街とともに。人とともに。
FOR MORE COMMUNICATION
警 視 庁

MPD
Metropolitan Police Department

# HOW TO RIDE A BICYCLE THE RIGHT WAY

## FIVE RULES FOR SAFE CYCLING

1. CYCLE ON THE ROAD AND KEEP LEFT. IF YOU HAVE TO USE THE SIDEWALK, PEDESTRIANS HAVE THE RIGHT OF WAY.
2. STOP AT A RED SIGNAL OR STOP SIGN AT AN INTERSECTION. LOOK BOTH WAYS BEFORE PROCEEDING.
3. TURN ON THE LIGHTS AT NIGHT.
4. DON'T DRINK AND RIDE.
5. WEAR A HELMET.

# FIVE RULES FOR SAFE CYCLING

## From 1 April 2026, bicycles will be

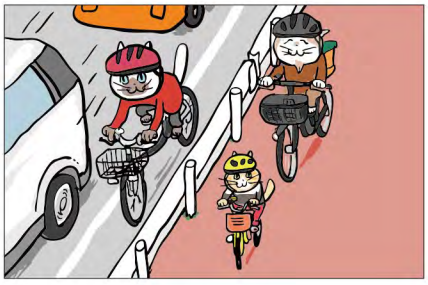
### 1 CYCLE ON THE ROAD AND KEEP LEFT. IF YOU HAVE TO USE THE SIDEWALK, PEDESTRIANS HAVE THE RIGHT OF WAY.

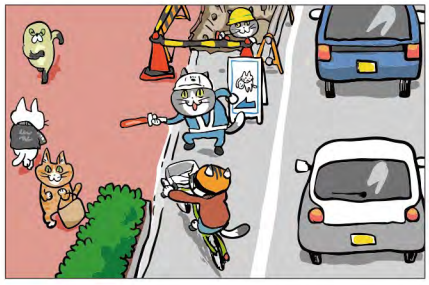
### CYCLISTS SHOULD RIDE ON THE ROAD, BUT MAY USE THE SIDEWALK IF:

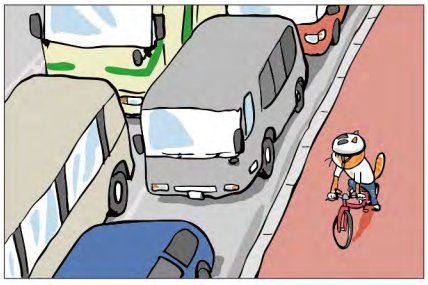
歩行者優先

signpost of "EXCEPTIONAL SPECIFIED SMALL MOTORIZED BICYCLES, STANDARD BICYCLES AND PEDESTRIANS ONLY."

- There is a sign signifying "EXCEPTIONAL SPECIFIED SMALL MOTORIZED BICYCLES< STANDARD BICYCLES AND PEDESTRIANS ONLY";
- The rider of a standard bicycle is aged under 13 or 70 and over, or physically disabled;
- Safety is not assured on the road due to construction work, parked cars, heavy vehicular traffic, narrow lanes, etc., and the cyclists can be hit when overtaken by vehicles
(Art. 63-4 of the Road Traffic Act and Art.26 of the Order for Enforcement of the Road Traffic Act)







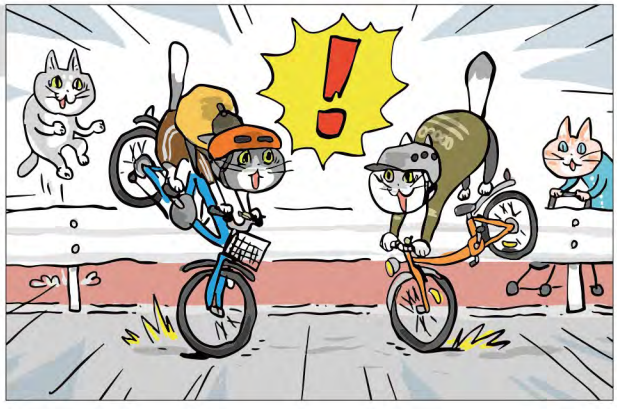
### KEEP TO THE LEFT

You must ride as near to the left curb or edge of a road (for vehicles) as possible, not in the middle of the road.
(the Road Traffic Act, Article 17)

