



Mandatory examinations in the UCI medical programme In MTB – TRACK – BMX.

Version in force from 1st December 2019

1. General

- 1.1 In accordance with articles 13.3.037 to 13.3.041 of the UCI medical rules, riders of mountain bike, track and BMX disciplines must undergo a medical monitoring programme for which each examination will include at least a medical interview, a clinical examination and the biological and paraclinical examinations reported below.
- 1.2 The National Federation shall be responsible for the organization and implementation of the medical monitoring programme. The clinical examinations and blood tests are carried out under the responsibility of the Team Doctor, the national medical doctor, or the doctor appointed by the National Federation.
- 1.3 These examinations provide a basis for assessing the medical fitness of the cyclist to train and compete. They shall be carried out in such a way that their results are known before the end of the period in which they must be carried out.

2. Annual examinations

- 2.1 Before the request for the license is submitted, the National Federation or the Team has to inform the rider of the examinations he has to undergo between **1st January and 15th March (first period)**.
 - A medical interview including a full clinical examination,
 - A cardiovascular questionnaire available on the UCI Website,
 - A rest electrocardiogram (12 leads),
 - A blood test including
 - UREA
 - CREATININE
 - FULL BLOOD COUNT
 - RETICULOCYTES
 - FERRITIN
 - C-REACTIVE-PROTEIN
 - GLUCOSE
 - TSH
 - TOTAL TESTOSTERONE
 - BASAL CORTISOL
 - A urinary stick.
- 2.2 The examinations passed during the period from **1st May to 15th July** of each year (**second period**), shall include:
 - A blood test including,
 - FULL BLOOD COUNT

- *RETICULOCYTES*
- *FERRITIN*
- *C-REACTIVE-PROTEIN*
- *TSH*
- *TOTAL TESTOSTERONE*
- *BASAL CORTISOL*

3. Recommended examinations

It is recommended that cyclists undergo the following examinations:

- Serology for:
 - HIV
 - HBV
 - HCV
- Anti-tetanus vaccination.

4. Controls

After each period of testing the Team doctor, the national medical doctor, or the doctor appointed by the National Federation shall submit a declaration to the UCI Medical Director in accordance with the model available on the [UCI website](#), noting the examinations undergone by each rider (Inside UCI/Medical). This declaration must be sent by email (medical@uci.ch) to the UCI Medical Director by 31st March and 31st July for the first and second periods of the mandatory medical examinations, respectively.

Sanctions stipulated in article 13.3.051 shall apply in case of violation of the regulations set out in paragraphs 13.3.031 to 13.3.050.



UCI Medical Monitoring – MTB – TRACK – BMX

Exams	Every year	1 st control (01/01-15/03)	2 nd control (01/05-15/07)	Optional
Full medical examination	*			
Cardiological questionnaire	*			
Electrocardiogram (12 leads)	*			
Urea, creatinine		*		
Full blood count		*	*	
Reticulocytes		*	*	
Ferritin		*	*	
C-reactive Protein		*	*	
Glucose		*		
TSH		*	*	
Total testosterone		*	*	
Basal cortisol		*	*	
Urinary stick	*			
Serology for HIV, HBV, HCV				*
Anti-tetanus vaccination				*

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