

Regulations Cycling

GNSK 2026

1. Team composition and eligibility

1. A maximum of two teams can be registered per Umbrella Student Sports Organisation (hereinafter: OSSO)/city; one men's team and one women's team. A team consists of a minimum of 4 and a maximum of 6 riders. Each day, a team must meet the minimum number of participants.
2. The registered participants of an OSSO/city may only consist of students who meet the conditions as stated in chapter 1 of the SSN event regulations. In the event of violation of this rule, the team will lose all matches. If an ineligible participant participates in the GNSK, a fine of €200 will be charged to the OSSO/representative organisation in the city for which that participant plays.
3. The team registration must be submitted to the cycling committee before the start of each team match. Should an OSSO/city send two participating teams, no players may be substituted or play for the other team. Should this happen, article 2 of the team composition and eligibility applies.

2. Match provisions

1. The tournament for both men and women consists of three events: the Criterium, which is raced on Saturday, and the Team Time Trial and Points Race, which are raced on Sunday.
2. During a race, participants may not be accompanied by third parties, with the exception of assistance provided by the organization, as this may lead to dangerous situations. If this rule is violated, the cycling committee, in consultation with the GNSK committee and/or the SSN, may decide to disqualify the participant(s).
3. Teams must be present and ready at the time indicated in the race schedule. If this is not the case, the cycling committee may decide to disqualify the team from the relevant event.
4. It is forbidden to warm up on the course while a race is still in progress. Failure to comply may result in disqualification from the relevant event.



5. Teams will be provided with race numbers by the organization.
6. Wearing a helmet suitable for cycling is mandatory.
7. The race number must be clearly visible and pinned on the right-hand side.

2.1 Criterium

1. The [studentencup](#) rules apply to the criterium.
2. All riders of each team start the race, provided they are fit to compete. The women's race is held separately from the men's race.
3. The jury may allow dropped groups of riders to sprint earlier.
4. If a participant leaves the race, they must report this to the jury.
5. Riders who have been lapped may be withdrawn from the race by the jury. This will be done no later than five laps before the end of the race.
6. Riders who leave the race, whether voluntarily or involuntarily, will not be awarded any points.
7. In the event of a mechanical issue or a crash, a one-lap compensation will be granted up to five laps before the finish.
8. Riders who are being overtaken must give way to the faster rider and, as much as possible, keep to the outside of the bend.
9. Lapped riders may not interfere with the progress of the race (e.g. riding at the front, closing gaps, slowing the race, etc.). Failure to comply may result in disqualification, as decided by the cycling committee in consultation with the GNSK committee and/or the SSN.

2.2 Team Time Trail

1. Each team rides ten laps of approximately 1.5 kilometers.
2. The starting order of the teams will be determined by a draw on day one.
3. The team time trial is started with the full team, provided all riders are fit to compete, and at least four riders must cross the finish line in the final lap.





4. The team's final time is the finishing time of the fourth rider.
5. Riders may drop off the course at any time and must leave the course at the first possible opportunity.
6. A rider who has dropped cannot rejoin the team later.
7. Timekeeping starts at the previously indicated moment. Riders then start from a stationary position.
8. The team time trial is contested on standard road racing bicycles. The use of time trial bicycles, disc wheels, clip-on aerobars, and similar equipment is not permitted. Wearing a skinsuit and a time trial helmet is permitted.
9. Only one team will be on the course at any given time.

2.3 Points race

1. Each team designates in advance the four registered riders who will compete in the Points Race.
2. In the event of a mechanical issue or a crash, a rider may request a one-lap compensation from the jury.
3. In this Points Race, riders finishing 1st through 5th score points every three laps (5, 4, 3, 2, and 1 point respectively). Lap 15 is the final intermediate sprint, after which a five-lap final is ridden leading to the final sprint, in which the first ten riders score points. The points distribution for the final sprint is 15, 12, 10, 8, 7, 6, 5, 4, 2, and 1 points. The rider with the highest total number of points at the end of the race wins. A rider who laps the peloton is awarded 15 points. A total of 20 laps are raced for both women and men.
4. The number of points awarded to the team in the overall team classification is determined by the result of the Points Race.
5. In the event of a tie on points, the finishing position determines the outcome of the Points Race.
6. The announcer will first make an unofficial announcement of the points awarded. The official result of each sprint is determined based on the photo finish or video footage.



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7. Points can be scored every three laps. Lap 15 is the final intermediate sprint and lap 20 is the final sprint. A bell is rung to signal each sprint, and a lap board indicates the remaining number of laps.

2.4 Prize Ceremony

1. For each individual event (Points Race and Criterium), points are awarded to individuals and are later added to the team total of the team to which the individual belongs.
2. For each team event (Team Time Trial), points are awarded to the respective teams.
3. The points earned per event are added together. The team with the highest total number of points wins the team classification.
4. In the event of a tie on total points, the result of the Team Time Trial is decisive for the final ranking.

Position	Points
1	100,1
2	80
3	70
4	60
5	50
6	40
7	30
8	20
9	10
10	5



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3. Closing provisions

1. Players must wear appropriate and uniform clothing.
2. The organization accepts no responsibility or liability for accidents or damage to third parties before, during, or after the competition. Participation is at the participant's own risk, and each participant must have valid third-party liability insurance (WA insurance).
3. The organization accepts no responsibility or liability for theft before, during, or after the competition.
4. In all cases, the cycling committee reserves the right to take a binding decision that may deviate from the provisions above. Such a decision shall be in accordance with the documents referred to in Article 5 of the final provisions and may not be implemented without the consent of the GNSK committee and/or the SSN.
5. In all cases not provided for in these regulations, the rules and provisions of the SSN Event Regulations 2026 and the [regulations of the KNWU](#) apply.



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