**PENALTY** Imprisonment for not more than three months or fine of not more than JPY 50,000
(the Road Traffic Act, Article 18(1)) 【Fine: 6,000 yen】

Ride in the bicycle path if there is one, unless blocked by obstacles such as construction work.
(the Road Traffic Act, Article 63-3)

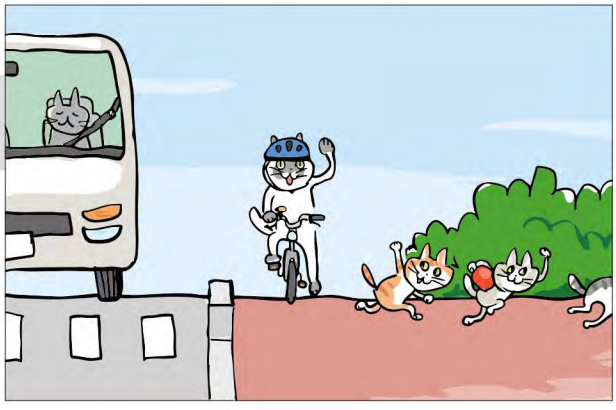
**PENALTY** Fine or petty fine of not more than JPY 20,000
【Fine: 3,000 yen】



### IF YOU HAVE TO USE THE SIDEWALK, PEDESTRIANS HAVE THE RIGHT OF WAY

When riding on the sidewalk , stay close to the road as possible. Stop if your presence would impede pedestrian traffic.
(the Road Traffic Act, Article 63-4)

**PENALTY** Fine or petty fine of not more than JPY 20,000
【Fine: 3,000 yen】

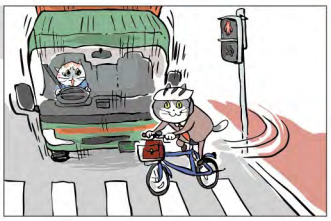


# subject to the Traffic Offence Notification System !

Traffic Offence Notification System

## 2 STOP AT A RED SIGNAL OR STOP SIGN AT AN INTERSECTION. LOOK BOTH WAYS BEFORE PROCEEDING.

### OBEY TRAFFIC SIGNALS

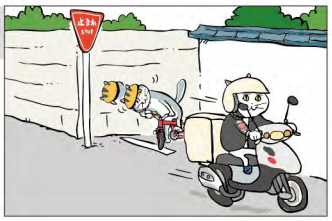


You must obey the traffic lights at a signal.
(the Road Traffic Act, Article 7, and the Order for Enforcement of the Road Traffic Act, Article 2)

**PENALTY**

**Imprisonment for not more than three months or fine of not more than JPY 50,000** 【Fine: 6,000 yen】

### DON'T FORGET TO STOP

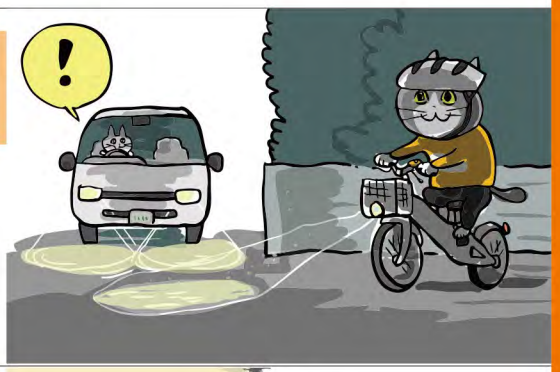


You must stop at a stop signpost and look both ways for oncoming traffic before proceeding.
(the Road Traffic Act, Article 43)

**PENALTY**

**Imprisonment for not more than three months or fine of not more than JPY 50,000** 【Fine: 5,000 yen】

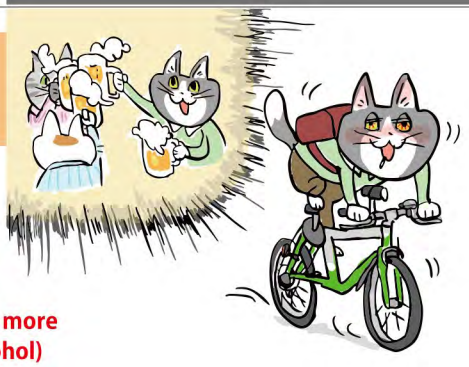
## 3 TURN ON THE LIGHTS AT NIGHT.



