

Junior Gear Restrictions (“Rollout”)

What are they?

Gear restrictions (or “rollout”) apply to all junior (U19 and below) age groups. The gear restrictions limit the rollout, - i.e. the maximum distance a bicycle can travel with one full revolution of the pedals. The limits are:

<U13	5.5m	Track and Road
U15	6.0m	Track and Road
U17	6.5m	Track and Road
U19	7.93m	Road

How do I measure rollout?

On a smooth surface, lay a tape measure (6m +) on the ground, and roll the bike backwards along it until the pedals have made one complete turn. Make sure you start with the pedals exactly in the vertical position. Try it with different gears to see the difference.

Who says?

Cycling Australia specifies the rollout distances for each age group in its regulations and mandates the restrictions be in place for all junior age-group races.

When do they apply?

Gear restrictions apply to all races limited to juniors and junior age groups. In other words if a rider races in an age-group race (e.g. if a rider is competing in, say, an U15W Handicap race she would have to observe the gear restrictions and rollout limits.

Gear restrictions do not apply to non-age specific racing. So if a rider is racing in a “D-Grade” non-age-restricted event, he/she does not have to observe the restrictions.

HOWEVER, - CCCC JDP coaching staff **strongly recommend** all junior riders train and race with their relevant rollout restriction and expect all JDP riders to have their bikes appropriately geared when at Club training sessions.

What happens if you breach the rollout restrictions in a junior race?

You get disqualified!! (This happened recently at a State Junior Club Time Trial championships where a whole team was disqualified because each member being a few centimetres over the age-group rollout).