



2025 UniSport Nationals Technical Guide



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IN 2025, CYCLING WILL BE CONTESTED IN BOTH MEN'S AND WOMEN'S COMPETITIONS AT NATIONALS IN GOLD COAST. UNISPORT AUSTRALIA RESPECTFULLY ACKNOWLEDGES THE TRADITIONAL OWNERS OF THE LAND ON WHICH THE 2025 NATIONALS CYCLING WILL TAKE PLACE..... 3

THE UNISPORT NATIONALS INCLUDE A TIME TRIAL, ROAD RACE AND CRITERIUM. THE UNISPORT NATIONALS ARE BEING RUN UNDER THE RULES AND REGULATIONS OF AUSCYCLING. RIDERS WILL BE BRIEFED AT THE START OF ROAD RACES & CRITERIUM 15 MINS BEFORE THEIR ALLOCATED START TIME. 3

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1. Overview

In 2025, Cycling will be contested in both **men's** and **women's** competitions at Nationals in Gold Coast. UniSport Australia respectfully acknowledges the traditional owners of the land on which the 2025 Nationals Cycling will take place.

The UniSport Nationals include a Time Trial, Road Race and Criterium. The UniSport Nationals are being run under the rules and regulations of AusCycling. Riders will be briefed at the start of Road Races & Criterium 15 mins before their allocated start time.

AusCycling Technical Officials

Competition Manager

- Olivia Forrest

Timing and Results Manager

- Neil Hamey

Race Director

- Louise Jones

Technical Officials

- Tony Clarke
- Michael Keetman
- Lise Benjamin
- Peter Allonby
- David Green



Commissaires Meeting:

9.00am Tuesday 30th September at Luke Harrop Criterium Circuit

Venue and Facility Addresses

The following information provides the location and address for each sport competition venue.

Gold Coast Performance Centre (GCPC) - Luke Harrop Criterium Circuit – 2nd & 3rd October

- 1 Sports Drive, Runaway Bay, QLD, 4216

Gold Coast Cycle Centre – 4th October

- 1 Hope Street, Nerang, QLD, 4211



2. Course Maps

Time Trial & Criterium Course Map – Luke Harrop Criterium Circuit



The course is a fully enclosed, sealed loop.

Circuit Length: 1.4km

Please take note of the following directions based on the type of event:

Individual Time Trial – Riders will be travelling clockwise

Criterium – Riders will be travelling anti clockwise, and all competitors must sign on for the Criterium.



Road Race - Course Map – Gold Coast Cycle Centre



The course is a fully enclosed, sealed loop. Please take note of the following directions for this circuit:

The marshalling area is in-between the circuit and the riders will be travelling clockwise. All competitors must sign on for the Road Race.

Circuit Length:



3. Competition Schedule

Competition Schedule: Day 1
Tuesday 30th September 2025

Luke Harrop Criterium Circuit
Time Trial

Start Time	Category	Distance	No of Laps
10:00am	Men	19.6km	14
11:00am	Women	19.6km	14

Competition Schedule: Day 2
Wednesday 1st October 2025

Luke Harrop Criterium Circuit
Criterium

Start Time	Category	Distance
10:00am	Men	50 minutes + 3 Laps
11:00am	Women	40 minutes + 3 Laps

Competition Schedule: Day 2
Thursday 2nd October 2025

Gold Coast Cycle Centre
Road Race

Start Time	Category	Distance	No of laps
10:00am	Men	60km	40
12:00pm	Women	40km	26



4. General Information

TRANSPONDERS & RACE NUMBERS

You will be given your transponder at registration. Position the transponder on either fork using the supplied cable ties. Transponders must be attached to bikes for all events. Return your transponder & race numbers at the end of the event. Any rider failing to return their transponder at the event will incur a \$30 administration fee. Lost or damaged transponders will result in a replacement penalty of \$150

Electronic Timing will be used for all events at these championships. DO NOT exchange your transponder with any other competitor as the transponder is coded to your race number. (Time Trials, Criterium and Road Race)

If you have taken your bibs and transponder home – Please return them to the below address in a padded postage bag within 7 days to avoid being charged for a replacement:

AusCycling
PO BOX 4115
Gumdale, QLD, 4154

NUMBER & TRANSPONDER PLACEMENT

For the Road Race and Criterium numbers must be placed like this



For the Individual Time Trial 1 number must be placed in the low centre of the back





ELECTRONIC TIMING CHIP PLACEMENT

For all events the transponder must be placed on the front fork (either side):



RESULTS

Results will be available on the AusCycling Results Website: [AusCycling Event Results](#)

RADIO COMMUNICATIONS

During races in these Championships, the use of radio links or any other means of communication with the riders is not permitted.

