



**2010**

**RACING RULES**

**AND**

**REGULATIONS**

**AMERICAN CYCLING ASSOCIATION**  
**303-458-5538**  
**[www.americancycling.org](http://www.americancycling.org)**

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## **1. SCOPE OF THESE RULES**

- 1.1 ACA incorporates and adopts the rulebook adopted by FIAC for all National Points Series and National Championships permitted by ACA. If there is a conflict between the ACA rule and the FIAC rule, the FIAC rule shall control.
- 1.2 These rules apply to all events permitted by ACA. They apply to all riders from the time they register until all prizes have been awarded.
- 1.3 Exceptions or additions to these rules may be made only with approval of the ACA State Representative, the ACA office, the ACA Board of Directors, or the ACA Club Council
- 1.4 Any Rule about a specific event will override any general rule. For example, the rule concerning the start of a cyclocross race takes precedence over the general rule on starts.
- 1.5 ACA also maintains a Policies and Procedures Manual that governs the association's current policies and procedures. This manual is available online and in hard copy from the ACA office.

## **2. DEFINITIONS**

- 2.1 Bicycle Race: a competition between people who are riding bicycles.
- 2.2 Citizen Racer: a non-licensed, inexperienced rider trying out the sport.
- 2.3 Event Permit: an authorization issued by ACA to a member club or an organizer to conduct a bicycle race.
- 2.4 Entry Form/Race Announcement: a document that describes all the particulars of a race meet.
- 2.5 Free Lap: lap(s) granted for each legitimate mishap up to the final 8 km in a criterium.
- 2.6 General Classification: the overall standing in a stage race. See the stage race section of the rulebook for the method of calculating General Classification.
- 2.7 Invitational Race: a race in which only riders who are invited by the organizer may compete.
- 2.8 Medical Personnel: a person who has medical training (EMT or Paramedic; for Hardship Exceptions - advanced first aid card, EMT, paramedic, sports trainer) who is at the race to facilitate the handling of medical services and decisions during the event.
- 2.9 Mid-Week Race: a race which takes place on a day other than Saturday, Sunday, or national holiday.
- 2.10 Mishap: a crash, puncture, or breakage of an essential part of the bicycle. Problems caused by inadequate preparation are not mishaps. Examples include, but are not limited to, the following: crash is a mishap - being caught behind a

crash is NOT a mishap; a flat tire caused by a puncture is a mishap; a broken seat post is a mishap - a loose seat post is NOT a mishap; a broken spoke is a mishap - a loose spoke is NOT a mishap.

- 2.11 Official: an individual appointed by ACA to oversee the conduct of the race and to ensure compliance with ACA rules.
- 2.12 Organizer: the person named as such on the race permit. This person is responsible to ACA for the proper organization of the bicycle race.
- 2.13 Penalty: a punishment for infraction of the rules. Penalties can be applied to individual riders or to a team. Penalties may include, but are not limited to, the following:
  - 2.13.1 Warning: it may be written or verbal.
  - 2.13.2 Relegation: a loss of position.
  - 2.13.3 Time penalty: time added to a rider's time (usually only applies to time trials and stage races).
  - 2.13.4 Disqualification: elimination from all placing and prizes and elimination from any subsequent heats (if any).
  - 2.13.5 Suspension: ineligibility to compete in ACA events for a period of time.
  - 2.13.6 Fine: monetary punishment which is not allowed in races permitted by ACA.
- 2.14 Primes: special prizes offered during a race.
- 2.15 Prize List: all prizes and primes to be awarded.
- 2.16 Protest: a request by a rider or team manager to have the Chief Referee review a race decision or to have the Chief Judge review the results.
- 2.17 Race Series: a sequence of race meets conducted on a regular basis at the same or different locations that are tied together by an overall prize list.
- 2.18 Racing Age: a rider's age on December 31 of the current year. However, a rider's cyclocross racing age will be the rider's racing age as of January 1<sup>st</sup> of that cyclocross season.
- 2.19 Technical Director: position usually associated with stage racing. This person is responsible for the technical aspects and courses of the event.
- 2.20 Unattached Rider: a rider who does not belong to an ACA club.
- 2.21 Weekend Race: a race which take places on Saturday, Sunday, or a national holiday.
- 2.22 Youth Fun Race: a race for children under 8 which may be conducted with a permitted event through the payment of a single fun ride fee as listed in Rule 5.3. These must be run with criteria outlined in Rules 4.2.4, and 5.7.1. No results are to be tallied for these "fun" events.

### 3. OFFICIALS

- 3.1 The officials at a race may include: Chief Referee, Chief Judge, Chief Timer, Assistant Referee(s), Assistant Judge(s), Assistant Timer(s), Starter, and Motorcycle Referee(s).
- 3.2 There will always be a Chief Referee. The presence of the other types of officials depends upon the type of event.
- 3.3 All officials will enforce the regulations impartially.
- 3.4 The ACA State Representative will assign officials.
- 3.5 Officials will wear the ACA official's uniform, which consists of a dark blue shirt with khaki slacks or skirts (women). Shorts may be worn as long as they are of knee-length. Each official should wear the clothing provided by the ACA or his or her own clothing with an ACA official's patch, on the front of his or her shirt or jacket. Motorcycle referees should wear appropriate clothing for motorcycle use and should wear a black and white striped shirt with an ACA patch on the front.
- 3.6 Organizers shall not be appointed as Chief Referee or Chief Medical Person at any event they are promoting.

#### 3.7 DUTIES

##### 3.7.1 CHIEF REFEREE

- 3.7.1.1 The Chief Referee is the on-site representative of ACA and is responsible for the proper conduct of the event. The Chief Referee will enforce and interpret the rules of ACA.
- 3.7.1.2 The Chief Referee will make the final decision in any case not specifically covered by these rules. Any such decision is not subject to appeal.
- 3.7.1.3 The Chief Referee may, if necessary, alter the conditions of any race in the interest of safety. This power extends to cancellation of a race if necessary.
- 3.7.1.4 The Chief Referee will make the final decision on any penalties to be imposed.
- 3.7.1.5 The Chief Referee will supervise the other working officials on site.
- 3.7.1.6 The Chief Referee will ensure that the organizer has fulfilled all necessary conditions to ensure a safe and fair race.
- 3.7.1.7 The Chief Referee will cancel the race if an EMT or Paramedic is not on-site.
- 3.7.1.8 The Chief Referee will render the final decision on any question concerning entries, including ruling on eligibility of a rider for a given race.

3.7.1.9 The Chief Referee will collect the ACA operational surcharges and insurance fees along with the ACA surcharge accounting form and return it with the Chief Referee and Chief Judge report to the ACA State Representative. All fees and forms must reach the ACA State Representative within five working days of the event.

3.7.1.10 The Chief Referee will submit recommendations for suspension to the ACA State Representative or Executive Director immediately following an event by e-mail, fax, or regular mail.

3.7.1.11 Recommendations must be received within 24 hours of the event. Details of the recommendation must be included in the Chief Referee's Report.

### 3.7.2 ASSISTANT REFEREES

3.7.2.1 The Assistant Referees work under the direction other Chief Referee. They will report to the Chief Referee whenever a rule infraction is observed or when otherwise appropriate.

3.7.2.2 They shall submit a written report to the Chief Referee immediately after the finish of the race if there are any incidents or infractions to report. If there is nothing to report, then a report should be submitted stating "Nothing to Report".

3.7.2.3 Assistant Referees at a road race should make note of riders off the back and present that report to the Chief Judge promptly at the end of the race.

### 3.7.3 CHIEF JUDGE

3.7.3.1 The Chief Judge is responsible for the results of any race that is not a time trial. The Chief Judge will use input from the assistant judges, but the ultimate decision is solely from the Chief Judge.

3.7.3.2 The Chief Judge will use any photo finish equipment or other appropriate equipment available in order to make the best possible decision regarding placement of riders.

3.7.3.3 The Chief Judge will attempt to place as many riders as possible in each race.

3.7.3.4 The Chief Judge will ensure that any ACA special program points or category (i.e. Colorado BAR/BAT) scoring is done. ACA will publish guidelines for this in the officials' training seminar materials.

### 3.7.4 ASSISTANT JUDGES

3.7.4.1 The Assistant Judges will work under the Chief Judge and provide information the Chief Judge requests.

3.7.5 MOTOR REFEREES

3.7.5.1 Motor Referees will assist the Chief Referee with the general conduct of the event.

3.7.5.2 Motor Referees at a road race must submit a written report to the Chief Referee indicating either that there is nothing to report, or detailing any incidents or infractions which should be brought to the Chief Referee's attention. This report should be submitted promptly at the end of the race.

