



International Military Sports Council

CISM Sports Committee CYCLING

Rules and Regulations

---

English Edition 2026

# **Content**

Chapter I: General .....	5
1.1    UCI .....	5
1.2    Host Nation and Organization .....	5
1.3    The CISM Cycling event .....	5
1.3.1    Series .....	5
1.3.2    Titles of the CISM Cycling event.....	5
1.4    Competitors.....	5
1.4.1    Participation criteria .....	5
1.4.2    Men's participation.....	6
1.4.3    Women's participation .....	6
1.5    Classifications .....	6
1.5.1    General .....	6
1.5.2    Individual classification.....	6
1.5.3    Team classification .....	6
1.6    Awards.....	7
1.6.1    Official medals .....	7
1.6.2    Team awards.....	7
1.6.3    Fair Play Cup .....	7
1.6.4    Award ceremony .....	7
1.7    World Cycling Championship .....	7
1.7.1    Validity of a CISM World Cycling Championship .....	7
1.7.2    Jersey CISM World Cycling Championship .....	7
1.8    Invitation – Registration – Participation.....	7
1.8.1    Invitation .....	7
1.8.2    Composition of a mission.....	7
1.9    Agenda of the competitions.....	7
1.10    Anti-Doping .....	8
Chapter II: Road.....	9
2.1    Road Races.....	9
2.1.1    General .....	9
2.1.2    Distance.....	9
2.1.3    Team Composition.....	9
2.1.4    Photo finish.....	9
2.1.5    Team cars .....	9
2.2    Individual Time Trial (ITT).....	10
2.2.1    Distance.....	10

2.2.2	Participants.....	10
2.2.3	Starting order .....	10
2.2.4	Warming up area.....	10
2.2.5	Official training .....	10
2.3	Team Time Trial (TTT).....	11
2.3.1	Distance.....	11
2.3.2	Team Composition.....	11
2.3.3	Starting Order.....	11
2.3.4	Results .....	11
2.3.5	Warming up area.....	11
2.3.6	Official training .....	11
Chapter III: Track .....		12
3.1	General .....	12
3.2	Disciplines of Track Races.....	12
3.3	Team Composition.....	12
Chapter IV: Mountain Bike (MTB).....		13
4.1	General .....	13
4.2	Team Composition.....	13
4.3	Starting Order.....	13
4.4	Duration.....	13
4.5	Results .....	13
Chapter V: Cyclo-Cross (CC) .....		14
5.1	General .....	14
5.2	Duration.....	14
5.3	Composition of the teams.....	14
5.4	Starting order .....	14
Chapter VI: Para Cycling.....		15
6.1	General .....	15
6.2	Disciplines of Para Cycling.....	15
6.3	Team Composition.....	15
6.4	Categories.....	15
6.5	Duration road race .....	15
6.6	Distance time trial.....	15
Chapter VII: Gravel .....		16
7.1	General .....	16
7.2	Duration.....	16

7.3	Composition of the teams .....	16
7.4	Starting order .....	16
7.5	Mechanical assistance .....	16
Annex A: Brief check list for the Host Nation .....		17
Annex B: Overview of substantive changes .....		19

## **Chapter I: General**

### **1.1 UCI**

CISM Cycling events (such as the CISM World Military Championship and the CISM Military World Games) are conducted in accordance with the rules and regulations of the Union Cycliste Internationale (UCI). Exceptions apply when specified in these CISM Sports Committee Cycling Regulations. Additional exceptions may be granted in consultation with the President of the CISM Sports Committee Cycling (PCSC Cycling).

All participants will be informed of any changes during the technical meeting. Such changes may also be communicated by means of a communiqué or through specific event regulations.

### **1.2 Host Nation and Organization**

The objective is to organize at least one CISM Cycling Championship annually in one or more disciplines.

While Championships may be organized exclusively by the military, it is strongly recommended that civilian Organizing Committees be involved, as they can provide essential technical and logistical expertise.

The Host Nation must contact the PCSC to discuss all details. This includes technical matters (for example, the course and the distance) and logistics (for example, lodging and transport).

If necessary, a pre-event visit by a member or members of the CISM Sports Committee Cycling (CSC) may be organized in consultation with the Host Nation.

Close cooperation with the respective National Federation is encouraged.

For practical guidance, a brief checklist is provided in Annex A.