NEUTRALISATION

In the event of a crash / incident, if necessary, the race will be neutralised. In such cases, a yellow flag will be shown.

FEEDING

This will be allowed in the Road Race between laps 10 & 35 for the Men's Race and between laps 10 & 21 for the Women's race

LITTERING

Riders must not discard bidons or rubbish of any kinds on the roadside. Riders found to be littering will be fined in accordance with local laws and technical regulations.



PUBLIC URINATION

Riders are advised that it is an offence to urinate in public. Penalties will be imposed on those who choose to ignore this law.

MEDICAL EMERGENCY

First Aid will be onsite, For a medical emergency dial “000” for assistance.

Gold Coast University Hospital
1 Hospital Blvd
Southport
4215

WEATHER CONDITIONS

The competition will adhere to the AusCycling extreme weather policy. The Race Director or Chief Commissaire may decide to modify, postpone or cancel racing for safety reasons in response to weather conditions on the day. In the absence of such a decision, racing will proceed as per this guide.

ANTI-DOPING REGULATIONS

Competitors, Coaches, Member Organisations, Event Organisers and Sport Technical Officers should read and understand the Sports Integrity procedures carefully and ensure they are upheld at every opportunity.

ADDITIONAL DO'S AND DON'TS

- Be responsible for your own safety, the safety of your own equipment and be considerate of the safety of others.
- No use of abusive language towards anyone.
- The use of mobile phones, MP3 players (iPods) or any electronic device is strictly prohibited during the event.
- Under no circumstances are you to interfere with any other competitors' property.
- Competitors may not accept assistance from anyone other than an authorised race official.
- No littering. No empty goo/gel packets on course!



- Your helmet must be fastened before the start of the race. In the event of a breakdown (mechanical) on the cycle course, your helmet must remain on and securely fastened.

REGULATIONS

- All events will be conducted in accordance with the AusCycling Technical Regulations:
 - [General](#)
 - [Road](#)

VICTORY CEREMONIES

They will be organised by UniSports

In compliance with AusCycling Regulations – Competitors must have no helmets or glasses to be worn on the podium. Covered shoes and Race Kit to be worn

5. Bicycle Regulations

Handlebars/Basebars

A maximum width of 500 mm is allowed for the overall width (outside – outside) of handlebars. The minimum overall width (outside – outside) of traditional handlebars and base bars (Time Trials) is limited to 350 mm.



Handlebar to front axle

Handlebars are now permitted to be up to 100mm in front of the axle. The lowest point they can be is 100mm below the top of the tyre

Structure (1A)

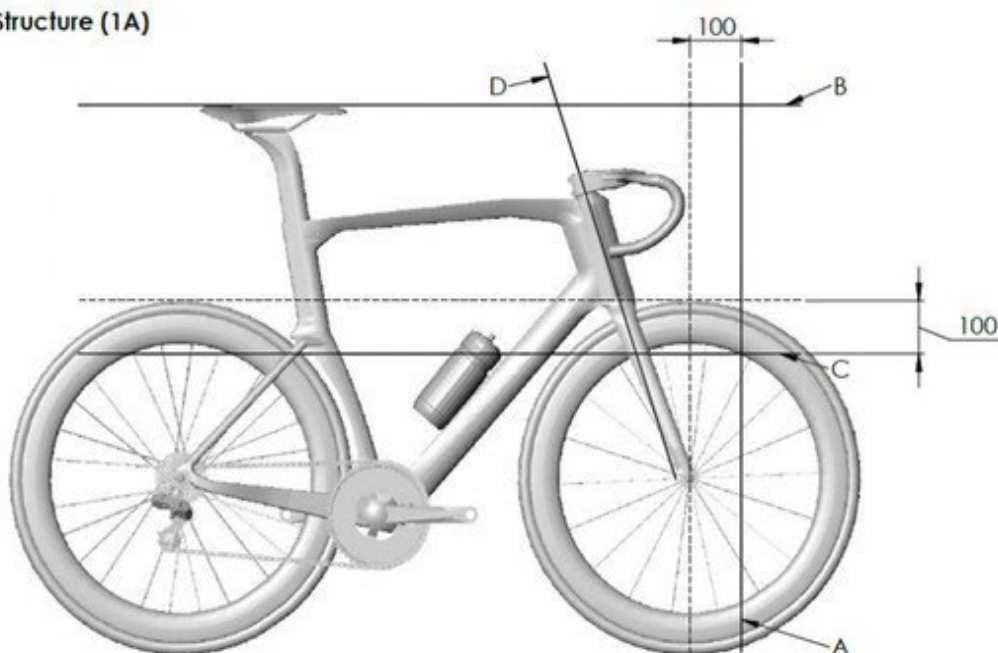


Figure 32: Illustration of the box, marked out by lines A, B, C and D, within which the handlebars must be fully contained.