3.7.5.3 Motor Referees at a road race must submit a written report to the Chief Judge detailing riders who they observed off the back or lapped. This report should be submitted promptly at the end of the race.

3.7.6 CHIEF TIMER

3.7.6.1 The Chief Timer will be responsible for the results of any time trial event. The Chief Timer and the Chief Judge may be a combined position.

3.7.7 ASSISTANT TIMERS

3.7.7.1 Assistant Timers work under the direction of the Chief Timer. Assistant Timers and Judges may be combined positions.

3.7.8 STARTER

3.7.8.1 The starter is responsible for the start of the race. In many cases, the Chief Referee takes this responsibility and no separate starter is appointed.

3.7.9 ASSISTANT VOLUNTEERS

3.7.9.1 Chief Referee may approve use of non-ACA personnel to assist officials with various duties.

3.8 OFFICIAL FEES

3.8.1 Officials will be paid the following:

Chief Referee	\$100.00 per day
Chief Judge	\$ 90.00 per day
Assistant Judges	\$ 80.00 per day
Others	\$ 70.00 per day

3.8.2 Officials will be paid \$50.00, plus mileage, if they work five hours or less.

3.8.3 Organizers must pay officials on the day of the race, or if a stage race, on the last day before the start of the last stage. The Chief Referee must present a written invoice for payment to the organizer for said fees.

- 3.8.4 The organizer shall pay the IRS business mileage rate for travel by motor vehicle or the actual transportation cost for other modes of transportation to each official from their home to the race and then home again. Organizers shall also pay the IRS business mileage rate to, during, and from venue inspection.
- 3.8.5 Motorcycle referees will be paid the home–event mileage charge as well as the IRS cents per mile for each mile driven during the race.
- 3.8.6 The organizer is responsible to provide housing and meals if an overnight stay is necessary before, during, or after the race.
- 3.8.7 A Chief Referee may charge a \$25.00 plus mileage for a site visit if the Chief Referee feels that such a visit is necessary. If an overnight stay is required, housing and a per diem of \$25 are required.
- 3.8.8 The organizer must provide each official with a meal and liquid refreshments for officials who work more than five hours during an event day. If meal(s) are not provided, the organizer shall pay an additional \$10.00 for a single day event and \$30.00 per day for Stage/Series races to each official.
- 3.8.9 Officials will receive an additional \$15 per hour if the event lasts longer than 8 hrs. The workday shall begin when the official arrives at the site and will end at the time of their departure.
- 3.8.10 In case a race is canceled after officials have begun their travel, officials will receive mileage plus \$25.

#### **4. MEMBERSHIPS**

##### **4.1 Club/Event Organizer**

- 4.1.1 All ACA clubs/event organizers must permit/insure their racing events through ACA unless granted an exception by the ACA Board of Directors.
- 4.1.2 All ACA clubs/event organizers must promote a minimum of one event per year. An event may be: 1) A race, 2) A bicycle tour, and 3) Clubs with fewer than 5 members may use a training camp or cycling clinic as an event.
- 4.1.3 An event must not be limited to members of a single club. The only exception is a club training ride or clinic.
- 4.1.4 The ACA State Representative will make the final determination of the validity of an event.
- 4.1.5 If a club does not promote an event, the club will be declared in bad standing and lose all privileges until a fine of \$500 is paid.
- 4.1.6 Events may list five clubs on each permit, plus the promoting club for a total of 6 clubs but this declaration must be made at the time of the permit filing, if at all possible, and no later than on race day to the Chief Referee.

- 4.1.7 Insurance and Operational Surcharges apply to all clubs that are members of ACA.
  - 4.1.8 A list of clubs in bad standing will be posted to the ACA website in September of each year.
  - 4.1.9 Only those annual members who are members of a club will have their club listed on results.
  - 4.1.10 A club changing its name must inform the ACA office within 7 days of the change.
  - 4.1.11 The club president, official club contact, and individual race promoter(s) for a registered ACA team, must be licensed with ACA.
  - 4.1.12 All race promoters must have an authorized decision maker to the Chief Referee anytime he/she is out of contact.
- 4.2 Individual
- 4.2.1 There are two types of individual membership:
    - 4.2.1.1 Full Year Membership in ACA
    - 4.2.1.2 One-Day Membership in ACA
  - 4.2.2 Riders will be placed within their own category to race with this one-day membership system.
  - 4.2.3 Proof of categorization may be asked for in the form of a written resume or other cycling licenses held at the time of registration.
  - 4.2.4 A child under the age of 8 participating in a Youth Fun race must complete a standard release with parental signature. No fee for the membership will be charged.
  - 4.2.5 No ACA membership benefits apply to one-day members except the ability to race that day. This one-day fee of \$10.00 is in addition to the fee for insurance and the operational ACA surcharges.
  - 4.2.6 Riders must individually belong to ACA in order to participate in an ACA permitted event.
  - 4.2.7 Riders are required to show their current American Cycling Association license at registration at all events.
  - 4.2.8 ACA has a reciprocal agreement with OBRA, ABR, and CBR and will honor licenses in those associations when presented at permitted ACA event registrations. The rider presenting the license **will not** have to purchase a one-day membership but will have to adhere to all ACA Racing Rules and also complete all paperwork and pay all entry fees and surcharges associated with entry into an event.
  - 4.2.9 Riders wishing to change clubs during the year must obtain a letter of release from their present club and submit to the State Representative before ACA will issue a new license with the new club indicated on it.
  - 4.2.10 Membership expiration will be December 31<sup>st</sup> of each year. Membership sold after November 15<sup>th</sup> of each year will expire December 31<sup>st</sup> of the following year.

4.2.11 In order for a NON-ACA club or team to be listed on results and a rider's license, an additional fee will be due with the license application. This fee will be listed in the Schedule of Fees (Rule 5.1).

**5. SCHEDULE OF FEES AND SURCHARGES**

5.1 Memberships

Individual	\$45.00
Junior	\$15.00
Family (one household-not roommates; all applications must be submitted at the same time)	\$100.00
Official	\$20.00
Mechanic	\$20.00
Non-Racing/Recreational	\$25.00
Club	\$100 renewing clubs before 12/31 \$125 renewing clubs after 12/31 \$125 new clubs
NON-ACA club or team listing on license and results	\$20.00
Dealer	\$100.00

5.2 One-Day Memberships are available at each ACA permitted race. For riders younger than eight, the fee is \$0.00; for all others, the fee is \$10.00 per day. Of each \$10 one-day membership \$4.00 will be remitted to the organizer, and \$6.00 will be remitted to ACA General Fund.

5.3 An individual who wishes to hold multiple ACA licenses (i.e. any combination of mechanic, rider, official) will pay one fee, the highest of all licenses.

5.4 Permit fees

Single Day Permit	\$25.00
Mid-Week Races/Clinics/Camps/Tours Fun Rides/Youth Races – Single Day	\$25.00
Mid-Week Races/Clinics/Camps/Tours Fun Rides/Youth Races – Multiple Day	\$50.00
Series Race	\$50.00
Stage Race	\$100.00

5.4.1 ACA Permit Applications “should” be returned to the ACA State Representative forty-five days before the event. Permits cannot be processed any later than seven (7) days before the event. A late fee of \$50.00 will be charged from 45 days before to 14 days before the event. A late fee of \$150.00 will apply if a permit is submitted within 13 days before to 8 days before the event. NO Permits can be processed if they are received 7 days before the event.

- 5.4.2 Permit applications, for all types of events, must have the appropriate fee(s), a copy of the event checklist, third party insured request form, and a draft of the entry form attached in order to be processed.
  - 5.4.3 After the ACA State Representative has approved the permit package, it will be sent to the ACA office for processing. Additional insured certificates and event certificate will be sent directly back to the club/event.
  - 5.4.4 ACA events must use the ACA Standard Release/One Day Membership form. All riders must complete and sign a 2010 ACA standard release for each event entered.
  - 5.4.5 ACA accepts permits from any member club that complies with all of the ACA policies and procedures.
  - 5.4.6 Organizers must keep all signed and complete standard releases, including one-day license application/releases, for a period appropriate to the legal limitations in their state. For Colorado, this limit is 7 years from the date of the event.
  - 5.4.7 The Race Announcement must be approved by the Chief Referee assigned. If not assigned, then the area's State Representative will review and approve the entry form.
  - 5.4.8 A deposit equal to the amount of the event permit fee is required to validate any date request applications. The deposit will be applied towards surcharge fees on race day.
  - 5.4.9 Organizers are responsible for the proper recording of an ACA rider's license number on the registration forms. Failure to do so will result in the organizer being billed \$5 for each incorrect entry with a maximum of \$200.
- 5.5 Entry, Late, Unattached Fees and Online Registration Fees
- 5.5.1 Organizers/Clubs can choose to charge late fees and unattached fees. The maximum is \$5.00 per day for unattached fees and a maximum of \$10.00 per day for late fees.
  - 5.5.2 Organizers must distribute their entry forms a minimum of 30 days before their event in order to charge a late fee. The distribution must include the flyer being posted to the ACA website.
  - 5.5.3 Entry fees are up to the organizer. ACA recommends charging fees that are fair and reasonable to the riders.
  - 5.5.4 The organizer is not required to refund any entry fees if the organizer has fulfilled all of the race obligations. In case of dispute, the ACA Board of Directors will make the final decision on the amount of refund required, if any.
  - 5.5.5 If applicable, online registration fees and credit card processing fees must be listed on the flyer.
  - 5.5.6 Riders are responsible for their own conduct, including arriving on time with the correct equipment. No refunds are given for those circumstances.

