



CYCLING

TECHNICAL HANDBOOK



FISU WORLD UNIVERSITY CHAMPIONSHIPS

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RELEASE DATE
MARCH 2025



INTERNATIONAL
UNIVERSITY
SPORTS
FEDERATION



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1. HISTORY

Cycling held its inaugural World University Championship in Moscow, Russia, in 1986. Since then, seven additional championships have been organised: in 1990 in Palma de Mallorca, Spain; in 2006 in Antwerp, Belgium; in 2008 in Nijmegen, the Netherlands; in 2014 in Jelenia Góra, Poland; in 2016 in Tagaytay, the Philippines; in 2018 in Braga, Portugal; and recently in 2024 in San Carlos, Costa Rica.

These championships have consistently attracted a large number of competitors and have seen an increase in spectators. Held on both racetracks and roads, they were marked by the high technical standards achieved. In recent years, mountain biking and BMX have been incorporated into the programme, revitalising the sport within FISU. Indeed, mountain biking and BMX have experienced remarkable development, and the enthusiasm they generated in university circles led to their inclusion in the regular programme starting in 2006. Cycling was featured twice as an optional sport in the World University Games Summer (previously known as Universiade): in 1983 in Edmonton, Canada, and in 2011 in Shenzhen, China.

The 2020 World University Cycling Championship was set to take place in Nijmegen, the Netherlands; however, it was unfortunately cancelled due to the Covid-19 pandemic.

The 2024 event was held in Costa Rica, marking the country's inaugural hosting of a World University Championship. Participation numbers were impressive, and the event was well organised, leaving attendees pleased and keen for future opportunities.

2. STATISTICS

| EDITION | YEAR | COUNTRY | CITY | COUNTRIES | ATHLETES | | | OFFs | TOTAL |
|---------|------|---------|--------------|-----------|----------|----|-----|------|-------|
| | | | | | M | W | TOT | | |
| 1 | 1986 | URS | Moscow | 11 | 76 | 0 | 76 | 43 | 119 |
| 2 | 1990 | ESP | Palma | 12 | 65 | 14 | 79 | 41 | 120 |
| 3 | 2006 | BEL | Antwerp | 17 | 86 | 33 | 119 | 54 | 173 |
| 4 | 2008 | NED | Nijmegen | 24 | 133 | 62 | 195 | 61 | 256 |
| 5 | 2014 | POL | Jelenia Góra | 20 | 70 | 46 | 116 | 36 | 152 |
| 6 | 2016 | PHI | Tagaytay | 16 | 59 | 33 | 92 | 33 | 125 |
| 7 | 2018 | POR | Braga | 18 | 95 | 40 | 135 | 44 | 179 |
| 8 | 2024 | CRC | San Carlos | 24 | 60 | 47 | 107 | 48 | 155 |

3. GENERAL SCHEDULE

| DAY -3 | DAY -2 | DAY -1 | DAY 1-4 | DAY 5 | DAY 6 |
|--------|--------|----------|---------|--------|-------|
| A | A | GTM / OC | C | C / CC | D |

Legend: A – Arrivals / CC – Closing Ceremony / C – Competition / D – Departures / GTM – General Technical Meeting / OC – Opening Ceremony

For Cycling, the competitions shall last 5 days.



4. REGISTRATION PROCEDURES

4.1. GENERAL ENTRY (DEADLINE: -6 MONTHS TO THE EVENT)

The General Entry is the first stage of the registration process, where delegations are invited to register, through the NUSFs, for the Championship indicating a general interest in participating in the event.

The submission of a General Entry Form is non-binding, indicating only initial interest by the NUSF but not final commitment

4.2. QUANTITATIVE ENTRY (DEADLINE: -3 MONTHS TO THE EVENT)

During the Quantitative Entry the NUSF delegation commits to participate and confirms the delegation composition in terms of numbers and although it does not yet provide individual details, it requires the NUSFs to submit an accurate count of delegation members.

