





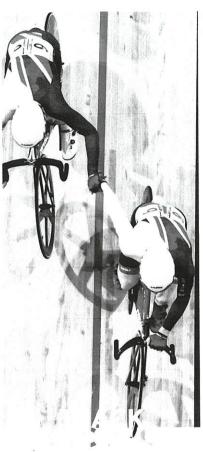
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ONE SPORT EIGHT DISCIPLINES



Road cycling includes one-day races (such as the Classics) and stage races (such as the Grand Tours - Giro d'Italia, Tour de France and Vuelta Ciclista a España – which are three weeks long). In the road race, riders start in a bunch and the first across the finish line wins. The individual time trial sees riders set off individually at regular intervals, with the competitor completing the course in the fastest time declared the winner. The principle is the same for the team time trial, but this event is raced by teams of between two and ten riders. In 2018, the UCI decided to integrate e-cycling (virtual cycling on a home trainer connected to a dedicated application) into its Regulations.



Track cycling events take place in a velodrome on bikes with a fixed gear and no brakes. Races can be broken down into two "families": relatively short sprint events (individual and team sprints, kilometre [500m for women] and keirin) and longer endurance events (individual and team pursuit, points race, Madison and Scratch race).



Mountain bike includes endurance races (crosscountry Olympic, cross-country Marathon and cross-country Eliminator) and downhill events (downhill and four-cross). Cross-country events are held on hilly, technical circuits in the countryside. Downhill racing involves fast and extremely spectacular individual descents. Four-cross is an event where four riders race head-to-head on a relatively short, straightforward downhill track. In 2018, the **UCI Management Committee** approved the addition of several new formats to the UCI International Calendar from 2019: E-Mountain bike (cross-country mountain bike with electrical assistance), Enduro (events comprising timed descents and liaison stages), Alpine Snow Bike (downhill racing on ski slopes) and Pump Track (on a track made up of bermed corners and bumps).



BMX Racing is a very spectacular discipline that takes place on a 350-400m track featuring a mix of bumps, berms and flat sections. The riders start from an eight-metrehigh ramp (Supercross format) enabling them to quickly gain considerable speed. Depending on the layout of the section, the best tactic may be to land quickly to pick up speed or to gain height (jumps throw the riders up to five metres into the air).



BMX Freestyle brings together several distinctly different specialities, including Park and Flatland. BMX Park sees riders execute a series of figures on different obstacles (slopes, walls, platforms...). BMX Flatland also involves a series of figures, but uniquely on flat ground, often balancing on one wheel. In both cases, riders are judged on the difficulty and originality of the figures as well as their style.



Cyclo-cross races take place on circuits of around three kilometres, on a variety of surfaces (roads, country lanes, forest tracks, fields) that the riders negotiate several times. Traditionally peppered with short climbs, the courses often include artificial obstacles that require constant changes in rhythm. Sometimes the riders have to carry their bikes over certain sections. Events in this discipline, which usually take place in autumn and winter, last about one hour.



TRIALS

Trials is a discipline that consists of getting over obstacles that are grouped into sections. Competitors aim to get through six sectors (per section) without their feet or any part of the bike - except the tyres - touching the ground. A maximum of 10 points can be collected for completing a sector without committing any faults, meaning a maximum of 60 points is available in each section. The rider with the most points at the end of the sections is declared the winner. There are two classes, which are distinguished by the size of the bicycle wheels (20" or 26"). Trials can be practised just as well in natural settings as in urban areas (including covered arenas) with artificial obstacles.



Indoor cycling comprises two specialities: artistic cycling and cycle-ball. Artistic cyclists present - as individuals, in couples or in teams of four - a five-minute programme featuring various figures, accompanied by music. They are judged by a panel. Cycle-ball is a match between two teams of two players (acting as both goalkeepers and outfield players). The objective is to put the ball into the opposing team's goal by hitting it with a wheel or the body. Fouls are sanctioned by the awarding of free kicks or penalties to the opposing team.