5.6 Insurance Surcharges

- 5.6.1 All events will be charged the per rider rate as outlined in the current insurance policy. "All events" includes Citizens Races, Youth Races, and any other event.
- 5.6.2 An organizer may supply their own insurance but said insurance must match that of ACA policy and a copy of the policy naming American Cycling Association as a third-party insured must be supplied to the State Representative along with the permit application. If a club/event organizer supplies their own insurance and said insurance is approved by ACA then the event is not required to pay the insurance surcharges.

5.7 Operational Surcharges

- 5.7.1 ACA will maintain the following operational surcharge system. Each club or event organizer that joins ACA agrees to charge and submit the operational surcharge to the ACA office. This surcharge is applied to the operation budget of ACA.

\$2.00 per rider per day
\$1.00 per rider per day - Stage Races, Omniums, Mid-Week Races, Rides, Tours, Camps and Clinics.

- 5.7.2 A stage race or omnium must be two or more consecutive days tied together with a general classification on time or points.
- 5.7.3 If a Camp/Clinic is part of a race, then the \$2.00/rider surcharge applies; otherwise the \$1.00/rider surcharge applies.

5.8 Exceptions to Surcharges:

- 5.8.1 All riders with a racing age of 18 years and younger are not charged insurance or operational surcharges. These fees will be paid/waived by American Cycling Association. This exception does not apply to riders with a racing age of 18 years and younger who are entering senior events. *Only those organizers not charging 18 years of age and younger riders qualify for this exception* (Participants in Jr. Ride Free Program).

**6. FIELD LIMITS**

- 6.1 The minimum field size for a race is ten (10) unless otherwise stated in the race announcement. The maximum field size for each race must be specified in the race announcement. If no field limit is stated, the default field limit will be 125 per race.
- 6.2 If the number of riders entered in a race is less than the minimum, the organizer may choose to cancel the race and refund the entry fees, or to combine the race with another race on the program, with approval from the Chief Referee.
- 6.3 The organizer may offer races with combined categories.

## **7. MEDICAL SUPPORT**

- 7.1 An EMT or Paramedic must be on site at all ACA events. The Chief Referee shall cancel the race if an EMT or Paramedic is not on site.

## **8. FORMS and RACE ANNOUNCEMENTS**

- 8.1 The entry form/race announcement must include the following information:
- 8.1.1 Name of Event; Date of Event; Location of Event
  - 8.1.2 Type of Race; Number of days; Map or directions to Race Course; Start Times of Events; Time/Distance of Events; Categories; Field Size; Registration Time (Opening and Closing)
  - 8.1.3 Club(s) Promoting
  - 8.1.4 Any special designations (i.e. Colorado BAR/BAT logo)
  - 8.1.5 Any entry restrictions, such as, pre-registration required
  - 8.1.6 Cancellation procedure or statement: "Races will be run regardless of weather conditions"
  - 8.1.7 Prizes and Places—Cash, Merchandise, and Number of places
  - 8.1.8 Entry fees; late fees; unattached fees; online registration fees; credit card surcharges
  - 8.1.9 Surcharges to be collected; Condition of Refunds, if applicable
  - 8.1.10 Organizer's name, address, city, state, zip code
  - 8.1.11 Day/Evening Phone Numbers; e-mail address
- 8.2 Prize Distribution
- 8.2.1 There must be at least one place for prizes for each \$100 in prize value, excluding prizes, for the event, up to \$2,000. For example, for a \$1500 prize list, there must be at least 15 places.
  - 8.2.2 For races with a prize list greater than \$2,000 there must be at least 20 places, and the distribution of places beyond second must be at least the following fractions of first place: 1/2, 1/3, 1/4, etc.
  - 8.2.3 The complete prize list, excluding prizes, with values for each place, shall be available for inspection by the Chief Referee before the start of the first race and then be posted at registration and available to competitors on the day of the event. Failure to do so will result in the promoting club(s) being put in bad standing. Additional prizes made available on race day will be allowed.
- 8.3 Online registration must not be posted until an official flyer has been approved by the ACA for the event. Premature posting of a flyer, other detailed information or opening registration may result in revocation of the event permit and insurance at the discretion of the Chief Referee and ACA Staff. Exceptions may be approved by the ACA State Representative.

- 8.4 The ACA website contains the official flyer, regardless of information provided on a promoter's website.
- 8.5 The format for traditional race groups (categories) listed on race announcements should be as follows:

<b>Categories</b> (Road Race Groups)	<b>Categories</b> (CX Race Groups)
SM Pro-1-2	SM Open
SM 3	SM 3
SM 4	SM 4
SM 35+	Single Speed
SM 35+_3 or SM 35+ cat 3	SM 35+
SM 35+_4 or SM 35+ cat 4	SM 35,4
SM 45+	SM 45+
SM 45+_4 or SM 45+ cat 4	SM 55+
SM 55+	SW Open
SM 65+	SW 4
SW 1-2	SW 35+
SW 3	JM 8-9
SW 4	JM 10-12
SW 35+	JM 13-14
SW 45+	JM 15-16
SW 55+	JM 17-18
SW 65+	JW 8-9
JM 8-9	JW 10-12
JM 10-12	JW 13-14
JM 13-14	JW 15-16
JM 15-16	JW 17-18
JM 17-18	
JW 8-9	
JW 10-12	
JW 13-14	
JW 15-16	
JW 17-18	

When listing a combination of categories (race groups):

- A comma ( , ) between race groups implies that riders are starting together, and have one prize list, therefore only 1 overall set of results will be generated. Ex: SM 55+, SM 65+
- A slash ( / ) between race groups implies that riders have separate/staggered starts, and separate prize lists, therefore separate results will be generated. Ex: SM 55+ / SM 65+

## **9. CHAMPIONSHIPS**

- 9.1 The ACA Club Council will approve State Championships. In order to be designated an ACA State Championship, the club organizing the event must be a member of ACA and permit the championship through ACA.
- 9.2 The State Representative will ask for written bids from those clubs in a given state that are interested in promoting an ACA State Championship to help decide the designation. State Championship bids will be placed on the legislative ballot for a vote at the annual meeting. Clubs must submit a letter of intent by the legislative deadline and a full proposal by November 1<sup>st</sup>. Proposals will be available for review by clubs after November 1<sup>st</sup>.  
If no valid proposal has been received by November 1<sup>st</sup>, the ACA Board of Directors will make a decision as to the disposition of the state championship in question.
- 9.3 ACA will provide medals to the top three finishers in each category at ACA State Championships. For a rider to be eligible for championship jackets and/or medals, that rider must hold a current annual ACA license and must have continuously resided in the state where the championships are held for the past six (6) months.
- 9.4 State Championship Jackets are a state-by-state program and must be requested by each ACA State Representative at the beginning of each racing season.
- 9.5 Juniors 8-9 must be run separately from other categories.

## **10. UPGRADING AND DOWNGRADING**

- 10.1 The categorization guidelines and procedures are printed in the Policy Manual for ACA as well posted on the association web site at the beginning of each season. Categorization matters will be administered by the ACA State Representative.
- 10.2 When a rider joins the ACA, they will be asked to submit a copy of their latest license issued by any other racing association. This license will be used to categorize a rider within the ACA system.
- 10.3 New riders will be automatically categorized Category 4-Men or Women -in road, cyclocross, track, and mountain bike racing. This categorization will appear on the ACA license.
- 10.4 A rider purchasing a one-day membership will automatically be eligible to race as a category 4. If the rider can show proof of categorization (other racing license) they can race in their appropriate category.
- 10.5 A Triathlete must race as a category 4 for their first race. The ACA State Representative must have confirmation of their categorization from their other discipline. After their first race as a category 4 they will be re-evaluated, and if appropriate will be given a Category 3 upgrade. From that point on they will have to follow the upgrading criteria for road or cyclocross as appropriate. (Separate upgrade criteria in Policy #16).