### **1.3 The CISM Cycling event**

#### **1.3.1 Series**

The Host Nation decides which disciplines they want to organize. All combinations of disciplines and sub disciplines are allowed at the discretion of the Host Nation. These combinations can be traditional (e.g. Road and TT or only Cyclo-Cross) or they can be creative (e.g. Para Cycling Road and MTB).

#### **1.3.2 Titles of the CISM Cycling event**

CISM Cycling Championships are numbered in order, no matter which disciplines are included.

### **1.4 Competitors**

#### **1.4.1 Participation criteria**

All competitors must have a license from their National Cycling Federation and a military ID with a clear photo. The licenses and IDs will be checked in the Technical Meeting.

### **1.4.2 Men's participation**

For events on the CISM calendar, a rider's category is determined by subtracting the year of birth from the year of the event.

☐ **Elite**

Riders aged 18 years and older.

☐ **Masters**

Riders aged 35 years and older, if they choose this category. Riders in a UCI-registered team cannot race as Masters.

### **1.4.3 Women's participation**

CISM strongly encourages all Host Nations to include a women's category. No further divisions are required.

## **1.5 Classifications**

### **1.5.1 General**

All classifications are based on time.

### **1.5.2 Individual classification**

Every event has an individual classification.

### **1.5.3 Team classification**

- Men's competitions: The times of the best four (4) riders per team count. Teams with fewer riders (3, 2, or 1) will be placed behind full teams. If two teams have the same time, the team with the best individual rider will be ranked higher.
- Women's competitions: The times of the best two (2) riders per team count. Teams with only one rider will be placed behind full teams. If two teams have the same time, the team with the best individual rider will be ranked higher.

## **1.6 Awards**

### **1.6.1 Official medals**

The Host Nation must provide individual and team medals, according to CISM rules.

### **1.6.2 Team awards**

The best three (3) teams in each event may also receive cups or other prizes.

### **1.6.3 Fair Play Cup**

To support the CISM campaign against violence and promote sportsmanship, a Fair Play Cup may be attributed to an individual or a team for an exceptional act during the championship.

Any competition participant may report such acts to officials. Attribution of the Cup is optional and subject to consensus when the act is clearly outstanding.

### **1.6.4 Award ceremony**

Unless otherwise stated by the PCSC, riders must attend awarding ceremonies held immediately following a race in competition clothing. First three riders shall appear at official ceremonies no later than 15 minutes after the arrival of the third rider, unless under exceptional circumstances.

## **1.7 World Cycling Championship**

### **1.7.1 Validity of a CISM World Cycling Championship**

- Men: At least 8 nations from 2 continents.
- Women: At least 4 nations from 2 continents.
- Mixed Teams: At least 6 nations from 2 continents.

### **1.7.2 Jersey CISM World Cycling Championship**

The Host Nation that will organize a CISM World Military Cycling Championship must provide a unique jersey for the winner of an individual race.

## **1.8 Invitation – Registration – Participation**

### **1.8.1 Invitation**

At least six (6) months before the scheduled date of the event, the Host Nation will send an official invitation to member nations, and if desired, to invited nations. The official invitation will be drafted according to the CISM Regulations.

### **1.8.2 Composition of a mission**

The composition of a mission includes at least 1 team director, 1 mechanic and 1 competitor per nation (team). A coach and a masseur can be added to the mission. Full mission compositions are identified within the event specific regulations beginning with Chapter II.

## **1.9 Agenda of the competitions**

Competitions last between five (5) and seven (7) days. The Opening Ceremony is usually on the second day, and the Closing Ceremony at the end. The Host Nation may also include a cultural activity.

### **1.10 Anti-Doping**

CISM is fully committed to Fair Play and a clean sport environment. Doping is strictly prohibited as it undermines health, integrity, equal opportunities, and the fundamental values of sport.

The applicable rules are those of the World Anti-Doping Agency (WADA). CISM, the International Cycling Union (UCI), National Anti-Doping Organizations, and Major Event Organizers are bound by the WADA Code and Standards.

The WADA Prohibited List, updated annually, specifies the substances and methods that are banned. The most recent version is published on WADA's website.

Athletes requiring the use of prohibited substances or methods for medical reasons must apply for a Therapeutic Use Exemption (TUE). The procedure is available on the CISM website.