You must keep your headlight on while riding at night.
(the Road Traffic Act, Article 52, and the Order for Enforcement of the Road Traffic Act, Article 18, and the Road Traffic Ordinance of Tokyo, Article 9)

**PENALTY** **Fine of not more than JPY 50,000** 【Fine: 5,000 yen】

## 4 DON'T DRINK AND RIDE.



You must not ride a bicycle under the infulence of alcohol.
(the Road Traffic Act, Article 65)

**PENALTY**

**Imprisonment for not more than five years or penalty of not more than one million yen (in case of drink-driving)**
**Imprisonment for not more than three years or penalty of not more than 500,000 yen (in case of driving under the influence of alcohol)**

## 5 WEAR A HELMET.

- Cyclists should make reasonable efforts to wear a helmet.
《Road Traffic Act, Art. 63-11 (1)》
- When carrying a child on a bicycle, the cyclist should make reasonable efforts to make sure that the child wears a helmet.
《Road Traffic Act, Art. 63-11 (2)》
- Parents and guardians should make reasonable efforts to make sure that their children wear a helmet when riding a bicycle.
《Road Traffic Act, Art. 63-11 (3)》

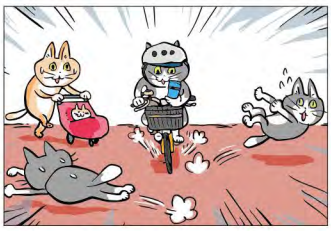
＊If an offender pays a fine imposed under the Traffic Offence Notification System, the case will not be subject to criminal proceedings or prosecutions.

# PROHIBITED RIDING

# KEEP IN MIND THE SAFETY MUST COME FIRST!

## Don't use a cell phone while riding

You must not hold a cell phone, talk on a phone, or text while riding.
(the Road Traffic Act,Article 71-5-5)



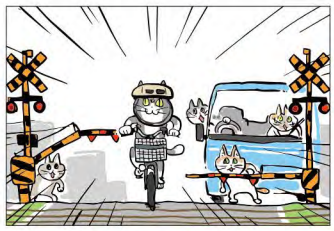
**PENALTY**

**Imprisonment for not more than six months or fine of not more than JPY 100,000**

【Fine: 12,000 yen】

## Don't enter a railroad crossing

You must come to a stop when you see gate bars lowering or hear a railway signal dinging.
(the Road Traffic Act, Article 33)



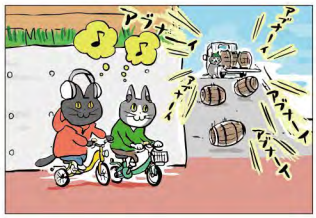
**PENALTY**

**Imprisonment for not more than three months or fine of not more than JPY 50,000**

【Fine: 7,000 yen】

## Don't use earphones while riding

You must not listen to music through earphones with little regard for your surroundings.
(the Road Traffic Act、Article 71, and the Road Traffic Ordinance of Tokyo, Article 8)



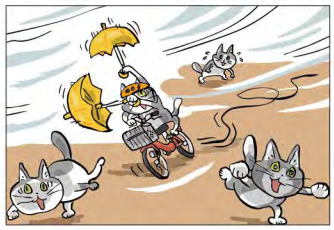
**PENALTY**

**Fine of not more than JPY 50,000**

【Fine: 5,000 yen】

## Don't ride with an umbrella up

You must not hold an umbrella while riding. The holding of an umbrella will narrow your vision or make it harder to keep your balance.
(the Road Traffic Act, Article 71, and the Road Traffic Ordinance of Tokyo, Article 8)



