

## Chapter IV INDIVIDUAL TIME TRIALS

### Distances

**2.4.001** The distances shall be the following:

Category		Maximum distance	
		<i>World championships and Olympic Games</i>	Other events
Men	Elite	40-50 km	80 km
	Under 23	30-40 km	40 km
	Junior	20-30 km	30 km
Women	Elite	20-30 km	40 km
	Junior	10-15 km	15 km

*(text modified on 1.01.05; 1.01.07).*

### Course

**2.4.002** The course shall be safe and perfectly signposted.

**2.4.003** From the start of the race, the circuit may be used only by the riders in the race and the vehicles following such riders.

**2.4.004** The distances remaining to be ridden shall be indicated clearly every 5 km at least. For uphill races, each kilometre shall be indicated.

**2.4.005** (N) The organiser shall provide a warm-up circuit of at least 800 metres in the vicinity of the start.

### Starting order

**2.4.006** The starting order shall be determined by the organiser of the event in accordance with objective criteria that are to be resumed in the programme - technical guide of the race.

**2.4.007** Riders shall set off at identical intervals. Nevertheless this interval may be increased between riders starting last.

**2.4.008** The starting order of time trial stages during stage races shall be governed by article 2.6.023.

**2.4.009** *At world championships and Olympic Games, the starting order shall be determined by the UCI.*

*(text modified on 1.01.98).*

### Start

**2.4.010** All riders must present themselves for checks on their bicycles no later than 15 minutes before their start time.

Before the start, an additional check can be done.

*(text modified on 1.01.04; 1.07.11; 1.07.12).*

**2.4.011** The rider shall start from a stationary position. He shall be held and then released, without being pushed, by a holder. The same holder shall perform the task for each rider.