At every CISM Cycling World Championship, doping controls are mandatory in accordance with the WADA Code and International Standards. The number and type of tests are determined in the CISM Test Distribution Plan (TDP), which is established by the CISM Anti-Doping Manager and communicated to the Local Organizing Committee prior to the Championship.

A CISM Anti-Doping Commission (ADC) will be established for each Championship, composed of the Official CISM Representative (OCR) as chair, the PCSC Cycling and an Anti-Doping representative of the Local Organizing Committee, where necessary supported by the Doping Control Officer of the appointed Sample Collection Authority.

Any participating athlete may be selected for doping control. The selection process is determined by the ADC.



## **Chapter II: Road**

### **2.1 Road Races**

#### **2.1.1 General**

Road races are organized under UCI Regulations, Part 2 ([www.uci.org](http://www.uci.org)). All details of the event are discussed between the PCSC and the Organizing Committee. Topics for discussion are listed in Annex A. If needed, a site visit will take place.

#### **2.1.2 Distance**

The standard distance is approximately 125 km for men and approximately 75 km for women and men masters. The course may be covered with laps (for example, 10 laps of 7.5 km for women). A triathlon cycling course may also be used.

#### **2.1.3 Team Composition**

Each team must have at least one (1) rider. The maximum is eight (8) riders for men and four (4) riders for women.

#### **2.1.4 Photo finish**

A photo-finish camera must be used at the finish line to avoid disputes.

#### **2.1.5 Team cars**

Team cars are normally allowed in the race. If needed, the Host Nation and the PCSC may agree on restrictions or on cars provided by the Organizing Committee.

The starting order of team cars is decided by drawing lots:

Men's Road Race:

- ☐ Teams with 8 riders
- ☐ Teams with 4 – 7 riders
- ☐ Teams with 1 – 3 riders

Women's Road Race:

- ☐ Teams with 4 riders
- ☐ Teams with 1 – 3 riders

## **2.2 Individual Time Trial (ITT)**

### **2.2.1 Distance**

The distance is decided by the Host Nation. The usual proposal is about 25 km for men and about 15 km for women. Laps may be used.

### **2.2.2 Participants**

Each nation may enter a maximum of two (2) men and two (2) women in the ITT. These riders may be part of the road race team or appointed separately.

### **2.2.3 Starting order**

The order will be defined by drawing of lots per nation. The ITT will be organized in two (2) waves using the same starting order per nation.

### **2.2.4 Warming up area**

A warm-up section of about 800 meters near the start must be available.

### **2.2.5 Official training**

An official training of two (2) hours must be provided at least one (1) day before the ITT.

## **2.3 Team Time Trial (TTT)**

### **2.3.1 Distance**

The distance is decided by the Host Nation. The usual proposal is about 25 km for men and about 15 km for women. Laps may be used.

For the mixed relay, the course must be about 25 km in total, with approximately 70% covered by men and approximately 30% by women.

### **2.3.2 Team Composition**

Men's teams must start with at least three (3) riders and may start with up to six (6) riders.

Women's teams must start with at least two (2) riders and may start with up to four (4) riders.

Mixed relay teams consist of two (2) men and one (1) woman.

If a road race is also organized, riders may be selected from the road race team.

### **2.3.3 Starting Order**

The starting order is decided by drawing lots per nation at the end of the Technical Meeting.

In the mixed relay, men start first and then pass to the woman teammate.

### **2.3.4 Results**

The time of the third (3<sup>rd</sup>) placed rider will count for the team result. Teams finishing with only two (2) or one (1) rider are placed behind full teams, with the second rider's time used. After that, individuals are placed.

The overall finishing time during the mixed relay event will be taken on the female rider.

### **2.3.5 Warming up area**

A warm-up section of about 800 meters near the start must be available.

### **2.3.6 Official training**

An official training of two (2) hours must be provided at least one (1) day before the TTT.

## **Chapter III: Track**

### **3.1 General**

The track race will be organized according to the UCI Regulations Part 3.

[www.uci.org](http://www.uci.org)

All aspects of the competition will be discussed between the PCSC and the Organizing Committee. The topics to be discussed can be found at Annex A.

If necessary, a pre-event visit by a member or members of the CISM Sports Committee Cycling (CSC) may be organized in consultation with the Host Nation.

### **3.2 Disciplines of Track Races**

The Host Nation will propose the disciplines they would like to organize to the PCSC. The PCSC will discuss the proposal within the CSC.

### **3.3 Team Composition**

The Team Composition will depend on the disciplines proposed by the Host Nation.

