.1

For every race, the following officials have to be appointed

A.

DIRECTOR – coordinates the organization, ensures sufficient number of personnel and is responsible for the successful progression of the races

B.

MAIN REFEREE – cannot be the same person as the director. Responsible for the fact that the races are held exactly in accordance with these rules, he accepts and together with the Jury he solves the

protests, he oversees other track organizers.

C.

PERSON QUALIFIED TO OFFER FIRST AID. It is desirable that there is a car available, possibly an ambulance car with the doctor.

D.

TECHNICAL DELEGATE – see above.

6.11.2

We also recommend the appointment of the following officials:

- track referee
- race secretary
- finish referee
- starter
- time clerk

The sufficient number of personnel is the number that is able to determine the right standings of the athlete in the finish, to clock their efforts and ensure the safe passage of high-risk areas.

6.12 JURY

6.12.1

The Jury is assembled for every event of the first footbike league – EC, in other races only when it is desirable due to circumstances.

6.12.2

The Jury has its powers from presentation only until the end of the race. The Jury is summoned by technical delegate or main referee after the Protest.

6.12.3

The Jury consists of one member of each participating registered club, main referee of the race and technical delegate (the chair of the jury). The suggestions of the technical delegate and the protest are dealt with by discussion and votes. The proposal with simple majority of votes wins. In case of two proposals with equal number of votes, the vote of technical delegate is decisive. During vote, only members of the Jury can be present. The voting protocol has to be signed by each member of the Jury and deposited.

6.12.4

The Jury deals with the suggestions of technical delegate and protests.

6.12.5

The protest can be submitted only by the leader of the club/team to the main referee of the race. Protests that were not handed in time or without the money deposit are not considered. The protest has to have a written form and has to be substantiated. It has to contain evidence and there is a mandatory deposit of 500 CZK. Without this deposit the protest is not taken into account. If the protest is just, the deposit is returned, if not, the organizer keeps the deposit and later reports it as a revenue and confirms the deposit with a receipt. The protest can be taken back by its submitter before the publication of the Jury decision. In this case the deposit has to be returned to the submitter.

6.12.6

Types of protests: Against the registration of certain athletes, against their sporting equipment, against the track or its conditions, against any other athlete or referee and other persons that participate in the race during the race, against the results (final times).

6.12.7

Times for the submission of protests: Against the registration of athletes – before the ballot, against the track – no later than 15 minutes after the end of the official training, against other athletes or their equipment or referee and other persons that participate in the race during the race due to their irregular behaviour during the race – no later than 15 minutes after the publication of unofficial results, against the results (final times) not later than 15 minutes after the publication of unofficial results.

6.12.8

The decision of the Jury about any protest is final. It is desirable that in the case that it is not possible to make a clear cut decision according to the rules, the Jury proceeds with caution, carefully and always in accordance with fair play.

6.12.9

The Jury decides when the punishment is needed and its decision is in the named sanctions, including the sanctions mentioned in the sections about particular types of races final. The verdict has to be delivered to the individual (or the team in the case of team race) by the main referee. The punishment has to be adequate to the seriousness of the offence.

Sanctions:

- verbal warning (reprehension)
- losing positions in the classification
- disqualification from the race or classification
- time penalisation

7 WORLD AND EUROPE CHAMPIONSHIP RULES

For races included in World and Europe Championships apply the rules for Eurocup races.

World and Europe Championships use this category classification:

- 10 – l2 years – pupil
- 13 – 15 years – cadet
- 16 – 18 years junior
- 19 – 39 years senior
- 40 – 49 years master
- 50 – 59 years veteran
- 60+ years supervateran

- 10 – l2 years – pupil
- 13 – 15 years – cadet
- 16 – 18 years – junior
- 19 – 39 years – senior
- 40 – 49 years – master
- 50 – 59 years – veteran
- 60+ years – superveteran