

# CycloCross Instructions

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Race: \_\_\_\_\_ Date: \_\_\_\_\_ Field: \_\_\_\_\_ # Riders: \_\_\_\_\_

State your name

**Numbers** should be on the **LEFT** side and need to be visible or you won't be scored.

**You must be wearing your category specific number.**

**Race Length:** Rider will race \_\_\_\_\_ time and \_\_\_\_\_ laps -OR- \_\_\_\_\_ laps.

**Identify Course Hazards:**

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**Stay on the course** at all times. Stay inside coned/taped areas.

**Barriers** – Riders must go over all barriers. They cannot rider around them for any reason.

**Move in the direction of the course.** You cannot cut or move backwards on the course, even for mechanicals.

**Pit (or pits) location:** \_\_\_\_\_

**Bike and wheel exchanges** must happen in the pit area.

**Feeding/Hand-ups are not allowed.**

**Riders dropping out (DNF):** please give the officials your number

**Finish** will be signaled by the bell with one lap to go

**All riders finish on the same lap as the race leader,** even if you are down a lap.

**Other Instructions**

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