



ROAD MODULE 7 – ASSISTANT REFEREE: TIME TRIAL



Purpose

The purpose of this module is to provide the Road Assistant Referee with the necessary information and experience needed for performing the duties of a Time Trial Assistant Referee. The module serves as part of the training necessary for Level C Road Officials for advancement to Level B Road Official.

Required Reading

1. 2013 USA Cycling Rulebook
 - a. **3E.** Individual Time Trial
 - b. **3F.** Team Time Trial
2. USA Cycling Race Officials Manual Part 2: Officiating Road Events
 - a. Chapter 7 Individual Time Trials
 - b. Chapter 10 Team Time Trials

Prerequisites

- Level C Official
- Module Pre-Test (see next section)

Goals

After successful completion of this module, the Regional C Road Official will be able to do the following:

1. Understand the concepts and terminology for working as an Assistant Referee in time trials.
2. Understand the different types of time trial courses.
3. Whip riders and stage them in starting order.
4. Hold riders for their start.
5. Serve as a course referee.

Tasks to be Completed

1. Whip and stage for a time trial event.
2. Hold at least 50 riders during a time trial.
3. Serve as a course referee for a time trial event.



Criteria for Successful Completion

1. Understand the Different Types of Time Trial Courses
 - a. Point-to-Point: The start and finish are in two different locations, usually towns or miles apart. Transportation to or from either location is needed.
 - b. Out-and-Back: These are typical courses with a turnaround point. Riders begin and leave the area, reach the turnaround, and head back on the same road. The finish should be 500m in front of the starting area or branch off before the starting area. This way it relieves congestion in the finishing area by allowing riders to continue away. No riders should be allowed onto the course beyond the starting area.
 - c. Circuit: Another common course in which riders complete a circuit and finish in the same manner as an out-and-back course. These are similar to the point-to-point courses, but the proximity of the start and finish is such that riders do not have to be transported to or from either location.
2. Whip and Stage Riders: It is the riders' responsibility to know their start time and get to the starting area in plenty of time (15 minutes prior is great, but 2-3 minutes is more likely). However, riders usually do not know who is before or after them. Whipping riders consists of calling them into the staging area. Staging riders is putting them in the correct order for the Starter. At most local time trials, the referees will act as both. In any case it is very handy to mark riders as present and inform the Starter of any no-shows.
3. Holding Riders: This is a job that never gets old because riders range from being perfectly still to thinking they are going to fall over any second. The key to a good beginning to the hold is to have the rider apply their brakes before they try to get in the saddle and clip in their second shoe. Correct position for the hold is behind the rider with a flat (or slightly curved) hand under the back of the saddle. You should not have to grip anything else unless the rider is fidgety. Some holders secure the back wheel with their feet or knees on both sides for the worst offenders. Once a rider is ready to go, do not hold him back even if it means an early start. Sometimes holding a rider back can cause him to fall.
4. Serve as a Course Referee: Just like other races, the course needs to be seen at all times by a referee. Stationed on the course, the referee will be able to monitor for riders that draft others, draft unauthorized vehicles on the course, or get picked up and dropped off. They may also serve as a time check for the riders.
 - a. Turnaround: You should make sure the riders pass through or around the turnaround zone (sometimes just a cone) and also take a split time for each rider. You should also note riders that draft others or miss the zone.
 - b. Other Points: Elsewhere on the course can be very boring. The riders believe themselves to be away from prying eyes. Shenanigans usually happen in these circumstances. Take note of riders that appear to be drafting along with the approximate distance and duration. Give these notes to the judges and the Chief Referee at the end of the event (actually as soon as possible). Also note anybody



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that appears to draft vehicles or get picked up or dropped off. The Chief Referee needs to know this immediately (if possible).



ROAD MODULE 7 – ASSISTANT REFEREE: TIME TRIAL Pre-Test



Prior to beginning the practical portion of this module, please complete the following pre-test and check your answers in the back of the document.