## 10.6 Categories

- 10.6.1 Pro; Category 1; Category 2; Category 3; Category 4; Masters by category/age/sex; Juniors by category/age/sex; Citizens (no license or racing experience).
- 10.6.2 Citizen (non-licensed riders) may not be combined with any licensed category.

## 10.7 Translation of Categories

- 10.7.1 If a rider wants to ride in an ACA cyclocross race and they hold a mountain bike license issued by another federation, ACA will determine their categories in the following manner:
  - 10.7.1.1 MTB-XC Pro to CX Category 1
  - 10.7.1.2 MTB-XC Cat 1 (Expert/SemiPro) to CX Category 2
  - 10.7.1.3 MTB-XC Cat 2 (Sport) to CX Category 3
  - 10.7.1.4 MTB-XC Cat 3 (Beginner) to CX Category 4

## 10.8 Mixing of Categories

- 10.8.1 No rider may race in a category other than what is indicated on his or her license.
- 10.8.2 Women may ride down one category in a men's event except Senior Women category 1 may ride down two categories.
- 10.8.3 Category 3 and 4 women who are 35 or older may compete in men's age-graded races for all riders up to 20 years greater than their racing age except in Championship events.
- 10.8.4 Masters may compete in any races for their age or younger.
- 10.8.5 Juniors may compete in any races for their age or older.
- 10.8.6 Juniors may ride down one category in single day events that are races over 50 miles or 2 hours in length.
- 10.8.7 Riders may ride up one category in single day or series Time Trial events without getting permission from the ACA State Representative.
- 10.8.8 Riders must immediately inform the ACA of any category changes from other sanctioning bodies (USAC, ABR, OBRA, CBR, etc.)

## 11. EQUIPMENT AND CLOTHING

### 11.1 Disclaimer:

- 11.1.1 Selection of equipment and uniform are solely the responsibility of the rider. ACA assumes no responsibility for safety or performance of any items selected by the rider. Each rider is responsible for proper maintenance of his/her clothing and equipment.

- 11.1.2 The Chief Referee has the right to disallow the start of any rider using equipment or clothing deemed dangerous or inadequate. All clothing and equipment will be in good repair and reasonably clean at the start.
- 11.1.3 ACA makes no warranties or representations, regarding the protective adequacy or fitness for competition of any helmets. A rider, by entering an event conducted under these rules, agrees to hold ACA harmless from any and all claims arising from the use of any particular helmet.
- 11.1.4 Wearing of the helmet is mandatory during training rides on competition courses.

## 11.2 Helmets

- 11.2.1 A rider must wear his or her helmet at all times while on the racing course (disqualification for failure to wear such a helmet or for removal of helmet during race). A helmet should be worn while training at all times.
- 11.2.2 Riders shall show documentary proofs of the approvals from those helmet standards listed below upon request by officials.
- 11.2.3 Each rider must wear a helmet that meets one of the following standards:
  - 11.2.3.1 US Consumer Product Safety Commission (CPSC) Standard Helmets
  - 11.2.3.2 U.S. Dept. of Transportation (DOT)
- 11.2.4 All motorcycle drivers and passengers must wear US Department of Transportation approved helmets.

## 11.3 Clothing

- 11.3.1 All riders must wear jerseys. Sleeveless jerseys are permitted. All riders must wear cycling shorts. No article of clothing may be worn that serves solely an aerodynamic purpose.
- 11.3.2 Advertising may only appear on clothing (uniform) of a rider(s) that is a member of a sponsored club. A rider's uniform consists of (but is not limited to) helmet, jersey, shorts, shoes, socks, gloves, and caps. The club name must appear on the front and back of the club/team jersey.
- 11.3.3 Footwear shall be fully enclosed.
- 11.3.4 No rider may wear a National Championship jersey in a race unless entitled to do so by the organization that issued the jersey. No rider may wear the World Championship jersey in a race unless entitled to do so by UCI International rules.
- 11.3.5 All riders of the same team, while competing in a given mass start race, must wear identifiably similar jerseys.

## 11.4 Bicycles

- 11.4.1 Bicycles must be propelled solely by the rider's legs. No stored propulsion mechanism is allowed.

- 11.4.2 Bicycles must be no more than 2 meters long and 75 cm wide. Tandems may be up to 3 meters long.
  - 11.4.3 Nothing may be added to the basic bicycle to reduce air resistance except that spoke covers may be used.
  - 11.4.4 Bicycles shall have at least two brakes that are in good working condition.
  - 11.4.5 The handlebars and stem will not present a danger. Handlebar ends will be solidly plugged. Handlebar ends that point up or forward may not be used in mass start events.
  - 11.4.6 A Single Speed bicycle is one with a single chain ring and single wheel cog. All internal gear mechanisms are prohibited.
- 11.5 Rules Committee
- 11.5.1 The rules committee shall consider questions about specific equipment and shall maintain a list on the ACA website of equipment not approved for ACA sanctioned races.
  - 11.5.2 The Rules Committee is charged with compiling all submitted legislation.
  - 11.5.3 The Rules Committee Chair shall conduct the annual legislative meeting if possible.
- 11.6 Numbers for Road and Cyclocross
- 11.6.1 Unless provided to the organizer or member by a member organization, numbers shall be black, 12–14 cm high, on a 20 cm by 20 cm light background. They will be block figures and will be easily read at a distance.
  - 11.6.2 Numbers must be clearly visible to the judges.
  - 11.6.3 Riders will place their numbers according to the instructions of the officials. Numbers will be securely attached at least at all four corners.
  - 11.6.4 The Chief Referee may penalize or refuse to allow a rider to start an event if any rider folds or trims their number or wears their number in a manner that is difficult to read.
  - 11.6.5 The Chief Judge may reserve the right to not place any rider who folds or trims their number or wears their number in a manner that is difficult to read.
- 11.7 It is forbidden to use radios, music players, earpieces, or headphones of any kind, including team and coaching radios, in ACA races.

## **12. START, NEUTRALIZATION, OR HALTING OF A RACE**

- 12.1 No race will start before the time stated in the race announcement unless every registered rider is present and agrees to the earlier start time.
- 12.2 It is the responsibility of each rider to be at the start line on time.

- 12.3 A single gunshot, whistle, flag, or verbal command will signal the start.
- 12.4 The Starter alone determines the validity of the start. The Chief Referee will normally act as Starter if no Starter has been appointed.
- 12.5 The Starter may designate a neutral lap if deemed desirable for safety or fairness. An honorary Starter may be requested by the organizer but will have no official function except to give the start signal.
- 12.6 All riders will start in the same manner (with holders, with one foot on the ground, rolling start, etc).
- 12.7 The Chief Referee or a referee designated by the Chief Referee may neutralize or halt a race for safety or fairness. The official shall give an appropriate signal, and the riders shall either maintain their positions in the event of neutralization or stop and re-start, if appropriate, according to directions given by the official.

### 13. FINISH OF A RACE

- 13.1 A rider finishes when the front tire first penetrates the imaginary vertical plane above the leading edge of the finish line.
- 13.2 A ringing of a bell will signify the beginning of the last lap. A "1" will be displayed on the lap card. If the bell is rung on the wrong lap, the Chief Referee will determine whether the finish will be on that lap or on the originally planned lap. No other bells may be rung after 3 to go on the lap cards.
- 13.3 If two or more riders are in a dead heat for first place, they will ride the final part of the race (normally 1000 meters) to break the dead heat. If a dead heat is not for first place, the riders will be placed as equal and any prizes will be split between them.
- 13.4 Once the first rider has finished, the Chief Referee may excuse any rider from completing the entire distance if the result is a foregone conclusion (rider is considered "out of contention"). **Except** in stage races (at the option of the Chief Referee) any rider who is lapped by the leader of the first group on the course shall finish on the same lap as the leader.
- 13.5 The Chief Judge will compile the results as quickly as possible and ensure that a copy is posted for the riders to inspect.
- 13.6 The Chief Referee will keep the Chief Judge informed about any decision or pending decision specific to the race that could affect the results.

### 14. CONDUCT

- 14.1 A rider shall not benefit from his or her misconduct nor shall a team benefit from its misconduct or the misconduct of one of its members.
- 14.2 It is the rider's responsibility to know the starting time, the course and the rules of the event. It is forbidden to take any other route.