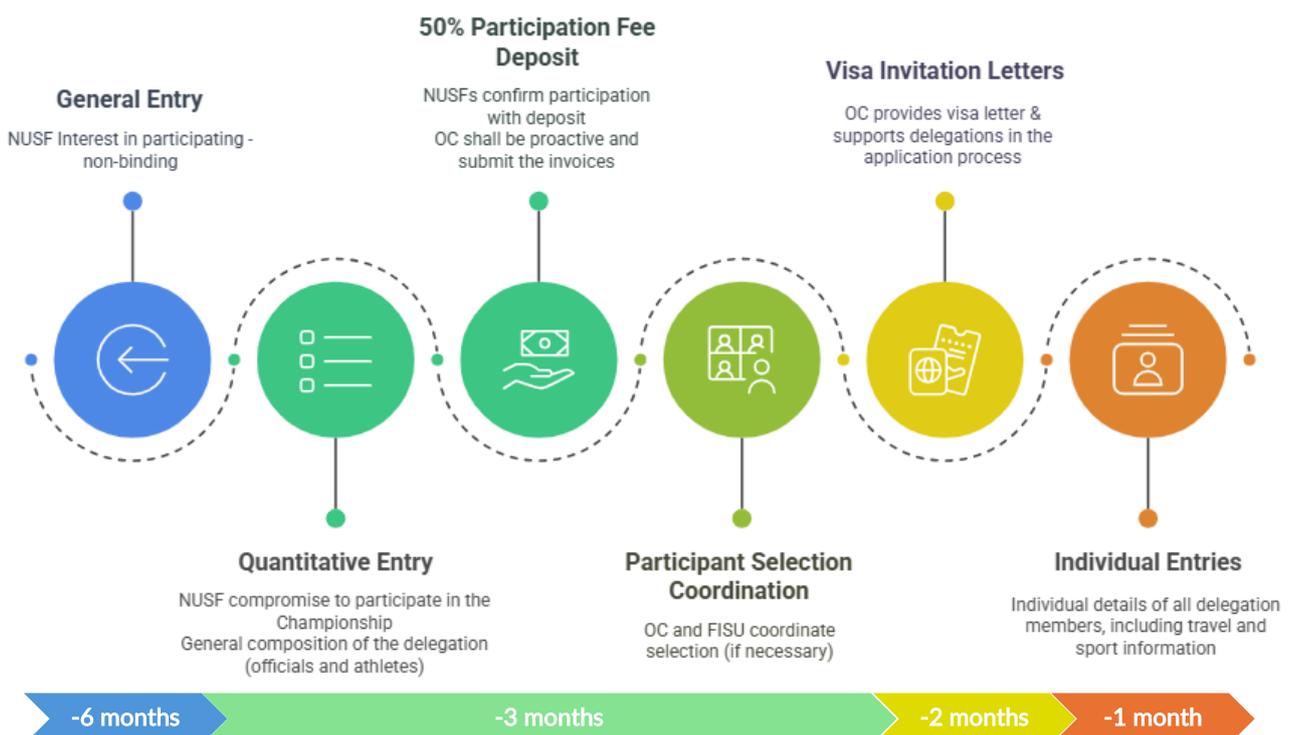
At this stage, a 50% payment of the participation fees is due and must be settled by the Quantitative Entry deadline. By proceeding with the payment, the delegation confirms its participation in the Championship.

This deposit serves as a participation guarantee, and is non-refundable in case of withdrawal, with refunds subject to FISU General Regulations and any OC-specific cancellation policies

4.3. INDIVIDUAL ENTRY (DEADLINE: -1 MONTH TO THE EVENT)

The Individual Entry is the final step in FISU event registration. The NUSF must provide all relevant data and documentation for each delegation member.

The remaining 50% of the participation fees is paid in full by this deadline. Failure to do so may result in non-participation in the Championship, unless specifically approved by the Organising Committee





5. SPORT REGULATIONS

The cycling competitions shall be run in accordance with the most recent technical regulations of the “Union Cycliste Internationale” (UCI). In case of dispute in the interpretation of the rules, the French text shall be regarded as authoritative.

The competitions shall last 6 days, as indicated in the General Schedule (Section 3). The competition programme shall be proposed by the Organising Committee Competition Manager, confirmed by the FISU TCC, and must encompass at least two disciplines, with a maximum of three, for both men’s and women’s events. Within these disciplines, various sub-disciplines may be organised.

5.1. COMPETITION DISCIPLINES

| ROAD EVENTS | MOUNTAIN BIKE | | CYCLO-CROSS |
|-----------------------|---------------------|-------------------|------------------|
| Road Race | Cross Country (XCO) | Short Track (XCC) | Cyclo-Cross Race |
| Individual Time Trial | Down Hill (DHI) | E-MTB | |
| Criterium Race | Marathon (XCM) | Endurance (END) | |
| | Eliminator (XCE) | 4Cross | |

5.1.1. DRAW

All procedures concerning the draw and attribution of race numbers shall follow the UCI procedures.

