



## Track Rules and Regulations

- 1) All riders must sign release forms for the seasons racing and training. Please read and fill out forms correctly. Insurance is costly and a must to run a program safely and assure it will continue.
- 2) Approved USA Cycling helmets must be worn at all times while on the track. Failure to do so will result in a fine as per USA Cycling rules.
- 3) Respect is to be shown to all volunteers, officials, spectators and promoters at all times. People spent a lot of time, money and effort to bring quality racing to this track. Please be polite. Violators will be fined; multiple violations will result in ejection from the track.
- 4) It is the riders responsibility to know the current rules of track racing. #'s are to be worn on the left - sideways so it can be read in a pack by official - If given two #'s place the other on the right side. For time trial's use one # between hips center of back. The many different types of races that take place on the track will take time to learn.
- 5) All riders after sign-in must go to the center of the track and remain there until called for racing. Handlers are allowed in the center of the track but must never set foot on the track while racing is in progress. Unruly behavior or not obeying commands of the promoter and/or Chief Referee will result in expulsion from the track.
- 6) During training or racing the gate must be attended or locked. If any trouble arises from park users climbing the fence or disrupting the riders use of the facility Park Enforcement – 1-718-699-4289 or 109th Precinct 1-718-321-2254 should be called immediately.
- 7) All riders entering the track in the home straight must look first and ride to the blue line or stayers line.
- 8) Pace lines form along the blue line and the sprint lane and the rail. You enter a pace line from the end. Keep steady and straight working your way to the front and take your pull, pulling off in turn one or turn two. If the line is keeping a count call out you lap # so the whole line can hear it. Always look when pulling up track. When the line passes float down track and get back on. Do not pull out of a pace line in the middle but if you must signal the rider behind you with your left hand and look right and pull out and ahead so riders behind you can draft you.
- 9) When racing on a track you must stay in the drops (disqualification). For your safety and others when in a pack stay straight. Abrupt movements left or right are for experienced sprinters they have no place in a mass start event. Hold your elbows and knees in and stay sleek and smooth of pedal stroke. If you find yourself in the sprint lane and being passed, riders will yell "STAY". Stay as far down track as possible. If you have the misfortune to be in turn 4 in a race when the pack catches

you, don't get out of the saddle and try to sprint them just hold your line and ride in. When sprinting in the sprint lane passed the 200m point you must remain in the lane (disqualification). A rider in the sprint lane can not be passed on the left. (disqualification).

10) Nothing is allowed on the bike. Just frame - bars - seat - and wheels.

11) An unwritten signal in bike racing is the head turn. To get a riders attention in your immediate area of your intentions, turn your head in the direction you want to move. Sometimes it has to be done twice. Once warned he can choose to let you make the move or not. You warned him. What happens behind you in a mass start race is none of your concern. To constantly look back is confusing and unsafe to other riders. Find an opening a GO!

12) Split decisions have to be made in track racing. Very close to crit racing, if you miss a wheel your race is over early. So be alert. Bad sportsmanship will not be tolerated at any level. Fines will be awarded to offenders. Repeat offenders will be expelled from the track.

13) Riders are requested not to go onto the track or leave the track area while a race is in progress. One warning will be given to a rider and subsequent infractions will be subject to penalties.

14) Please be respectful of the track and pick up after yourself before leaving. The track has put up a bond for clean up. If the Parks Dept has to clean up after us we lose that money. Remember we run this track with volunteers - no one gets paid and the costs are sizeable. Abide by the rules and have fun. If you don't know ask.

15) Track officials and/or the chief official of an event has the authority to levy fines and/or ejections for riders who do not follow and/or violate any of the above mentioned rules as well as rules outlaid in the Rules of Racing as defined by USA Cycling. If a monetary fine is assessed, the offending rider must pay that fine to the head official of the race before he/she may participate in future races.