



## TECHNICAL REGULATION UPDATES FOR 2025

British Cycling is pleased to confirm a comprehensive update to the technical regulations for the 2025 season.

These changes are being implemented in a move to reduce the barriers to competition, simplify technical regulations and modernise the sport. This reflects British Cycling's mission to support and grow the Sport, lead on the world stage and tackle inequalities.

After extensive research and consultation with key stakeholders the following key changes will be implemented from the dates outlined below:

### 1. Gear Restrictions for Youth Riders in Road and Track

To recognise the current availability and use of equipment, both supplied on bikes from new and aftermarket, along with addressing the development needs of Youth riders, the following measurement updates will apply from 1<sup>st</sup> March 2025 for Road and Track

	2024	2025
<b>Youth A</b>	<del>6.93 metres</del>	7.18 metres
<b>Youth B</b>	<del>6.45 metres</del>	6.73 metres
<b>Youth C</b>	<del>6.05 metres</del>	6.34 metres
<b>Youth D</b>	<del>5.40 metres</del>	Unrestricted
<b>Youth E</b>	<del>5.10 metres</del>	Unrestricted

The above roll out measurements correspond to a 50t chainring with a 17(C), 16 (B) and 15 (A) with a 32c tyre width or 79" (C), 84" (B) and 90" (A).

### 2. Rim Depths for Youth Riders in Road and Track

Rim depths are steadily increasing due to the shift to disc brakes in road and 35mm rims are or will become difficult to obtain in the future. To stay ahead of the curve, rim depth regulations are updated from 1<sup>st</sup> March 2025 to the following:

	2024	2025
<b>Youth A</b>	<del>Unrestricted</del>	40mm (From 2027)
<b>Youth B</b>	<del>35mm</del>	40mm
<b>Youth C</b>	<del>35mm</del>	35mm
<b>Youth D</b>	<del>35mm</del>	35mm
<b>Youth E</b>	<del>35mm</del>	35mm

The 40mm restriction for Youth A riders will come into effect on March 1<sup>st</sup> 2027, and disc wheels as well as 3,4, 5 spoke wheels will no longer be permitted for Youth A riders. This staged approach ensures that riders currently in the system are not negatively impacted upon.

### **3. Integration of Gravel and Mountain Bike Enduro Regulations**

British Cycling can confirm dedicated technical regulations for Gravel Racing and Mountain Bike Enduro Racing have been approved for the 2025 season. Whilst acknowledging the history and heritage of both of these disciplines, we have been cautious to not over-regulate, whilst ensuring that the safety and integrity of the disciplines is not compromised.

This allows event organisers to register Gravel and Enduro events safe in the knowledge that the National Governing Body supports and recognises each discipline.

British Cycling's Head of Sport, Anthony Gill, said:

“As the governing body for the sport it is our duty to ensure that it is accessible to as many young people as possible, while safeguarding the interests and wellbeing of those who take part. Following comprehensive research and consultation with riders, parents, coaches, and with other sports, we have made several positive changes to our rules and regulations to help support access to youth competition.

“We know that the competition experience and the cost of equipment and travel are continuing to place a strain on riders and their parents or guardians. We are also aware of the performance benefits of advances in bike/kit technology and share the concerns of many that this presents unfair barriers for people competing, or simply wanting to participate.

“These changes are intended to address some of these concerns, and we will continue to refine these over the coming years to ensure our sport remains as accessible as possible to everybody. As always, the British Cycling staff team will be on hand to give support, and guidance should you have any further questions.

“In addition, it is a great step forward to introduce dedicated technical regulations for Gravel Racing and Mountain Bike Enduro Racing. These disciplines are a fast-growing part of our sport with a unique culture and heritage and we look forward to working collaboratively with existing organisers and the wider community to enable them to flourish.”

You can see all updates to the technical regulations for 2025 by visiting the British Cycling website [here](#) and for any queries email [techregss@britishcycling.org.uk](mailto:techregss@britishcycling.org.uk) or visit the FAQ's [here](#).