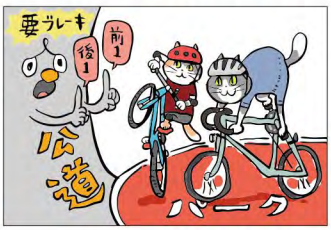
**PENALTY**

**Fine of not more than JPY 50,000**

【Fine: 5,000 yen】

## Don't ride a bicycle without properly working brakes (or a fixed gear bike)

You must ride a bicycle with brakes both at the front and rear wheels.
(the Road Traffic Act, Article 63-9, and the Regulation for Enforcement of the Road Traffic Act, Article 9-3)



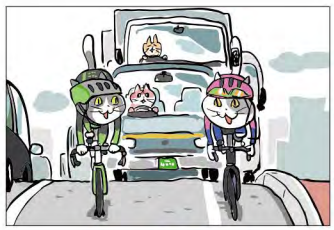
**PENALTY**

**Fine of not more than JPY 50,000**

【Fine: 5,000 yen】

## Don't ride side by side

You must not ride side by side.
(the Road Traffic Act, Article 19)



**PENALTY**

**Fine or petty fine of not more than JPY 20,000**

【Fine: 3,000 yen】

**＊If an offender pays a fine imposed under the Traffic Offence Notification System, the case will not be subject to criminal proceedings or prosecutions.**

# !! OBEY THE RULES WHEN RIDING WITH CHILDREN

## Number of passengers allowed

You can't ride with a passenger unless otherwise permitted.
(the Road Traffic Act、Article 57, the Road Traffic Ordinance of Tokyo, Article 10)

### 1 One passenger permitted on a standard bicycle

Cyclists aged 16 or older may ride with only one child below school age in a child seat.
Such cyclists can also ride with another child below school age firmly strapped to their back in a baby carrier.

### 2 Two passengers permitted on a bicycle built for riding with two children

Cyclists aged 16 or older must use a bicycle specifically built for riding with two children when riding with two children below school age in proper child seats.
Mounting two child seats on a standard bicycle is not permitted.
Cyclists riding with two children in child seats are not permitted to have a third child strapped to their backs.

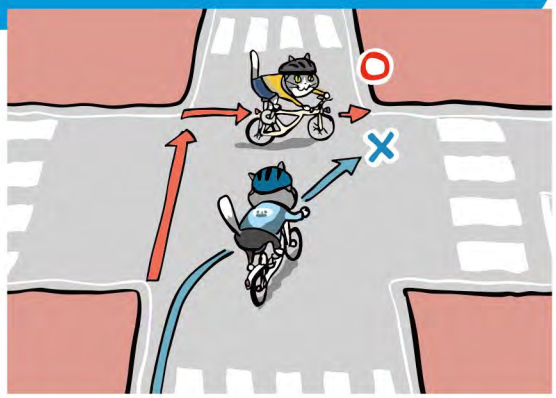
# RULES FOR CYCLISTS

## HOW TO TURN RIGHT AT INTERSECTIONS

You must keep as near to the left curb or edge of a road as possible, ride straight ahead into the other side of the intersection, and then turn at reduced speed.

(the Road Traffic Act, Article 34)

**HOOK TURN** When turning right at a signal-controlled intersection, you must enter the intersection on a green light and ride straight ahead onto the other side of the intersection. Stay stopped and change direction to the right. Wait for a green light on the road you're turning into, and then proceed.



## HOW TO CROSS ROADS

### Using bicycle crossing lanes

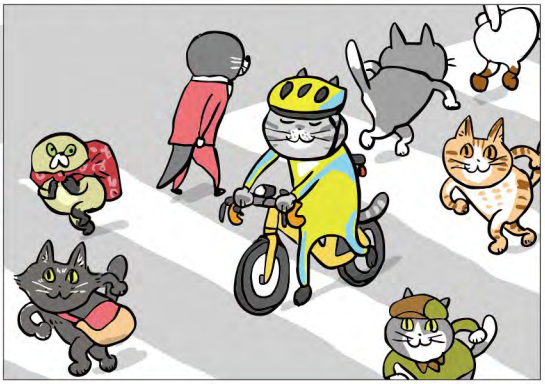
When crossing a road, you must use a bicycle crossing lane, if any, next to a pedestrian crosswalk. If there's a bicycle crossing lane at an intersection, you must use the lane the same way.