5.2. DELEGATIONS COMPOSITION

A. Athletes

| DISCIPLINE | MEN’s | WOMEN’s |
|--|--------------------|--------------------|
| Road Events | Max. 7 per country | Max. 7 per country |
| Mountain Bike | Max. 7 per country | Max. 7 per country |
| Cyclo-Cross Race | Max. 4 per country | Max. 4 per country |
| Max. 36 athletes (18 men & 18 women) per delegation | | |

Every cyclist must hold a national cycling licence that remains valid for the year of the Championship and is issued by their national federation, which must be affiliated with the UCI

The maximum number of athletes permitted per discipline applies to all events within that discipline and not to each sub-discipline

At the Technical Meeting, the Head of Delegation or his/her representative shall confirm and sign the official list of competitors accredited by the CIC



B. Officials

| TOTAL NUMBER OF ATHLETES | TOTAL NUMBER OF OFFICIALS |
|--------------------------|---------------------------|
| 1 to 9 athletes | Max. 3 officials |
| 10 to 20 athletes | Max. 4 officials |
| Over 20 athletes | Max. 5 officials |

6. TECHNICAL OFFICIALS

6.1. INTERNATIONAL TECHNICAL OFFICIALS

For the FISU Championship, the ITOs are appointed by Cycling National Federation, with the endorsement of FISU. This appointment process considers several critical factors, including the number of participants, the level and availability of NTOs, and the goal to minimise expenses when possible. To achieve cost-efficiency, the National Federation will aim to nominate ITOs from neighbouring countries whenever feasible. This approach not only fosters regional cooperation but also optimises resources.

A. Number & Roles of ITOs

| INTERNATIONAL TECHNICAL OFFICIALS | |
|---|-----------------------|
| NUMBER | FUNCTION |
| 1 | Road Race |
| 1 | Individual Time Trial |
| 1 | Criterion Race |
| 1 | Cross Country (XCO) |
| 1 | Down Hill (DHI) |
| 1 | Marathon (XCM) |
| 1 | Eliminator (XCE) |
| 1 | Short Track (XCC) |
| 1 | E-MTB |
| 1 | Endurance (END) |
| 1 | 4Cross |
| 1 | Cyclo-Cross Race |
| A maximum of 1 ITO per discipline is required | |

It is in the best interest to include the ITOs at the events, as they contribute neutrality, expertise, and enhanced reliability to the occasion, although their presence is not mandatory for Cycling in FISU

B. ITOs Costs

The costs of the ITOs are the following:

- Organising Committee shall cover:
 - Technical Delegate's accommodation in single room
 - Technical Delegate's meals



- Technical Delegate's internal transportation
- ITOs flights
- ITOs accommodation
- ITOs meals
- ITOs per-diem
- ITOs internal transportation

6.2. NATIONAL TECHNICAL OFFICIALS

Concerning the NTOs, these individuals are appointed by the Cycling National Federation or the appropriate governing bodies within a country, under the supervision of the Organising Committee.

A. Number & Roles of NTOs

| NATIONAL TECHNICAL OFFICIALS | |
|--|-----------------------|
| NUMBER | FUNCTION |
| 10 | Road Race |
| 10 | Individual Time Trial |
| 10 | Criterium Race |
| 6 | Cross Country (XCO) |
| 6 | Down Hill (DHI) |
| 6 | Marathon (XCM) |
| 6 | Eliminator (XCE) |
| 6 | Short Track (XCC) |
| 6 | E-MTB |
| 6 | Endurance (END) |
| 6 | 4Cross |
| 6 | Cyclo-Cross Race |
| The total number of NTOs will depend on the disciplines held in the event | |

B. Agreement with the NF

Concerning the NTOs participation, it falls outside the scope of FISU or UCI. It is therefore advisable for the Organising Committee to reach an agreement directly with the National Federation. This collaboration will help ensure clarity and alignment on the financial aspects associated with it, including the following:

- NTOs Nomination – Ensure all NTOs possess the necessary qualifications to work in an international event
- Management and distribution of the technical official's clothing / uniforms
- Arrangement of suitable accommodation for the required period, if needed