- 14.3 The following forms of misconduct may be punished at the discretion of the Chief Referee. This list is not all inclusive:
- 14.3.1 Theft
  - 14.3.2 Dangerous Riding
  - 14.3.3 Unsportsmanlike conduct
  - 14.3.4 Failure to follow a referee's order
  - 14.3.5 Using foul or abusive language or conduct toward any individual
  - 14.3.6 Causing any race to have a result other than on the merits of the riders
  - 14.3.7 Making an abrupt motion which interferes with the forward progress of another rider
  - 14.3.8 Completing any part of the course without a bicycle. (It is not required to ride the bicycle, but must be kept with the rider.)
  - 14.3.9 Not maintaining equipment properly so that it is dangerous (i.e. insufficient glue on tires, etc)
  - 14.3.10 Pushing or holding another rider (whether on a different team or not)
  - 14.3.11 Riding on the race course when not entered in an event in progress
  - 14.3.12 Taking pace from a vehicle or from a rider in a different race
  - 14.3.13 Violation of any of the other racing rules of ACA
- 14.4 Fraudulent entry, including not paying a required one-day fee, entering a category for which the rider is not qualified, deliberately falsifying name or ACA number in order to avoid paying fees or to enter an incorrect category, etc. will result in disqualification from the event and disbarment from future ACA events until all fees are paid. The ACA will attempt to contact the rider so that prizes can be returned to the ACA and given to the rider(s) who legitimately won them.;

## 15. PROTESTS

- 15.1 All protests concerning results will be resolved by the Chief Judge, whose decision is final and beyond appeal. Any protest regarding results placement for prize lists, upgrading, BAR/BAT, BCR/BCT or any other points competitions must be lodged in writing as specified below; HOWEVER, changes regarding these placings will NOT be made on site but will appear on results posted on the ACA website if deemed appropriate by the Chief Judge. No fee is required for either of these types of protest.

<b><i>Race Type</i></b>	<b><i>Protest of Race Results</i></b>	<b><i>Protest of Total Points or GC</i></b>
<i>Single Day Event</i>	<i>within 15 minutes of posting</i>	<i>not applicable</i>
<i>Omnium</i>	<i>within 15 minutes of posting</i>	<i>prior to next race start, or within 15 minutes of posting if last race</i>
<i>Stage Race</i>	<i>Prior to next stage start</i>	<i>prior to next stage start, or within 15 minutes of posting if last stage</i>

### 15.1.1 Exception for Delayed Results

If, in the opinion of the Chief Judge, results for one or more categories will be substantially delayed, the following procedure will be followed:

- The Chief Judge will produce and sign a notice to be posted stating that protests for that category (or categories) will be delayed and that email protests will be allowed up to 48 hours after the results are posted on the ACA website.
- The judges will endeavor to produce the delayed results and convey them to the ACA for website posting as soon as possible.
- The time that the results were posted and the end of the protest period will be clearly indicated on the ACA website.
- It is the rider's obligation to check the ACA website periodically and immediately inform the ACA of any discrepancies within the allowed protest period.

Note: If the sign is not posted, the normal 15 minute protest rule will remain in effect and riders must remain until the results are posted on-site.

## 15.2 Web protests

15.2.1 Data Entry mistakes that are the fault of ACA staff or officials will be corrected on the web site but only for the top twenty places in the event and only within 72 hours of the posting on the web.

15.3 The Chief Referee will resolve all protests concerning qualification of rider(s) or equipment BEFORE the start of the event. The Chief Referee must make a decision before allowing the race to start. No fee is required for this type of protest.

15.4 Protests concerning incidents during the race will be presented to the Chief Referee in writing and accompanied by a fee of \$10. They must be submitted within 15 minutes of the protester's finish in one-day events and before the start of the next stage in stage races.

15.5 The Chief Referee will decide the results of the protest and communicate them to all parties involved. Fee will be forfeited to ACA if protest is denied and returned if protest is upheld.

15.6 Prizes will be distributed 15 minutes after the final posting of results and when permission has been given to do so by the Chief Judge.

15.7 The Chief Referee and Chief Judge will keep each other mutually informed about any protest submitted and the decision regarding it.

## **16. SUSPENSIONS**

- 16.1 An organizer or club can be suspended, denied membership privileges, or placed in bad standing, for the following reasons:
  - 16.1.1 Failure to pay club dues
  - 16.1.2 Failure to pay operational surcharges
  - 16.1.3 Failure to pay insurance surcharges
  - 16.1.4 Failure to pay officials
  - 16.1.5 Writing bad checks for any of the above (the penalty shall last until the debt is made good).
  - 16.1.6 Failure to promote an event in accordance with rule 4.1.2.
- 16.2 The suspension shall automatically go into effect 10 days after the payment/written notification is due/received (which shall be the date of the event for surcharges or the payment of officials) and, except for the writing of a bad check, the organizer or club must request and obtain reinstatement from the Executive Director. If there is a second violation by an organizer or club, reinstatement must be obtained from the ACA Board of Directors.
- 16.3 An individual member can be suspended or denied membership privileges for the following reasons:
  - 16.3.1 Writing a bad check to a race or race official.  
(the penalty shall last until the debt is made good).
  - 16.3.2 Repetitive or grossly unsportsmanlike forms of misconduct, including those contained in Rule 14.
  - 16.3.3 Assaulting a race official, race staff member, spectator, organizer or other rider.
- 16.4 Upon the request of any member, the ACA State Representative can suspend a member for up to 60 days. The rider must be notified of the suspension in writing. E-mail, facsimile transmission or placement in the US mail to the address or fax number provided by the member is considered proper notice. If there is no ACA State Representative, anyone requesting a suspension must contact the Executive Director of ACA, who can impose the suspension. In addition, the ACA Board of Directors can impose a suspension.
- 16.5 Only the ACA Board of Directors can impose a suspension or deny membership privileges for a period in excess of 60 days.
- 16.6 ACA will honor suspensions from other cycling federations/organizations/associations.

## **17. APPEALS**

- 17.1 A member may appeal a suspension or denial of membership privileges by sending a request of appeal to the Executive Director, who will convene a meeting of the ACA Board of Directors within ten days of the receipt of the letter (telephone conference participation is acceptable).

- 17.2 An appeal of a suspension or denial of membership privileges for a period in excess of 60 days shall be heard by a panel of the Executive Director, State Representative and ACA Board of Directors.
- 17.3 The conduct of the appeal shall be established by the body hearing the appeal, which may include the reasonable imposition of time limitations and witnesses.
- 17.4 The fee to file an appeal is \$100.00 and must accompany the appeal when it is filed. The fee will be refunded if the appeal is upheld.

## **18. ROAD RACING**

### **18.1 Individual Road Race**

- 18.1.1 A road course will be designed and implemented with the safety of the riders foremost.
- 18.1.2 The finish line will be wide enough for the largest field expected. It will be as straight as possible, with an adequate area for rider run-out after the finish.
- 18.1.3 A line on the road will mark the finish line. An overhead banner or checkered flag should also mark the finish line, or a sign clearly marked "Finish".
- 18.1.4 If the course is not a circuit, signs will also be placed marking 200 meters and 1 kilometer before the finish.
- 18.1.5 Riders are not permitted to discard water bottles, food wrappers or other litter except in designated feed zones or designated bottle discard zones. All such zones will be clearly marked by the organizer.
- 18.1.6 Feeding is under the control of the Chief Referee. Feed zones will be placed at the widest possible point, preferably on a slight uphill. All feeding will be done from the right side of the road. Feeding may only take place from designated feed zones. Riders may accept food and drink from spectators and bystanders at their own risk.
- 18.1.7 Feeding will normally not begin during the first 50 kilometers of a race, and will end 30 kilometers from the finish. The Chief Referee may make exceptions to this in case of extreme weather.
- 18.1.8 Unless instructed otherwise by the Chief Referee, all riders must stay to the right of the centerline, or another point on the road designated by the Chief Referee.
- 18.1.9 Riders must obey all traffic laws in force.
- 18.1.10 It is forbidden to cross a closed railroad crossing. If the lead riders are stopped by a railroad crossing, the Chief Referee will restart all riders at the time intervals recorded at their arrival at the crossing. If the lead riders have already crossed, or if the officials are not able to establish time splits, the closure will be considered unavoidable and no compensation will be granted.

- 18.1.11 Riders who have suffered a mishap may be pushed for a short distance to help them remount.
- 18.1.12 Unless instructed otherwise by the Chief Referee, riders may exchange food, drink, and minor repair items among themselves, however no rider may sacrifice his chance in the race for another rider who is not on his team. Items may also be handed up from a vehicle if allowed by the Chief Referee.
- 18.1.13 A circuit used for an individual road race will be at least 5 km per lap. Free laps are not allowed in circuit races.
- 18.1.14 Any rider who is out of contention may be asked to withdraw by the Chief Referee.
- 18.1.15 Except in stage races (at the option of the Chief Referee), any rider who is lapped by the leader of the first group on the course shall finish on the same lap as the leader.
- 18.1.16 Riders on different laps or in different races that are on the course simultaneously may not work together. Lapped riders may not assist or hinder other riders on the lead lap and must be careful not to interfere in any sprint or the finish. The penalty for violation of any provision of this rule is disqualification.