Riders Height – Individual Time Trial

Riders less than 180cm tall (Category 1)



For riders less than 180.0 cm tall, the horizontal distance between the vertical planes passing through the bottom bracket axle and the extremity of the fixed time trial extension handlebar, including all accessories, may be a maximum of 800 mm when the saddle is 50mm or more behind the bottom bracket. The height difference between the midpoint of the forearm support and the highest or lowest point of the extension (including accessory) must be less than 100 mm. When the saddle is less than 50mm behind the bottom bracket the maximum is 750mm

Riders between 180cm and 189.9cm tall (Category 2)

For riders between 180.0 cm and 189.9 cm tall, the horizontal distance between the vertical planes passing through the bottom bracket axle and the extremity of the fixed time trial extension handlebar, including all accessories, may be a maximum of 830 mm. The height difference between the midpoint of the forearm support and the highest or lowest point of the extension (including accessory) must be less than 120 mm.

Riders 190cm + tall (Category 3)

For riders 190.0 cm and taller, the horizontal distance between the vertical line's planes passing through the bottom bracket axle and the extremity of the fixed time trial extension handlebar, including all accessories, may be extended to a maximum of 850 mm. The height difference between the midpoint of the forearm support and the highest or lowest point of the extension (including accessory) must be less than 140 mm.

If you are a rider taller than 180cm you must submit a height attestation form to AusCycling - if you are not on the height list - you will not be granted the exemption. For more information:

[Regulations and Exemptions | Officials | AusCycling](#)

[UCI Equipment and Height Regulations.pdf](#)

[UCI General Regulations, Part 1, Ch III: Equipment - Page 64 onwards](#)



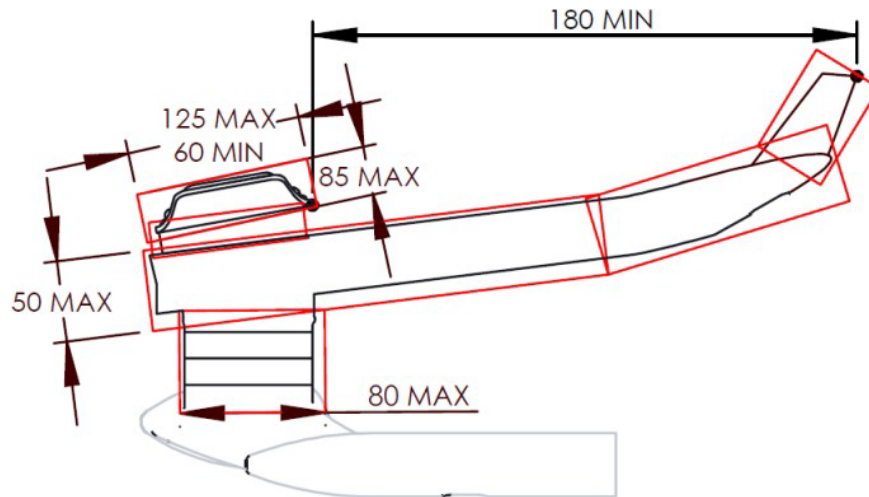
The base regulation has not changed:

- The tip of the saddle should be at least 50mm behind the centre of the Bottom Bracket.
- The tip of the extension should be no more than 750mm forward of the centre of the Bottom Bracket.
- The height difference from the centre of the forearm support and the tip of the extension should be no more than 100mm.
- Riders wishing to use a position outside of the dimensions of points a or b are permitted one exemption.