It is strongly recommended to initiate communication with the National Federation promptly regarding the appointment of these officials. This proactive approach will help avert any potential personnel shortages that may arise from conflicting event dates, thereby expanding the available options and ensuring a more successful engagement



7. SPORT MINIMUM REQUIREMENTS

7.1. COMPETITION VENUES

- Number of venues – 1 venue per sub-discipline
- Type of venues – Outdoor (all sub-disciplines)
 - Road Events:
 - Road Race – min. 50km / max. 150km
 - Individual Time Trial – min. 10km / max. 30km
 - Criterium Race – min. 30km or 60 min / max. 80km or 90 min (min. 6km per lap)
 - Mountain Bike:
 - Cross Country (XCO) – min. 1h20 / max. 1h 40 min
 - Down Hill (DHI) – min. 1 minute / max. 5 minutes
 - Eliminator (XCE) – min. 2 minutes / max. 5 min (each heat)
 - Short Track (XCC) – min. 10 minutes / max. 20 minutes
 - E-MTB – min. 4km / max. 6km per lap
 - Endurance (END) – min. 15km / max. 50km
 - 4Cross – min. 1 minute / max. 4 minutes
 - Cyclo-Cross
 - Cyclo-Cross Race – min. 50 min / max. 1h

7.2. TRAINING VENUES

- Number of venues – Same as competition
- Type of venues – Same as competition

7.3. EQUIPMENT

A. Venue Equipment

- Road Events:
 - Technical cars – 1 per team
 - Neutral cars – min. 2
 - Radio for jury and teams
 - 1 per Commissaire
 - 1 per Team
 - 1 for the Medical Team
 - 1 for Neutral Assistance
 - 1 per yellow flag security motorcycle
 - Kilometre signposts
 - Start / Finish area with banners
 - Bike check area for Individual Time Trial
 - Start ramp for Time Trial events
 - Sound system
 - Classification system



- Mountain Bike:
 - Yellow flags and whistles for track security – enough for 20 officials
 - Preparation zone for teams – 1 tent per team
 - Vans to transport riders to the start point (DHI) – 3
 - Start ramp for DHI events
 - Van (with driver) to take the ITO through the track during Marathon events – 1
 - Water point to wash the bikes – 1
 - Lap counter and bell for the last lap
 - Radio for jury and teams
 - 1 per Commissaire
 - 1 per Team
 - 1 for the Medical Team
 - 1 per yellow flag security motorcycle
 - Start / Finish area with banners
 - Sound system
 - Classification system
- Cyclo-Cross Race:
 - Preparation zone for teams – 1 tent per team
 - Yellow flags and whistles for track security – enough for 20 officials
 - Preparation zone for teams – 1 tent per team
 - Radio for jury and teams
 - 1 per Commissaire
 - 1 per Team
 - 1 for the Medical Team
 - 1 per yellow flag security motorcycle
 - Start / Finish area with banners
 - Water point to wash the bikes – 1
 - Lap counter and bell for the last lap
 - Sound system
 - Classification system

Please refer to the [Minimum Requirements document](#) for more detailed information

B. Uniforms & Sport Equipment

- Technical Personnel uniforms
- Bib numbers – 2 per athlete
- Transponders – 1 per athlete



8. TRAININGS

The Organising Committee is responsible for coordinating and communicating the training schedule to each delegation, ensuring appropriate access to facilities based on the sport and competition schedule. Some of the factors to be considered are:

- Create a training schedule based on the indications of the FISU TCC
- Consider the usage of the main competition venue, if needed and appropriate
- Provide hydration and basic medical assistance for training sessions
- Share a detailed training plan with each delegation at least 48 hours before their arrival
- Ensure training venue availability throughout the Championship

Please refer to the [Section 5.2.3 of the General Handbook](#) for more detailed information regarding Trainings

9. MEDICAL SERVICES

A. FISU Requirements

- First aid and Emergency Medical care
- Medical transportation
- OC on-call first aid medical services shall be available on a 24-hour basis
- A minimum of two ambulances per venue should be available and on duty from the start of warm-up until at least 45 minutes after the final competition of the day

B. Participants Medical Insurance

All participants must have a valid travel medical insurance, covering:

- 24/7 Emergency Assistance
- Emergency Medical Expenses
- Medical Evacuation/Repatriation
- Trip Cancellation/Interruption
- Accidental Death or Injury

