



## Clarification of UCI Regulations on Rider Position in Time Trials – National Time Trial Championships

In advance of the upcoming National Time Trial Championships the Technical Working Group would like to remind all riders intending to ride the Championships of the changes to the UCI regulations for the 2023 season, for rider positioning in Time Trials.

### Rider Height Verification

For UCI Time Trials, if requesting a height exemption to the standard regulations, riders must have their height verified by their doctor and entered on the UCI online registration system. This is for all riders over 1.80m in height (without shoes and no helmet) should they wish to travel to a UCI Time Trial event.

The link for online registration of your height with the UCI is as follows.

[Equipment | UCI](#)

And follow to this section

### UCI LIST OF RIDERS IN CATEGORY 2 (BETWEEN 180.0 CM AND 189.9 CM TALL) AND CATEGORY 3 (1.90M TALL OR TALLER)



The doctor can complete the online form there.



### UCI HEIGHT ATTESTATION

The Attestation must be submitted 15 days prior to the intended UCI sanctioned event

Please note, riders who are already on the lists are not required to re-submit the attestation.

Notice on personal data: Information contained in and shared with the UCI through this certificate are considered as personal data under relevant laws and/or regulations. In this respect, the UCI and its relevant departments (More specifically, the medical director and the Sports Department) ensure that personal data involved (whether sensitive or

#### 1. LAST NAME / NOM\*

Please fill out in CAPITAL letters / Merci de remplir en majuscules

#### 2. First Name / Prénom\*

#### 3. UCI ID \*

Input format: xxx xxx xxx xx

Once you are verified on the UCI website – you can add the UCI sticker to your Time Trial bike to indicate what dimensions it will be measured against prior to starting a UCI Time Trial.

The rider's name is also checked against the UCI database to ensure compliance – so it is not just a matter of printing a label and putting it on your bike you need to be on the UCI list.



As not all riders from Ireland who require exemptions, are listed on the UCI website at this point in time – we will be completing height verification at the National Time Trial Championships on the 22<sup>nd</sup> June 2023.

As the process takes time and there are many additional processes to go through before the start of the Time Trial, the time for height verification time and location will be indicated during the week preceding the championships.

**If a rider is not listed with the UCI or has not had their height verified within this set period, their bikes will be confirmed against UCI default measurements – UCI 1.3.023. As always riders on non-compliant bikes and with non-compliant positions will not be permitted to start the National Time Trial Championship.**

## Confirmation of Riders Position UCI Regulations 2023

Under regulation 1.3.023 – the default position for any rider is as follows (height category 1 <180cm)

Tip of Saddle	Behind center bottom bracket
Furthest point on bars including gear levers	75cm forward from center bottom bracket
Height Difference forearm support/highest point	10cm

**If the tip of the saddle is more than 5cm behind center bottom bracket – the forward reach can be extended to 80cm.**

### Height Exemptions

#### Category 2

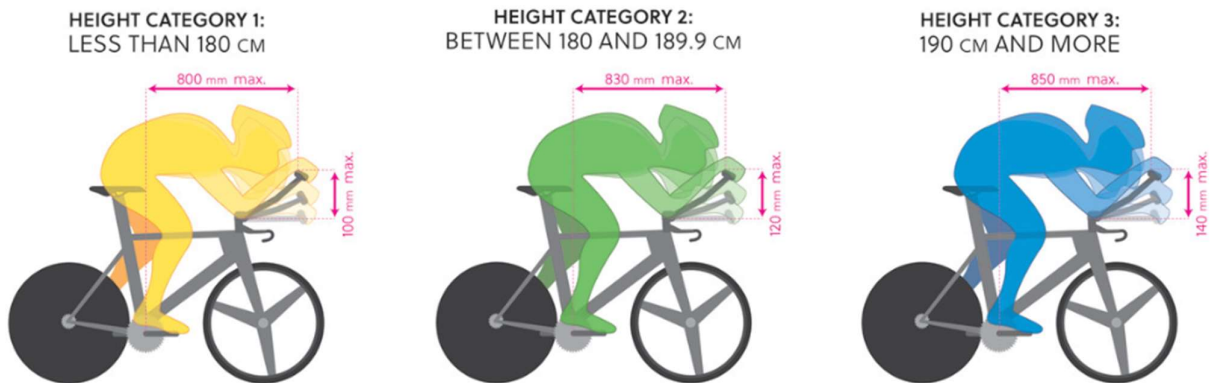
If a rider is confirmed as height category 2 >180.0cm and <189.9cm, they may have the following exemptions provided their saddle tip is 5cm behind center bottom bracket.

