

Madison coaching session
Sundrive Velodrome
03/07/2017

Introduction

The madison is a team race participated in by 2 riders over various distances. The general rules are similar to that of a points race in the fact that an overall standings decides the winner of the race by picking up sprint points and/or gaining laps on the the main bunch.

In a madison there will be 1 rider from each team in the race whilst the other rider is 'resting' at the top of the track. Riders take turns racing/resting and change over during the race using a hand-sling. Normally, teams will aim to change every time the racing rider passes beneath their resting team mate.

Race distances vary from competition to competition. Major championships are held over 50km with 20 sprints but lower ranked UCI races tend to be run over a shorter distance with fewer sprints.

Each pairing will be either supplied or asked to race in the same jersey throughout the race so it is easier for officials, riders and spectators to identify each pairing.

Hand-sling

The 'racing rider' will look to change with their partner every time they pass underneath them. Changes will always take place with the racing rider on the inside of the track using their right hand. The 'resting rider' has the responsibility to correctly identify their partner in the bunch and drop down safely allowing enough room to conduct a safe hand-sling. The resting rider needs to be aware of everybody around them and to take care of other racing riders potentially travelling fast from behind.

Before the hand-sling takes place, the resting rider will want to make sure they are not riding too slow in comparison to their racing team mate. A dramatic difference in speed can lead to a missed hand-sling or potentially a crash.

The racing rider will put their left hand in the centre of the bars leading up to the change - this enables the rider to have more stability whilst conducting the change over. The resting rider will have their right hand on the drops and their left hand down by the outside of their hip. The racing rider will take the resting

riders hand and whilst at full stretch will push using a bowling action whilst keeping a strong core to ensure position on the track is held. The resting rider will push off of the hand of the racing rider and enter the race.



The race

One rider from each pairing will line up on the home straight whilst the other rider from the pairing will line up on the back straight. All riders start from the fence and will occasionally be asked to line up in number order.

Rides in the home straight will start the race with a neutral lap and once the race has been officially started, the riders on the back straight are free to leave the fence.

Whilst riders are making changes during the race, racing riders behind will be expected to ride around the pair that are changing. In doing so, this rider will be able avoid the rider in front as they lose speed during their change. This is particularly important to learn quickly as it is fundamental in keeping a safe race.

Scoring

The race is fundamentally a team points race with points being awarded throughout the race for sprints. The points are awarded for the first 4 riders in each with 5,3,2 and 1 points on offer. Additionally, 20 points are awarded to teams that have taken a lap on the main bunch. The final sprint awards double points for the first 4 riders (10, 6, 4 and 2). An overall points tally will decide the winner of the madison.