## 18.2 Caravans

- 18.2.1 All vehicles in a race caravan are under the direction of the Chief Referee.
- 18.2.2 No vehicle may pass a referee or judge's vehicle without permission.
- 18.2.3 All vehicles must be clearly marked and must be authorized to follow the race.
- 18.2.4 All drivers will follow all traffic laws in force and any regulations or requirements set out in the Public Road Use Permit.
- 18.2.5 Assistance to riders may be given only at the rear of a group.
- 18.2.6 Towing and pacing are strictly forbidden.
- 18.2.7 No vehicle may move up to a rider or group of riders during the last 10 km of a race.
- 18.2.8 The Chief Referee may permit feeding from support vehicles. The rider must drop back to his support vehicle to receive a feed. The referee may decide to allow the rider's support vehicle to pull directly behind the referee's vehicle for the feed. The support vehicle **MUST** immediately return to its original position after the feed. If a group is ten riders or less, the referee may decide to allow the support vehicle to draw even with the riders to feed.

### 18.3 Criteriums

The rules in this section are exceptions to the Individual Road Racing Rules. In all cases not specifically covered here, the Individual Road Racing Rules apply.

- 18.3.1 A criterium course can be between 1 and 5 kilometers in length and is completely closed to traffic. At least one repair pit must be set up on the course at the direction of the Chief Referee.
- 18.3.2 The Chief Referee may remove any rider out of contention or riders who are about to be lapped or who have been lapped at their discretion. If lapped riders are allowed to finish, they will finish on the same lap as the leader.
- 18.3.3 Riders on different laps may work together, but no rider may drop back to help another rider.
- 18.3.4 Free Lap Rule:
  - 18.3.4.1 If the race announcement states that the free lap rule **is not in effect**, no free laps will be given.
  - 18.3.4.2 No free laps will be granted during the last 8 km of a race. A rider having a mishap during the last 8 km must make up any distance lost.
  - 18.3.4.3 In case of a mishap, the rider(s) will report to a pit with his/her bicycle. Riders may not ride backward on the course to get to a pit, but they may cut through the course to reach a pit.
  - 18.3.4.4 A referee will inspect the bicycle and rider to determine if the mishap was legitimate. The pit referee will inform the Chief Judge and Chief Referee of all free lap decisions as soon as possible.
  - 18.3.4.5 There is no limit on the number of mishaps for which a rider is eligible for a free lap.
  - 18.3.4.6 Normally a rider must return to the race within one lap. In case of a course that is 1 km in length the Chief Referee may allow two laps per mishap.
  - 18.3.4.7 If the mishap was legitimate the rider will be returned to the place he was in the race at the time of the mishap. If he was in a group, he will be returned to the rear of that group. The rider will be ineligible for any sprint prize for one lap after his return.
- 18.3.5 Primes may be for any group of riders. They may be either announced in advance or spontaneous. Primes will be awarded even if the winner withdraws from the race. Primes are signaled by a bell on the previous lap, if practicable, otherwise by signs or by other means.

## 18.4 Individual Time Trial

The rules of this section are exceptions to the Individual Road Racing Rules. In all cases not specifically covered here, the Individual Road Racing Rules apply.

18.4.1 Road bicycles will be used with the following possible exceptions:

18.4.1.1 A bicycle with a fixed gear may be used instead of a bicycle with a freewheel. If so, a hand brake will be installed for at least the front wheel.

18.4.1.2 Riders may use upturned or forward pointing handlebars (i.e. cow-horn, tri bars).

18.4.2 The start order may be random, by seeding, or by order of registration. Each rider will know their start time at least 15 minutes before his/her start.

18.4.3 The riders will all start in the same fashion, either with a holder or with one foot on the ground.

18.4.4 A rider arriving late at the start will only be allowed to start if it does not interfere with a scheduled start. The rider's time will be based on their appointed start time.

18.4.5 No rider may ride closer than 25 meters behind and 2 meters to the side of another rider.

18.4.6 A rider attempting to pass another rider must complete the pass within 500 meters; otherwise he must drop back at least 25 meters behind the other rider.

18.4.7 Support vehicles, if allowed, must remain at least 20 meters behind their rider unless the rider is stopped.

18.4.8 Feeding is normally not allowed in Time Trials.

18.4.9 Team Time Trials use the same rules as Individual Time Trials. The number of riders on a team, and rules on which rider is timed, must be made clear in the race announcement.

## 19. STAGE RACING

19.1 A Stage Race is a series of road events (stages) with an overall prize based upon accumulated time. The individual stages may be road races, time trials, hill climbs or criteriums.

19.2 A rider must normally finish each stage in order to start the next.

19.3 There may not be more than two stages per day. Normally there is only one stage per day.

19.4 The Chief Referee and the ACA State Representative must approve the schedule for the race and any technical regulations. If there is no State Representative available, the ACA office must approve the schedule and the regulations. An organizer may use "special rules" for their event as long as

the Chief Referee and the ACA State Representative/ACA office approve them in advance.

## 19.5 Classifications

19.5.1 There may be several classifications (results) for a Stage Race. They may include:

19.5.1.1 Individual General Classification (GC)

19.5.1.2 Individual Points Classification

19.5.1.3 King/Queen of the Mountain

19.5.1.4 Team Classification

19.5.1.5 Other special classifications desired by the Organizer

19.5.2 Individual General Classification is required. All other classifications are optional. There are normally prizes for each stage as well.

19.5.3 A rider must finish the entire stage race in order to be eligible for final prizes in any classification.

## 19.6 Individual General Classification (GC)

19.6.1 The Individual General Classification is calculated by adding together each rider's time for each stage. Time penalties are added and bonuses are subtracted. For this calculation, fractions of a second are truncated. Fractions are used only to determine stage placing.

19.6.2 In case of a tie, the places for each stage are added together. The lowest sum gets the better place. If still tied, the result of the final stage will break the tie.

## 19.7 Time Bonuses

19.7.1 Time bonuses are not allowed in time trial stages.

19.7.2 The maximum bonuses allowed for stage finishes are 30, 20, and 10 seconds for first, second, and third respectively. The maximums for intermediate sprints are 5, 3, and 1 seconds for first, second, and third respectively.

## 19.8 Point/KOM/QOM Classifications

19.8.1 Points classification placings are determined by adding together the points earned in sprints by each rider. The number of first places in stages, breaks ties in this classification, number of second places in stages, etc.

19.8.2 The King/Queen of the Mountain will be determined by adding together the points for each rider in each mountain sprint. Ties are broken by the number of first places in climbs, number of second places in climbs, etc.

19.9 Team Classification

- 19.9.1 The Team General Classification is calculated by adding together the times of the three best team members on each stage. Time bonuses and individual penalties do not count toward the team classification. Team penalties will be applied toward the team classification.
- 19.9.2 Ties on the team classification for a stage are broken by the number of total places applied by the riders who counted toward the team classification for each stage. Ties in the final team classification are broken by the number of firsts in the stage team classification, then the number of seconds, etc.

19.10 Start Order

- 19.10.1 The Chief Referee will decide the start order for a prologue or first stage time trial. Other time trial stages will start in the inverse order of the Individual General Classification, except that two team members may not start directly in front of each other if at all possible.

19.11 Mishaps

- 19.11.1 A rider who has a mishap in the last kilometer of a stage will be considered to have finished the stage and given the same finish time as he would have obviously received. If he was in a group, he will be placed last in that group.
- 19.11.2 A rider who has a mishap in a prologue time trial will be given the time of the slowest rider on that stage.

19.12 Timing and Scoring-Finish

- 19.12.1 Riders who finish together will be given the time of the leading rider in the group.
- 19.12.2 Any rider finishing beyond 120% of the winner's time in a mass start stage may be eliminated at the discretion of the Chief Referee.
- 19.12.3 In a Criterium stage where lapped riders are permitted to finish, they should be assigned a time adjustment that is the rider's average lap time multiplied by the number of laps the rider is behind at the finish.

19.12.3.1 The formula for this is:

$A = F \times L / (L - D)$ where
A= adjusted finish time of the lapped rider
F= actual finish time of the lapped rider
L= total number of laps in race
D= number of laps this rider was behind the leaders at the finish

19.12.4 In a Criterium stage where riders who are behind are required to withdraw, they should be considered to have finished the stage and assigned estimated finish times assuming that they would have continued to lose laps at the same rate.