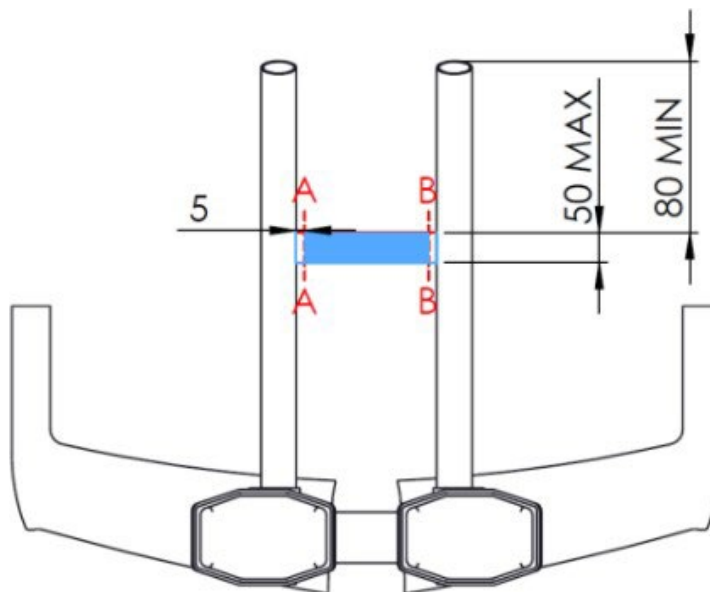
Forearm supports must be made up of two parts (one part for each forearm) and are only allowed when extensions are added.

- The maximum width and length of each forearm support is 125mm
- The minimum length of each forearm support is 60mm
- The maximum height of each forearm support is 85mm
- The maximum inclination of each forearm support is 30 degrees (measured on support surface)
- The minimum distance from the leading end of the forearm support to the tip of extensions is 180mm



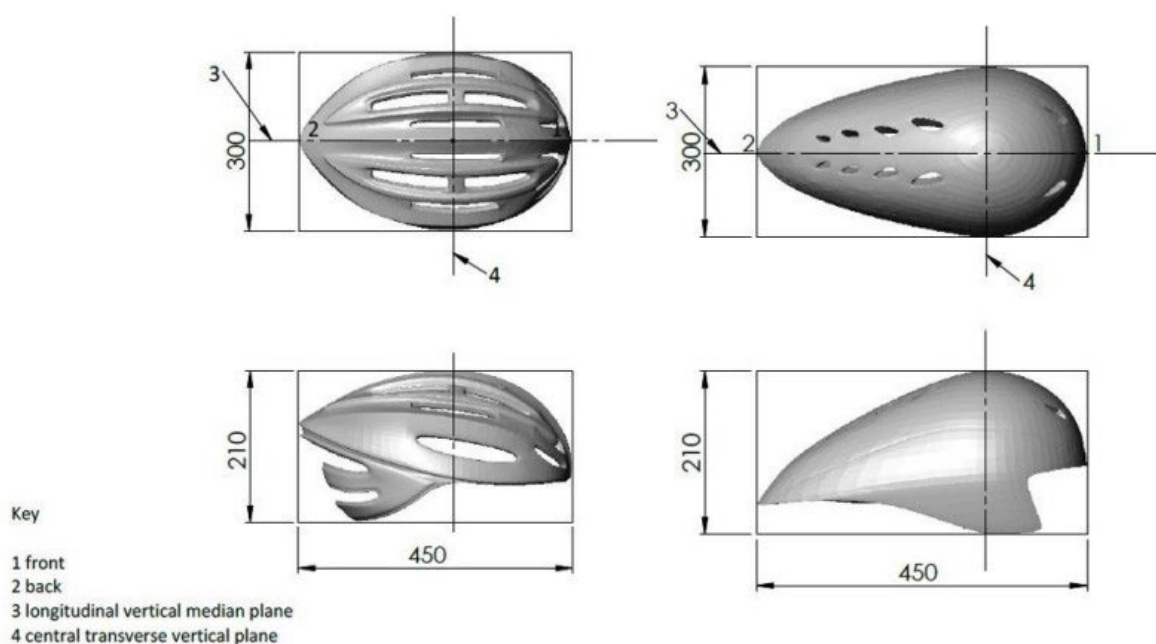
Any binding element (bridge) between the fixed additional time trial extension handlebar, forearm supports is considered as the continuation of the fixed additional time trial extension handlebar. Therefore, the maximum dimension of the cross section of the binding element must be 50 mm.

Any binding element between stack/raisers spacers must follow the identical restrictions. The binding element must be positioned at the horizontal distance equal to 80 mm or greater, from the vertical plane passing through the extremity of the handlebar's extensions





Helmets



For road and track disciplines, the dimensions of the helmet (including accessories) must not exceed the above dimensions:

- Length (L) can be less or equal to 450 mm.
- Width (W) can be less or equal to 300 mm.
- Height (H) can be less or equal to 210 mm.



Notes





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