





Not Allowed Leaning forward on handle bars



Not Allowed Leaning backwards and the saddle supporting the chest



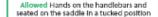
Not Allowed Using the forearms as a point of support on the handlebar (except in time trials)



Not Allowed Seated on top tube



Allowed Hands on the handlebars and seated on the saddle







PLEASE ENSURE ALL OF YOUR
RIDERS ARE INFORMED







Using forearms as a point of support is not allowed





Using forearms and computer as a point of support is not allowed



This position is considered as allowed.





These positions are considered as allowed.





Position on the bicycle

Riders must observe the standard position as defined by article 1.3.008. Sitting on the bicycle's top tube is prohibited. Furthermore, using the forearms as a point of support on the handlebar is prohibited except in time trials.

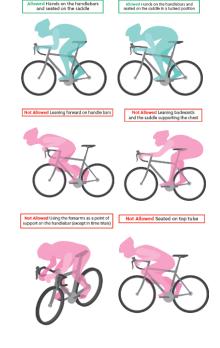
(text modified on 1.01.15; 1.01.18; 1.01.19; 1.04.21).

Position sur la bicyclette

Le coureur doit respecter la position conventionnelle telle que définie à l'article 1.3.008. Par ailleurs, l'usage du tube supérieur horizontal de la bicyclette comme point d'assise est interdit. De la même manière l'usage des avants bras comme d'un point d'appui sur le guidon est interdit sauf lors des épreuves contre-la-montre.

(texte modifié au 1.01.15; 1.01.18; 1.01.19; 1.04.21).

Sanctions will be applied: Fine + UCI Points + Exclusion



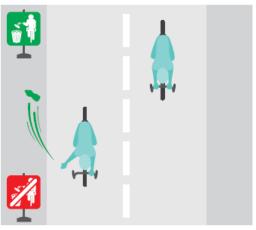
PLEASE ENSURE ALL OF
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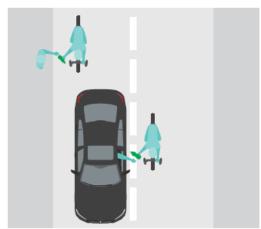


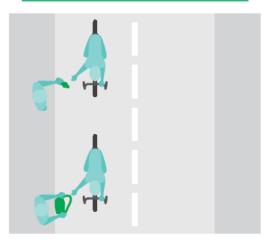
Allowed Discarding objects in designated waste zones

Allowed Returning bottles to team staff and race convoy vehicles

Allowed to feed riders with musettes and not only with bidons







PLEASE ENSURE ALL OF YOUR RIDERS ARE INFORMED



OK to use litter zones (every 30/40 km + litter zone in the final)

OK to give bidons to any car in the race convoy

OK to give bidons back to any team assistant standing on the course

NOT OK to throw bidons to spectators

NOT OK to throw litters outside the zones or on the road

Sanctions will be applied:

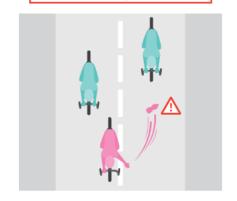
One-day Races: Fine + UCI Points + Exclusion

Stage Races: Fine + UCI Points + Time Penalty/Exclusion

<u>PLEASE ENSURE ALL OF YOUR</u>

<u>RIDERS ARE INFORMED</u>

Not Allowed Throwing objects in a careless and dangerous manner



Not Allowed Throwing objects outside of litter zones