19.12.4.1 The formula for this is:

$A = W + W / (L-R)$ where
A= adjusted finish time of the withdrawn rider
W= finish time of the winner of the race
L= total number of laps in race
R= number of laps to go in the race at the time the rider was about to be lapped

## 20. ROAD OMNIUM

- 20.1 A Road Omnium is a series of road events (stages) with an overall prize based upon accumulated points. The individual stages may be road races, time trials, hill climbs, or criteriums.
- 20.2 A rider is not required to start or finish any particular stage in order to start the next or to be eligible for prizes.
- 20.3 There may not be more than two stages per day. Normally there is only one stage per day.
- 20.4 The Chief Referee and the ACA State Representative must approve the schedule for the race and any technical regulations. If there is no State Representative available, the ACA office must approve the schedule and the regulations. An organizer may use "special rules" for their event as long as the Chief Referee and the ACA State Representative/ACA office approve them in advance.
- 20.5 Prizes and primes may be offered for individual stages.
- 20.6 The General Classification for a road omnium is determined by adding together the points earned for each stage. If tied, riders are placed by number of firsts, number of seconds, etc. If still tied, placing on the final stage (and if necessary next to last stage, etc.) will break the tie.

20.7 The following point scales are recommended and will be used unless another set of point scales are in the race bible:

<b>Road Race</b>		<b>Criterium/ Hill Climb</b>		<b>Time Trial</b>	
<b>Place</b>	<b>Pts</b>	<b>Place</b>	<b>Pts.</b>	<b>Place</b>	<b>Pts</b>
1	35	1	25	1	20
2	30	2	22	2	17
3	27	3	19	3	15
4	25	4	17	4	13
5	23	5	16	5	11
6	21	6	15	6	10
7	19	7	14	7	9
8	18	8	13	8	8
9	17	9	12	9	7
10	16	10	11	10	6
11	15	11	10	11	5
12	14	12	9	12	4
13	13	13	8	13	3
14	12	14	7	14	2
15	11	15	6	15	1
16	10	16	5		
17	9	17	4		
18	8	18	3		
19	7	19	2		
20	6	20	1		
21	5				
22	4				
23	3				
24	2				
25	1				

## 21. CYCLOCROSS

- 21.1 The course will have the following characteristics:
- 21.1.1 No more than half the course will be paved. Single Track should be avoided. Refer to Cyclocross guidelines in the 2010 Organizer's Handbook.
  - 21.1.2 The course must be clearly marked.
  - 21.1.3 Barriers will not exceed 40 cm. in height.
  - 21.1.4 No artificial barrier or obstacle shall be placed before any downhill sections if such obstacles are designed to force riders to remount their bicycles or run downhill or perform acrobatics ("bunny hop") to clear obstacles.
  - 21.1.5 Whenever possible, the Chief Referee shall inspect the entire course for compliance with rules and safety and make appropriate recommendations on course changes to race organizers, particularly when riders express concerns about sections of the course that may present such noncompliance.
  - 21.1.6 Any modifications to the race course shall be communicated to the racers before the start of their respective event and shall only take place between races (i.e., no course modification shall be implemented while a race is underway, unless it is necessary to improve course width due to snow, for example).
  - 21.1.7 Racers shall be allowed sufficient time, at the Chief Referee's discretion, to inspect and pre-ride any section of the course that has been modified by the organizers before the start of the event. Riders shall be notified of the new start time.
  - 21.1.8 Each lap should be at least 1 km in length but may not exceed 5 km.
  - 21.1.9 About 75% of the course should be able to be ridden on a bicycle.
  - 21.1.10 The start should be wide and long so that the stronger riders can get to the front before the narrower part of the course begins.
  - 21.1.11 The course will be at least 2 meters wide at all points so that there is always room for one rider to pass another.
  - 21.1.12 Pits will be under the direction of the Chief Referee.
  - 21.1.13 Pits shall be preferably positioned so that they can be accessed and used legally from different parts of the course (as in a figure 8 or similar type course).
  - 21.1.14 Bicycles may only be exchanged in case of a mechanical problem in the designated pit area(s). The Chief Referee in extreme conditions may permit an exception.
  - 21.1.15 Lapped riders may be removed at the discretion of the Chief Referee. If they are permitted to continue, they will finish on the same lap as the leader.

21.1.16 Riders must negotiate all barriers on the course and may not ride around a barrier for any reason. The Chief Referee will disqualify any rider not complying with this regulation.

21.1.17 Riders are expected to remain inside the course following all markings. The Chief Referee will disqualify any rider not complying with this regulation.

## **22. MOUNTAIN BIKE (MTB)**

### **22.1 Age Groups**

22.1.1 Racing age of riders is determined by their age on December 31st of current year.

22.1.1 Youth: Under 10

22.1.2 Junior: 10-18

22.1.3 Senior Men & Women: 19-29

22.1.4 Master Men & Women: 30+

### **22.2 Categories:**

22.2.1 Cat. 3 - 1<sup>st</sup> time racer, or entry level racer. (formerly Beginners).

22.2.2 Cat. 2 - 2<sup>nd</sup> level of racer. This person has a better understanding of the sport and has competed well with increased skill and stamina. (formerly Sport).

22.2.3 Cat. 1 - 3<sup>rd</sup> level of racer. This category racer is very good and performs exceptionally well state-wide and regionally (formerly Expert and Semi-Pro).

22.2.4 Pro - Highest level of racing. This person must be able to perform well on the national and international level.

22.2.5 A rider may start or advance as quickly as he wishes from Cat 3 (Beginner) to Cat. 2 (Sport). He must obtain permission from the ACA State Representative, through a submitted resume, and meet USAC MTB criteria to advance to Cat 1.

22.2.6 Any rider may be downgraded at any time for not performing at the ability level of his current category, but must obtain permission from ACA State Representative to downgrade on his own accord.

22.2.7 If a rider does not upgrade after meeting advancement requirements, he/she will be automatically upgraded by the ACA State Representative.

22.3 A rider must present their license at registration to be eligible to compete.

22.4 A certified helmet must be worn at all times while on the bike.

22.5 Footgear must be fully enclosed.

22.6 Eye protection is strongly recommended.

- 22.7 Bicycles must have at least two brakes and they must be in good working condition.
- 22.8 Individual numbers (number plate) must be displayed as per requirements set forth by the Race Organizer.
- 22.9 Riders must attend the riders pre-race briefing normally held in the staging area before the start of their race.
- 22.10 Riders shall complete the entire event on the same bicycle upon which they started the event (*except in stage races where they may change bicycles between stages*).
- 22.11 All repairs during an event must be performed by the individual racer. No outside assistance is allowed.
- 22.12 All spare parts must be carried by the individual racer. Cannibalizing, taking any part or component from one bicycle to repair or improve another, is not permitted.
- 22.13 Short cutting the course and/or cutting switchbacks is not permitted and may result in disqualification.
- 22.14 Foul riding, unsportsmanlike behavior, use of profane language or disrespect for the local environment are grounds for disciplinary action by the Chief Referee and/or the ACA State Representative.  
Disciplinary actions will depend on the incident, but will be one or more of the following: warning, relegation, disqualification or membership suspension.
- 22.15 The minimum number of competitors required to form a field in any class/category is five.
- 22.16 Women will not be combined with men unless there are fewer than five women present at the event after combining all women in all classes.
- 22.17 It is the rider's responsibility to know the designated race course. Lack of tape or barriers on the course, or misplaced signs will not constitute an excuse for cutting the course.
- 22.18 Intentionally removing obstacles deemed by the Chief Referee to be part of the character of the race course is prohibited.
- 22.19 Water shall be available only in designated water/feed zones. The Race Organizer shall provide a neutral water zone with water for any race exceeding 90 minutes. If no water zone is designated, then any place the Chief Referee deems safe and practical will suffice.
- 22.20 Racers riding bicycles have the right of way over racers pushing bicycles. A racer pushing his bicycle may overtake a racer riding if done so in a safe and non-interfering manner.
- 22.21 Lapped riders must yield to overtaking riders. Overtaking riders should voice the command "Track", or, "on your left", when overtaking another. You must yield to the overtaking rider on the first command.

