



FOOT DOWN & STOP

RULE EXPLAINED

The **mandatory** Foot Down & Stop at Junction rule requires the competitor to stop at the road junction with a foot on the ground while remaining in full control of their bike at all times.



The competitor should only re-clip or place their foot back on the pedal and proceed into or cross the road junction once the road junction is clear of all oncoming traffic.



Failing to stop at the road junction with a foot placed on the ground breaches the rule and would result in disqualification.