1. Under which of the following circumstances must a bicycle used in a competition meet current UCI specifications?
 - (a) To set a USA Cycling record.
 - (b) During the Junior 17-18 National Road Championships.
 - (c) During a road race on the UCI continental calendar.
 - (d) During the 13-14 boys National Criterium Championships.
 - (e) (a), (b), and (c)

2. Which of the following is an accurate dimension limit for a legal bicycle per USA Cycling road racing rules?
 - (a) A tandem must be no more than 4 meters long.
 - (b) The seat stay must be shorter than the length of the top tube.
 - (c) A bicycle must be no more than 90 cm wide.
 - (d) A traditional bicycle must be no more than 2 meters long.
 - (e) The tip of the seat must be 3 cm forward of the bottom bracket.

3. "Blocked" gears may be used to meet gear (development) limit restrictions in all Junior races EXCEPT:
 - (a) Junior 17-18 races for Category 1 or 2 riders
 - (b) Road races
 - (c) Criteriums
 - (d) Time Trials
 - (e) National Championships

4. In which of the following road events are riders PROHIBITED from carrying radios?
 - (a) Races strictly for Juniors.
 - (b) Races strictly for Juniors and races strictly for Under 23.
 - (c) Races strictly for Juniors and races strictly for Masters.
 - (d) All age-graded races.
 - (e) All events.



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5. Among the acceptable course types for Individual Time Trials is (are):
 - (a) Out and back
 - (b) Circuit
 - (c) One way
 - (d) Figure 8
 - (e) (a), (b) and (c)

6. Riders in an Individual Time Trial shall not get any closer than:
 - (a) 30 meters to the rear of the rider ahead of them and 3 meters to the side.
 - (b) 25 meters to the rear of the rider ahead of them and 2 meters to the side.
 - (c) 20 meters to the rear of the rider ahead of them and 3 meters to the side.
 - (d) 30 meters to the rear of the rider ahead of them and 2 meters to the side.
 - (e) 25 meters to the rear of the rider ahead of them and 3 meters to the side.

7. If support vehicles are used during an Individual Time Trial:
 - (a) Attendants may not lean out of the vehicle, even momentarily.
 - (b) Attendants may not hold any piece of replacement equipment out of the vehicle's windows.
 - (c) Attendants may give supplies to riders only in designated areas.
 - (d) The support vehicle may follow its rider no closer than 5 meters.
 - (e) (a) and (b) only.

8. Concerning a Team Time Trial, which of the following is NOT true?
 - (a) Standard road bicycles may be used.
 - (b) Riders on the same team may push one another.
 - (c) No restarts are permitted.
 - (d) All riders on the same team must start in the same manner.
 - (e) The race regulations will specify which rider's time counts for the team.



ROAD MODULE 7 – ASSISTANT REFEREE: TIME TRIAL Task Completion



The purpose of this document is to show proof that the Level C Road Official has successfully completed each task required for mastery of the position as required for partial fulfillment for upgrade to Level B Road Official.

TASK TO BE COMPLETED	CHIEF REFEREE	DATE
Whip and Stage Riders for a Complete Event	_____	_____
Hold at Least 50 Riders		
# of Riders _____	_____	_____
# of Riders _____	_____	_____
# of Riders _____	_____	_____
# of Riders _____	_____	_____
Serve as a Course Referee for a Complete Event	_____	_____

When complete, please return to the [National Technical Commission member from your region.](#)



ROAD MODULE 7 – ASSISTANT REFEREE: TIME TRIAL Pre-Test Answer Key



1. Under which of the following circumstances must a bicycle used in a competition meet current UCI specifications?
 - (e) (a), (b), and (c)

2. Which of the following is an accurate dimension limit for a legal bicycle per USA Cycling road racing rules?
 - (d) A traditional bicycle must be no more than 2 meters long.

3. "Blocked" gears may be used to meet gear (development) limit restrictions in all Junior races EXCEPT:
 - (e) National Championships

4. In which of the following road events are riders PROHIBITED from carrying radios?
 - (e) All events.

5. Among the acceptable course types for Individual Time Trials is (are):
 - (e) (a), (b) and (c)

6. Riders in an Individual Time Trial shall not get any closer than:
 - (b) 25 meters to the rear of the rider ahead of them and 2 meters to the side.

7. If support vehicles are used during an Individual Time Trial:
 - (b) Attendants may not hold any piece of replacement equipment out of the vehicle's windows.

8. Concerning a Team Time Trial, which of the following is NOT true?
 - (b) Riders on the same team may push one another.