## **Chapter IV: Mountain Bike (MTB)**

### **4.1 General**

The Host Nation decides which MTB discipline will be held (for example, Cross-Country or Marathon). Events are organized according to UCI Regulations, Part 4 ([www.uci.org](http://www.uci.org)).

All details are discussed between the PCSC and the Organizing Committee. Topics for discussion are listed in Annex A.

If necessary, a pre-event visit by a member or members of the CISM Sports Committee Cycling (CSC) may be organized in consultation with the Host Nation.

### **4.2 Team Composition**

Each team must have at least one (1) rider and may have up to six (6) riders. The same numbers apply to men's and women's competitions.

### **4.3 Starting Order**

The starting order is decided by drawing lots.

In the mixed relay, the order is: first man → woman → second man.

### **4.4 Duration**

☐ Cross-country Olympic (XCO)

The men's elite race lasts approximately 1 hour 15 minutes to 1 hour 30 minutes. The women's and men's masters race lasts approximately 1 hour to 1 hour 15 minutes.

The race should be organized in laps of 4 km to 6 km.

☐ Cross-country Marathon (XCM)

The marathon distance is 60–150 km for men elite, and 50–120 km for women and men masters.

☐ Cross-country team relay (XCR)

The Team Relay has three (3) laps in total, with each rider completing one (1) lap.

### **4.5 Results**

In the mixed relay, the final time is taken on the second (2nd) male rider.

## **Chapter V: Cyclo-Cross (CC)**

### **5.1 General**

The Cyclo-Cross event is organized under UCI Regulations, Part 5 ([www.uci.org](http://www.uci.org)).

All details are discussed between the PCSC and the Organizing Committee. Topics for discussion are listed in Annex A.

If necessary, a pre-event visit by a member or members of the CISM Sports Committee Cycling (CSC) may be organized in consultation with the Host Nation.

### **5.2 Duration**

The men's race is organized over approximately one (1) hour for the winner.

The women's race is organized over approximately fifty (50) minutes for the winner.

### **5.3 Composition of the teams**

Each team must have at least one (1) rider and may have up to four (4) riders.

### **5.4 Starting order**

The starting order is decided by drawing lots. Each nation will then choose its lane according to the draw.

## **Chapter VI: Para Cycling**

### **6.1 General**

The Para Cycling event is organized under UCI Regulations, Part 16 ([www.uci.org](http://www.uci.org)).

All details are discussed between the PCSC and the Organizing Committee. Topics for discussion are listed in Annex A.

If necessary, a pre-event visit by a member or members of the CISM Sports Committee Cycling (CSC) may be organized in consultation with the Host Nation.

### **6.2 Disciplines of Para Cycling**

The Host Nation proposes which Para Cycling disciplines to organize. The PCSC will review the proposal together with the Committee.

### **6.3 Team Composition**

Team Composition depends on the disciplines chosen by the Host Nation.

### **6.4 Categories**

The following categories are used during CISM Para Cycling events. There are fourteen (14) categories in total, each category is organized separately for men and women:

1. IRB1 (UCI C1-C3)
2. IRB2 (UCI C4-C5)
3. IRB3 (MFI/Open & physical impairment)
4. IHB1 (UCI H1-H3)
5. IHB2 (UCI H4-H5)
6. IRB1 (Recumbent Bike)
7. ITBI Tandem Bike (Visual Impairment requiring a pilot rider)

### **6.5 Duration road race**

The duration of the road race is 30 to 45 minutes for all Para Cycling categories.

### **6.6 Distance time trial**

The duration of the time trial is approximately 15 km for all Para Cycling categories.

## **Chapter VII: Gravel**

### **7.1 General**

The Gravel cycling event will be organized according to the UCI Regulations.

[www.uci.org](http://www.uci.org)

The Gravel event is a competitive mass participation event with a mass start (or in waves with intervals between the start groups) which is fully timed for all participants and splits results per group.

All aspects of the competition will be discussed between the PCSC and the Organizing Committee. The topics to be discussed can be found at Annex A.

If necessary, a pre-event visit by a member or members of the CISM Sports Committee Cycling (CSC) may be organized in consultation with the Host Nation.

### **7.2 Duration**

The length must be between 75 and 120 km (for men) or 50 and 90 km (women). In case of a challenging course in the mountains, the distance should be shorter and will be decided by the PCSC Cycling together with the local Organizing Committee. In all cases, the course should be at least 60% off-road, with cobbled sections counting as off-road.