Furthest point on bars including all accessories	83cm forward from center bottom bracket
Height Difference forearm support/highest point	12cm

#### Category 3

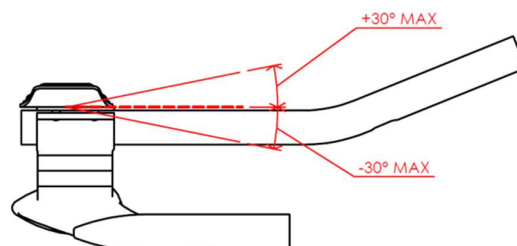
If a rider is confirmed as height category 3 >190cm, they may have the following exemptions provided their saddle tip is 5cm behind center bottom bracket.

Furthest point on bars including gear levers	85cm forward from center bottom bracket
Height Difference forearm support/highest point	14cm

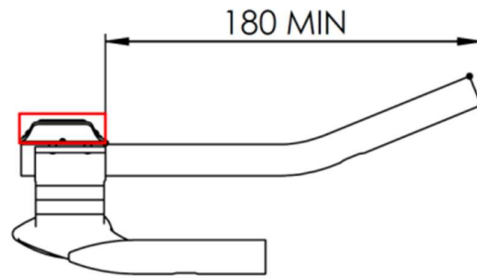


In line with these position changes – several other changes have been made.

Angle of inclination of forearm supports has been increased to <30 degrees



Front edge of forearm supports must be  $>180\text{mm}$  from furthest point of on bars including all accessories.



8 7 6 5 4 3 2 1

Height Category, cm

CATEGORY 1	CATEGORY 2	CATEGORY 3
$<180.0$	$180.0-189.9$	$\geq 190.0$

Exemptions, Article 1.3.013

Saddle, mm		OR			Extensions, mm		
	CATEGORY 1	CATEGORY 2	CATEGORY 3		CATEGORY 1	CATEGORY 2	CATEGORY 3
S*	$0 \leq S \leq 50^*$			S	$> 50$		
E	$\leq 750$			E	$\leq 800$	$\leq 830$	$\leq 850$
F	$\geq 180$			F	$\geq 180$		
H	$<100$	$<120$	$<140$	H	$<100$	$<120$	$<140$

\* - in no case the peak of the saddle can exceed the vertical line passing through the bottom bracket spindle

1 2 3

The UCI Height Category Label must be applied on a frame, the upper side of the top tube area.

Please note: a bicycle without the UCI Height Category Label will be measured by the UCI Commissaire under the Default Measurements as per Article 1.3.023.

Track - OK  
Road - OK

240-300  $\pm 5$

350 - 500, Outside-Outside

Middle of the Forearm support

DETAIL B  
SCALE 1 : 5

\*\*\* - inclination of the forearm support

UCI Equipment Page

The traditional type of handlebars or the base bar must be positioned in the area defined in article 1.3.022 (A, B, C, D).

Reference plane\*\*

\*\* - all measurements are taken in relation to the Reference Plane

UNLESS OTHERWISE SPECIFIED:  
DIMENSIONS ARE IN MILLIMETERS  
SURFACE FINISH:  
TOLERANCES:  
LINEAR:  
ANGULAR:

DESIGN: Andrei Knoblikov  
DATE: 1 Jun 2022

DO NOT SCALE DRAWING

UCI Innovation Unit

2023 Technical Regulations

Individual/Team Events  
Track / Road

A3

SCALE: 1:15 SHEET 1 OF 1

For further information

**UCI Regulations – Equipment from page 61**

[1-GEN-20230220-E.pdf \(ctfassets.net\)](#)

**UCI Clarification Guide to equipment regulations.**

[Guide de clarification du règlement technique \(ctfassets.net\)](#)

Should you have any questions on these changes please contact me at [paul.watson@cyclingireland.ie](mailto:paul.watson@cyclingireland.ie)

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**Technical Consultant Cycling Ireland**

**30.05.2023**