The OC is solely responsible for providing first-aid, emergency medical care, and transportation to the designated hospital. All other medical costs shall be borne by the participant's insurance. Refer to the [Section 3.4.1 of the General Handbook](#) for more detailed information regarding Medical Services

10. DOPING CONTROL

A. FISU Requirements

- The requirements regarding the number and type of doping tests, as well as the total number of tests to be conducted, can be found in the *FISU Doping Test Requirements* document. This information is available exclusively to the Organising Committee.
- The OC Doctor or Head of the Medical area shall coordinate the doping testing and contact the FISU CMI to clarify the moment or disciplines in which the tests will be carried out.
- All doping tests costs (including collection, transportation, laboratory analyses) shall be borne by the Organising Committee.

B. Athletes Selection

- Athletes are eligible for testing once accredited until departing from the official event accommodation.

Please refer to the Section 3.4.2 of the General Handbook for more detailed information regarding Doping Control

11. PROTOCOL, SPORT PRESENTATION & AWARDING

11.1. MEDALS TABLE

| CYCLING | | | | | | |
|-----------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| SUB-DISCIPLINE | MEN | | | WOMEN | | |
| | G | S | B | G | S | B |
| Road Race | 1 | 1 | 1 | 1 | 1 | 1 |
| Individual Time Trial | 1 | 1 | 1 | 1 | 1 | 1 |
| Criterion Race | 1 | 1 | 1 | 1 | 1 | 1 |
| Cross Country (XCO) | 1 | 1 | 1 | 1 | 1 | 1 |
| Down Hill (DHI) | 1 | 1 | 1 | 1 | 1 | 1 |
| Marathon (XCM) | 1 | 1 | 1 | 1 | 1 | 1 |
| Eliminator (XCE) | 1 | 1 | 1 | 1 | 1 | 1 |
| Short Track (XCC) | 1 | 1 | 1 | 1 | 1 | 1 |
| E-MTB | 1 | 1 | 1 | 1 | 1 | 1 |
| Endurance (END) | 1 | 1 | 1 | 1 | 1 | 1 |
| 4Cross | 1 | 1 | 1 | 1 | 1 | 1 |
| Cyclo-Cross Race | 1 | 1 | 1 | 1 | 1 | 1 |
| TOTAL | 12 | 12 | 12 | 12 | 12 | 12 |



A. FISU Requirements

The Organising Committee is responsible for providing the medals as shown in the table above. Medals must be awarded for all events. The top three athletes in each sub-discipline are eligible for medals.

The table below provides a comprehensive overview of the total number of medals awarded across all competition disciplines. Please note that extra/reserve medal sets and the FISU set are not included in these figures.

| CYCLING MEDALS | |
|----------------|----|
| Gold | 24 |
| Silver | 24 |
| Bronze | 24 |

The Organising Committee must provide FISU a set of medals of the event

The total number of medals for Cycling displayed considers that all sub-disciplines will be organised. It's important to check the table for the total number of medals allocated to each sub-discipline being contested at the event

B. Recommendations & Considerations

It is crucial to have additional sets of medals on hand as a contingency. Some medals may be defective, or athletes may achieve the same final time, necessitating duplicate medals of the same type.

Medals are not mandatory for Officials in Cycling. Trophies are also not required as there's no team ranking.

11.2. SPORT PRESENTATION

Sports presentation is vital for elevating a Championship from a competition to an unforgettable experience. It encompasses everything from music and lighting to commentary and fan engagement, creating a unique atmosphere that engages the audience.

In case there is a big screen in the venue for the spectators, some educational video (provided by UCI) regarding the rules of the sport can be displayed at the beginning of the competition day

A. FISU Requirements

• Audio Elements

- Sound System: A high-quality sound system is essential for announcements, music, and commentary, ensuring clear communication and engaging atmosphere.
- Microphone: Essential for general announcements such as schedule, results, athletes' introduction, general information, others.
- Thematic Music: Curate an energetic playlist to be played during introductions, warm-ups, and medal ceremonies to elevate the excitement.

• Commentary and Announcing

- Live Announcements: Make timely announcements regarding event schedules, race results, and athlete backgrounds to keep the audience informed and engaged.



- **Athletes Introduction**
 - Ceremonial Introductions: Develop exciting and personalized introductions for the athletes, showcasing their achievements and backgrounds. This builds anticipation before each race.

