



ROLLING STARTS FOR CADETS



- **TRAM LINES (TO EITHER SIDE OF THE ARROWS) – YOUR KART MUST BE INSIDE THESE LINES, – IF NOT IT’S A 5 SECOND PENALTY !**
- **POST 8 (BLUE DOT) & 9 (ORANGE DOT) WILL HAVE YELLOW FLAGS DISPLAYED ON THE ROLLING LAPS – NO OVERTAKING – YOU CAN’T CATCH UP ANY LOST GROUND BY OVERTAKING THE PACK – PENALTIES IF YOU DO.**
- **WHEN APPROACHING POST 8 YOU SHOULD BE IN A TIGHT FORMATION AT A MODERATE SPEED**
- **WHEN YOU APPROACH POST 9 YOU SHOULD MAINTAIN SPEED, AND ENSURE YOU GET ROUND THE CORNER AND INTO THE TRAM LINES AS SOON AS POSSIBLE.**
- **TRAVEL IN A STRAIGHT LINE INSIDE THE TRAM LINES AT A STEADY CONSTANT SPEED AND WAIT FOR THE LIGHTS TO GO OUT.**
- **ONCE THE LIGHTS GO OUT YOU CAN ACCELERATE, BREAK FORMATION AND RACE.**
- **IF IT’S A ‘FALSE START’ THE RED LIGHTS REMAIN ‘ON’ AND A YELLOW FLASHING LIGHT WILL ALSO APPEAR – THIS MEANS ONE MORE ROLLING LAP.**

THANK YOU.