### **7.3 Composition of the teams**

Each team will consist of minimum 1 and maximum 8 riders. The same number is applicable to men or women competitions.

### **7.4 Starting order**

The starting order will be determined by drawing of lots. Each nation will choose its lane according to the draw.

### **7.5 Mechanical assistance**

All riders should bring their own tools and spare tire or tubular to the race. Riders can change wheels during the event, but have to use the same bike frame throughout the event.



## **Annex A: Brief check list for the Host Nation**

This checklist provides the key points to be addressed when preparing a CISM Cycling event. It is intended as practical guidance for the Organizing Committee, the PCSC, the OCR, and all stakeholders.

### **General Planning**

- ☐ Define the disciplines and sub-disciplines to be organized (if applicable).
- ☐ Confirm the event date on the CISM, UCI, and National Federation calendars.
- ☐ Send the official invitation at least six (6) months before the event.
- ☐ Appoint key personnel for logistics and for national technical aspects of the race.
- ☐ Coordinate early with the National Federation and the PCSC.

### **Technical and Organizational Guidelines**

The Organizing Committee must prepare a comprehensive technical/program guide. At minimum, it must:

- ☐ Confirm that the race will be conducted under UCI and CISM Regulations.
- ☐ Where applicable, comply with national Anti-Doping legislation in addition to the CISM Anti-Doping Regulations.
- ☐ Define the rider categories to be included (e.g., Elite, Masters, Para-Cycling) and specify eligibility criteria.
- ☐ State the opening hours of the race headquarters.
- ☐ Specify the venue and time for confirmation of starters and distribution of race numbers.
- ☐ Specify the venue and time of the Sports Directors' Meeting.
- ☐ Identify the exact location of race headquarters and the doping control station.
- ☐ Provide the radio-tour frequency.
- ☐ Set the finishing time limits.
- ☐ Define award ceremony procedures.
- ☐ List prizes and jerseys to be awarded.
- ☐ Establish procedures for applying times recorded during Team Time Trials to individual classifications.
- ☐ Confirm the availability of neutral support service (e.g., via motorcycle), if applicable.
- ☐ Specify feeding zones during Time Trial events or stages, and the relevant procedures.
- ☐ Define the criteria for determining the starting order of a Time Trial or prologue (team order determined by draw; teams set internal rider order).
- ☐ Provide a description of the course or stages, including profiles, distances, feeding zones, and circuits if relevant.
- ☐ Identify obstacles on the course (e.g., tunnels, railway crossings, danger points).
- ☐ Provide a detailed route map and anticipated schedule.
- ☐ Indicate locations of intermediate sprints.
- ☐ State the exact start and finish points.
- ☐ List the hospitals prepared to receive injured riders.

## **Ceremonial and Hospitality**

- ☐ Designate a VIP area.
- ☐ Provide at least one (1) VIP car during the Road Race.
- ☐ Plan opening and closing ceremonies.
- ☐ Include a cultural element, if applicable.

## Annex B: Overview of substantive changes

This annex provides an overview of the substantive changes between the 2020 and 2026 editions of the CISM Cycling Regulations. Only material modifications have been included. Editorial changes such as corrections of typos, grammar, or formatting have not been listed.

Article	Change	Summary
1.4.2	Masters category	Masters age category redefined, exclusion of UCI-registered riders.
1.6.3	Fair Play Award → Fair Play Cup	Award redefined; linked to CISM Fair Play campaign.
1.7.1	Validity of World Championships	Mixed teams requirements introduced.
1.10	Anti-Doping	Section fully rewritten; aligned with WADA Code.
2.1.2	Road Race distance	Standard distances revised.
2.2.2	ITT participation	Expanded: up to 2 men + 2 women per nation.
2.2.5	ITT official training	Mandatory pre-event training introduced.
2.3	Team Time Trial	Mixed relay format introduced.
2.3.6	TTT official training	Mandatory pre-event training introduced.
5.2	Cyclo-Cross duration	Women's race duration specified.
6.4	Para Cycling categories	Seven categories clarified; separated by gender.
6.5	Para Cycling road race	Race duration specified.
6.6	Para Cycling time trial	Standard ITT distance specified.
7	Gravel discipline	New discipline introduced; aligned with UCI regulations.