B. Recommendations & Considerations

- **Audio Elements**
 - DJ: Enhances the atmosphere and overall experience of a sports competition, by creating and maintaining energy, motivating the athletes and engaging the crowd.
- **Commentary and Announcing**
 - Engaging Commentary: Hire knowledgeable commentators who can provide insights about the athletes, techniques, and race strategies. This adds depth to the viewing experience.

11.3. CYCLING PRE-COMPETITION PROTOCOL

A. Athletes Introduction

Event Host:

“Now, let’s introduce our contenders for today’s race! Please join me in welcoming our athletes with enthusiasm!”

- Country Flag Display
 - “Representing [Country], we have [Athlete’s Name]!”
 - “[He/She] recently finished [insert notable performance], and holds a personal best of [insert time, if available].”
 - “Notably, [he/she] has also won [mention any major titles or accolades, such as national championships].”

| FINALS | |
|--------|--|
| TIME | ACTIVITY |
| -120' | - All OC personnel must be at the venue, ready and available for the event |
| -90' | - Teams and riders are at the venue for warm-up |
| -30' | - End of warm-up. Preparation for the race |
| -15' | - Riders should be at the race start place |
| 0' | - Race start |

12. SERVICES

The Organising Committee should provide a variety of services for the event, including:

- Ice
- Laundry
- Wi-Fi

Please refer to the [Section 3.11 of the General Handbook](#) for more detailed information on all services



12.1. ICE

The supply of ice is one of the most common requests from participating delegations, particularly for injury treatment and recovery purposes.

- The Organising Committee must supply ice for treating injuries during both practice and competition, as part of the medical coverage for the event. It does not cover large quantities of ice needed for recovery treatments, such as cryotherapy.

The Organising Committee secure a reliable ice provider on standby, anticipating the request from teams and establishing clear procedures for ice procurement, including pricing and how to access this service

12.2. LAUNDRY

Laundry services are essential for many sports, particularly in long-duration competitions and team sports, where athletes may require frequent changes of clothing.

- Laundry services must be provided in all Team Sports Championships and in all sports with more than four competition days.
- Self-Service or Full-Service Laundry can be considered (hotel/accommodation and external services included in the latter)

Self-Service is the preferred option, giving more flexibility and control to the teams. If not, it is important to negotiate reduced pricing and adjust the timing for collection/delivery of uniforms with the provider

12.3. WI-FI

Wi-Fi is an essential service for university students, as it serves as a critical infrastructure that fosters communication and supports their academic responsibilities.

- Participants can easily access real-time information about event schedules, results, and updates. This allows them to plan their day effectively, ensuring they don't miss out on key events and activities.
- Participants can engage with live broadcasts, social media updates, and other digital content related to the event.
- For many students, academic responsibilities continue even during events. Wi-Fi connection ensures they can access study materials and educational resources, maintain communication with professors, and keep up with online courses.

Wi-Fi should be provided free of charge for all participants at the event, both at the accommodation sites and at the competition venues

13. GENERAL TIMELINE

| TIMELINE | ACTIONS |
|------------------|---|
| Event -12 months | <ul style="list-style-type: none"> • Coordination Visit <ul style="list-style-type: none"> ◦ Venues visit and Equipment approval (FISU TCC) • Competition programme approval (FISU TCC) • Venue medical plan approval (FISU TCC) |
| Event -6 months | <ul style="list-style-type: none"> • General Entries (NUSFs) |
| Event -3 months | <ul style="list-style-type: none"> • Quantitative Entries (NUSFs) • 50% payment from participating countries (NUSFs / OC) • ITOs & NTOs list (FISU / UCI / OC) |
| Event -1 months | <ul style="list-style-type: none"> • Individual Entries (NUSFs) • 100% payment from participating countries (NUSFs / OC) • Final Bulletin (OC / FISU / FISU TCC) |
| Event -1 day | <ul style="list-style-type: none"> • Accreditation and participants list confirmation (NUSFs) • Technical Officials Meeting (ITOs / NTOs / TCC / OC) • General Technical Meeting (NUSFs / OC / FISU) |
| EVENT | |
| Event +1 week | <ul style="list-style-type: none"> • Send all documents and media to FISU (OC) |
| Event +1 month | <ul style="list-style-type: none"> • Final Report to FISU (OC) |

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PUBLISHED BY



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