(the Road Traffic Act, Article 63-6, the Road Traffic Act, Article 63-7)

### Using pedestrian crosswalks (with no bicycle crossing lanes installed)

Crosswalks are for pedestrians to use. But you can ride and cross there unless impeding the flow of pedestrians, for example, when no pedestrian is present. On the other hand, you must get off and walk the bicycle when you think that you're impeding the flow of pedestrians.

(the Rules on the Road Traffic)



## WHICH TRAFFIC LIGHTS TO OBEY

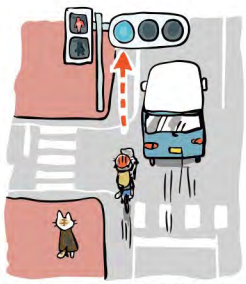
### Traffic signal

You must obey the traffic lights at a signal.

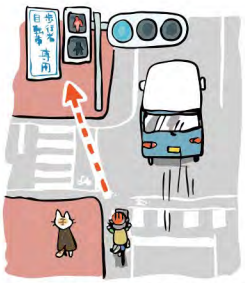
(the Road Traffic Act, Article 7, the Order for Enforcement of the Road Traffic Act, Article 2)

At the signal attached with a sign plate "歩行者・自転車専用(=CYCLISTS AND PEDESTRIANS ONLY)," however, you must obey the traffic lights for pedestrians even while you're riding on the road.

(the Order for Enforcement of the Road Traffic Act, Article 2)



In case of a sign plate "CYCLISTS AND PEDESTRIANS ONLY" not attached
*If you're riding on the sidewalk, you must obey the traffic lights for pedestrians.



In case of a sign plate "CYCLISTS AND PEDESTRIANS ONLY" attached

# WEAR A HELMET WHEN RIDING A BICYCLE

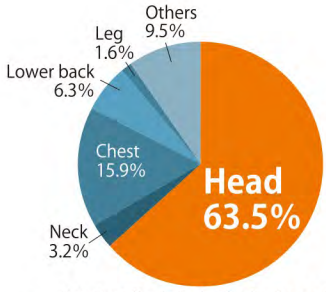
＊Above are some samples of bike helmets.The type, color, model, or size varies by manufacturing sources.Just visit a bike shop nearby at your spare time and take a look at them yourself.

**Wear a cycling helmet with a safety certification mark.**

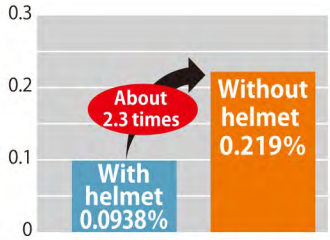
<Examples>

JCF Approval and Recommendation Marks
Japan Cycling Federation

SG MARK
Consumer Product Safety Association




Fatal cyclist injuries by body region
(2021-2025, Tokyo)




Fatality rate for cyclists with or without a helmet
(2021-2025, Tokyo)

## Cyclists Must Enroll In Bicycle Accident Insurance

In Tokyo, you must enroll in insurance that enables you to compensate for damages to another person caused while riding a bicycle.

## Bicycle Navigation Marks and Bicycle Navigation Lines

「Bicycle-Only Lane」
If this marking is present, it is mandatory for cyclists to ride their ordinary bicycles on this lane. In addition, bicycles should travel in the direction the arrows are pointing.

「BICYCLE NAVI MARKINGS」
While riding on a road along the bicycle navi markings, you must keep to the left at all times and go in the same direction as other traffic! NEVER ride the wrong way!

「BICYCLE NAVI LINES」
At and near an intersection, you must ride along the bicycle navi lines!
When turning right at the intersection, you must make a hook turn!

## Safety Lecture System For Cyclists

| Repeating dangerous actions | Ordered to attend a safety lecture | Attending a safety lecture |
|---|---|---|
| Given tickets for dangerous actions (categorized by the law into 16 types including ignoring the traffic lights) two or more times in a three-year period. | Ordered by the Public Safety Committee in writing to attend a safety lecture. | Attending a three-hour safety lecture for bicyclists. JPY 6,150 is required for the lecture. Cyclists who refuse will be fined not more than JPY 50,000. |

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Illustrations by Kumamine
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