- 22.22 A rider causing a barge shall receive a penalty, as determined in advance of the start of competition. Barge: Any part of the wheel that crosses the start line, imaginary or drawn, before the signal to start.
- 22.23 If a rider leaves the course he must re-enter at the same point he left. If unable to do so, he may re-enter the course where it is safe. He must not have gained any advantage. If so, the Chief Referee will determine the penalty.
- 22.24 If a rider experiences an unavoidable delay he must report immediately to the Chief Referee (*or his designated person*) and request a re-start. It is up to the Chief Referee (*or his designated person*) to grant, or not, a re-start.
- 22.25 A protest can only be made by and against racers in the same event. (A junior cannot protest a senior race).
- 22.26 The protester shall file the protest within 15 minutes of the posting of final results with the Chief Referee. A protest fee of \$15.00 cash shall be submitted with the written protest.
- 22.27 The Chief Referee has the final word on the outcome of the protest.
- 22.28 Protests on the order of finish do not have to be in writing and no protest fee is required.
- 22.29 Only ACA has the right to suspend a rider. A Chief Referee may only recommend a suspension.
- 22.30 Refer to USAC Mountain Bike Rules when needed.

### **23. TRACK RACING**

Current USAC Track rules will be used for ACA permitted track events.

### **24. PENALTIES FOR STAGE AND ROAD RACE EVENTS**

- 24.1 A rider who has been disqualified shall not be entitled to a refund and cannot claim any prize monies, including primes.
- 24.2 The first column lists the specific offense. The second column describes the action as it applies to stage races. The third column describes the action for single day races if penalty is different.

2010 ACA Rulebook

Offense	Stage Race	Single Day Event
Failure to sign in when sign-in is required, signing in for another rider, failure to wear a required jersey (i.e. leader's jersey), racing with modified numbers	1 <sup>st</sup> offense -30 seconds 2 <sup>nd</sup> offense -1 minute 3 <sup>rd</sup> offense- 2 minutes	Disqualification
Reporting to the start line with illegal clothing or equipment	1 <sup>st</sup> offense-not allowed to start	Not allowed to start
Dangerous or illegal equipment	1 <sup>st</sup> offense-not allowed to start if before the event 2 <sup>nd</sup> offense-2 minutes 3 <sup>rd</sup> offense-disqualification	Not allowed to start if before the event Disqualification
Cyclists not wearing a helmet as required	Disqualification	Disqualification
Motorcyclist or passenger not wearing helmet as required	Not allowed on the course	Not allowed on the course
Failure to obey centerline rule	Relegation or Disqualification determined by Chief Referee and announced to the riders before the start of the race.	Relegation or Disqualification determined by Chief Referee and announced to the riders before the start of the race.
Grossly unsportsmanlike conduct, rider not allowing an official car to pass	1 <sup>st</sup> offense-disqualification and possible suspension	Disqualification and possible suspension
Riders on different laps or different races working together, or lapped riders interfering with a sprint. (18.1.16 and 18.3.3)	1 <sup>st</sup> offense – Disqualification	Disqualification
Rider not holding his line in an intermediate sprint	1 <sup>st</sup> offense-relegation and 30 second relegation; 2 <sup>nd</sup> offense-relegation and 1 minute relegation; 3 <sup>rd</sup> offense-disqualification	Relegation or Disqualification
Rider not holding his line in the final sprint	1 <sup>st</sup> offense-relegation and 1 minute relegation 2 <sup>nd</sup> offense-relegation and 2 minutes relegation 3 <sup>rd</sup> offense-disqualification	Relegation or Disqualification
Dangerous riding, holding onto or being pushed by a motor vehicle or other rider for a long time, not covering the required course and crossing the finish line for a place	Disqualification	Disqualification
Drafting a vehicle for a short distance (less than 100 meters) in a mass start event	1 <sup>st</sup> offense-10 seconds 2 <sup>nd</sup> offense-30 seconds 3 <sup>rd</sup> offense-1 minute 4 <sup>th</sup> offense-2 minutes 5 <sup>th</sup> offense-disqualification	Warning Disqualification
Drafting a vehicle for a long distance (more than 100 meters) in mass start event	1 <sup>st</sup> offense-penalty of at least 1 minute 2 <sup>nd</sup> offense-disqualification	Disqualification
Pushing between riders	1 <sup>st</sup> offense-30 seconds 2 <sup>nd</sup> offense-1 minute 3 <sup>rd</sup> offense-3 minutes 4 <sup>th</sup> offense-5 minutes 5 <sup>th</sup> offense-disqualification  During final kilometer before a sprint-above penalties doubled and rider placed last in the group	Warning Relegation or Disqualification

2010 ACA Rulebook

<b>Offense</b>	<b>Stage Race</b>	<b>Single Day Event</b>
Pushing off from a vehicle or another rider.	1 <sup>st</sup> offense-30 seconds 2 <sup>nd</sup> offense-1 minute 3 <sup>rd</sup> offense-3 minutes 4 <sup>th</sup> offense-5 minutes 5 <sup>th</sup> offense-disqualification	Warning Disqualification
Repeated pushes from bystanders	1 <sup>st</sup> offense-10 seconds 2 <sup>nd</sup> offense-20 seconds 3 <sup>rd</sup> offense-30 seconds 4 <sup>th</sup> offense-1 minute 5 <sup>th</sup> offense-disqualification	Warning Disqualification
Repeated pushing by team personnel	1 <sup>st</sup> offense-2 minutes 2 <sup>nd</sup> offense-5 minutes 3 <sup>rd</sup> offense-disqualification	Disqualification
Throwing dangerous object on the road	1 <sup>st</sup> offense-Disqualification	Disqualification
Discarding water bottles, food wrappers or other litter outside of designated feed zones and bottle discard areas	1 <sup>st</sup> offense-30 seconds 2 <sup>nd</sup> offense-1 minute 3 <sup>rd</sup> offense disqualification	Disqualification
Feeding outside designated feed zones	1 <sup>st</sup> offense -10 second penalty 2 <sup>nd</sup> offense -20 second penalty 3 <sup>rd</sup> offense -1 minute penalty 4 <sup>th</sup> offense – disqualification	Warning Disqualification
Not following service rules	1 <sup>st</sup> offense-warning 2 <sup>nd</sup> offense-30 seconds 3 <sup>rd</sup> offense-1 minute 4 <sup>th</sup> offense - (disqualification), support vehicle removed from caravan	Warning Relegation Disqualification, support vehicle removed from caravan
Team vehicle driving beside rider briefly in time trial	Each offense-20 seconds	Warning Removal of vehicle from race
Team support vehicle passing without permission, team support vehicle not allowing an official car to pass	Penalty - Judgment of the Chief Referee	Penalty- Judgment of the Chief Referee
Failure to attend the awards ceremony without good reason	Forfeit of one half of prize money	Forfeit of one half of prize money

**25. Table of Penalties for Time Trials**

Instructions:

The referees should estimate the speed and distance of the infraction as closely as possible. The speed is in Km/H in the left column, and the distance is across the top in meters. For example, a rider drafting at 48 Km/H for 600 meters would be penalized 16 seconds.

*Drafting beyond the 1000 meter limit of the table will result in disqualification.*

Speed Km/H	Distance (Meters)									
	100	200	300	400	500	600	700	800	900	1000
30	1	2	2	3	4	5	6	7	8	9
31	1	2	2	3	4	5	6	7	8	9
32	1	2	3	3	4	6	7	7	9	11
33	1	2	3	3	5	6	7	8	10	12
34	1	2	3	4	5	7	8	9	11	13
35	1	2	3	4	5	7	8	9	12	14
36	1	3	4	4	6	8	9	10	13	15
37	1	3	4	5	6	8	9	11	14	17
38	1	3	4	5	7	9	10	12	15	19
39	2	3	4	5	7	9	12	14	17	21
40	2	3	4	5	7	10	13	15	19	23
41	2	4	5	6	8	11	14	16	20	25
42	2	4	5	6	8	11	15	17	22	27
43	2	4	5	7	9	12	16	19	24	29
44	2	4	6	7	9	12	17	21	28	31
45	2	4	6	8	10	13	19	23	28	34
46	2	5	6	8	11	14	19	24	30	36
47	2	5	7	9	12	15	20	25	32	38
48	2	5	7	9	12	16	21	27	34	40
49	3	5	7	9	13	17	23	29	36	43
50	3	5	7	10	14	19	25	31	39	46
51	3	5	8	10	15	20	27	33	42	49
52	3	6	8	11	16	21	29	36	45	52
53	3	6	8	12	17	23	31	39	48	56
54	3	6	9	13	18	25	33	42	51	60
55	4	6	9	14	20	27	36	45	55	64
56	4	6	9	15	21	29	38	47	58	68
57	4	6	10	16	22	31	40	49	61	72
58	4	7	10	17	24	33	42	52	65	77
59	5	7	11	18	26	35	46	56	69	82
60	5	7	12	19	28	39	49	61	75	90

**AMERICAN CYCLING ASSOCIATION**  
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