



RIDERS SECTION FRCA RULEBOK

Prepared by the FRCA – Florida Road Cycling Association
Update on February 24, 2009

RIDERS

It is the goal of the FRCA to assist riders in understanding the USA Cycling rules and in behaving in a responsible manner as your actions reflect on the cycling community. The following contains some often questioned rules and other information that pertains to the riders and FPS events.

All FPS events will be held under the rules of USA Cycling and can be found at http://www.usacycling.org/forms/RdTrkCx_rulebook.pdf.

Rider Conduct: No rider or licensee may be disrespectful toward organizers, officials, riders or spectators [warning for minor offense; possible relegation of rider; and/or up to a \$50 fine]. No rider or licensee may use foul or abusive language or conduct during a race event [disqualification and 15 days suspension]. No rider may make an abrupt motion so as to interfere with the forward progress of another rider, either intentionally or by accident [relegation or disqualification; possible 20 days suspension if a crash results]. A rider may not be on the track or course during a race for which he or she has not entered and registered.

Participation, Licenses, Categories: All racers must hold a current USA Cycling annual license, UCI license, or purchase a one-day license at the event. One day licenses can only be purchased by men cat 5 and women cat 4 racers only. Racers may only race in the category they are licensed for. FPS races will have the following categories:

Men cat 1, 2	Master's 35+	Women 1,2,3	Junior 10-12
Men cat 3	Master's 45+	Women cat 4	Junior 13-14
Men cat 4	Master's 55+		Junior 15-16
Men cat 5			Junior 17-18

In some events there may be races where there are 2 different categories racing together, but the different categories will be scored separately. For all categories, your race age is your age on Dec 31st for the entire previous year. All racers must present proof of a current license and fill out a rider release at each event. No rider may enter a race as a member of a club who is not a member in good standing of that club and, if licensed, is licensed as a member of the club [disqualification and 20 days suspension].

Women may enter any men's race for which they are eligible by age, category, and any performance requirements. They may also enter categorized races for men that are up to one category lower than their women's category. Category 1 women may enter men's races up to two categories lower. In addition, category 4 and 3 women who are 35 or older may compete in Master's races for all riders up to 20 years greater than their racing age, subject to other eligibility requirements.

Upgrade Requirements: Rider upgrades to a higher category are handled electronically through USA Cycling. A basic summary of upgrade requirement follows. For full guidelines, refer to the USA Cycling current rulebook. To Upgrade from *Cat 5 to Cat 4* you must compete in 10 mass start USCF events. (Not Time Trials) These can be local training races or the



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larger events. Triathlons and mountain bike races do not count. If you are a cat 5 and you race in a combined 4/5 race and do well it does not mean you can go to cat 3. To Upgrade from *Cat 4 to Cat 3*: There are three ways; you can amass 20 USCF Upgrade Points or place top 10 in 10 races or do 25 Cat 4 races. Upgrade points are not the same as any State based points system and are as follows: 1st- 7 Points, 2nd- 5 Points, 3rd- 4 Points, 4th- 3 Points, 5th- 2 Points, 6th- 1 Point.

How do you upgrade? Login to USACycling.org and request an upgrade.

Scoring and Timing: All participants will either have their own AMB timing chip or rent one from the promoter to participate in all FPS events. Racers will be given a number that is to be pinned on the back of the jersey on right or left side as directed by the promoter so it is visible when you are racing. Chips may be purchased at <http://www.amb-it.com> . A protest regarding the final results must be made within 15 minutes after the announcement of results. All protests concerning the order of finish shall be examined and resolved by the Chief Judge, whose decision is final and without appeal.

Equipment and Uniform: USA Cycling has very specific rules regarding bicycles and equipment. A few of the rules more common rules are as follows:

Bicycle:

1. Aerobars are not allowed in mass start events, ie crits and road races
2. Juniors must abide by junior gear restrictions in all events. This is verified at all events by the “rollout method”. When in the largest front chain ring and smallest rear gear, the distance the bicycle may travel with one revolution of the cranks must be 7.93 meters (26 feet) or less. Gears may be “blocked” for FPS races but this is not allowed at National events. Common acceptable gears are 52x14 and 45x12.
3. USA Cycling follows the rules of the UCI on bicycles. While bicycles will not be measured or weighed for conformity, all racers should be aware of these rules as they are enforced at most national level races. This is particularly important for TT bicycles. UCI rules can be found at www.uci.ch .

Uniform:

1. Helmets must be worn at all time when participating in any USA Cycling event. This means when riding around during warm-up, etc, in addition to while racing. Subject to disqualification and \$20 fine for riding without helmet.
2. Sleeveless jerseys are not allowed. Advertising on jerseys is only allowed for “sponsored clubs”. In competition, no rider shall wear the emblem, inscription, or uniform of any club or team which the rider is not eligible to represent [Offending rider may not be permitted to start if noted before the race; otherwise, warning for first offense].

Radios:

1. Non-handheld radios with only one earpiece providing communication with coaches, managers or other riders may be worn or carried by the rider or bicycle only in elite road events that include category 1,2, or professional riders, and not in masters or junior races.



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Racing Rules:

Road Races:

Center Line. If a course is not closed to traffic, all competitors must keep to the right of the center line or enforcement line, but may pass on either side of another rider [warning for accidental crossing of the center line with no advance in position; relegation or disqualification for advancing position; 10 day suspension for a flagrantly dangerous attack].

Dropped / lapped rider. If a rider is dropped from the main field, the rider must obey all traffic regulations unless so directed by police. A lapped rider or one who has fallen too far behind and is considered to be out of contention may be called off the course by the Chief Referee. Riders on different laps may not give or receive pace from one another. A lapped rider must not interfere in any prime sprint or finishing sprint.

Feeding. Feeding is allowed in road races if so designated by the officials, and then only in defined locations. Feeding is not allowed in crits, time trials, or circuit races. No rider shall discard any item from bike (gel packs, water bottles, clothing, etc.) other than in designated feed areas.

criterium/Circuit Races:

Lapped riders. The method chosen by the organizer with the Chief Referee must be clearly explained to the riders prior to the start of the race.

(a) A rider who falls so far behind as to be considered out of contention may be removed from the race by the Chief Referee.

(b) Alternatively, lapped riders may be permitted to remain in the race and all will finish on the same lap as the leaders. At the finish, these riders will be placed according to the number of the laps they are down and then their position in the finish. Riders on different laps may work with each other except that no rider may drop back to assist a rider who has broken away from the field [disqualification for accepting such assistance].

Free Lap Rule. A free lap may be granted for each mishap subject to the following rules unless the official race announcement states that no free laps will be allowed. On courses shorter than 1 km (.6 mile), two free laps shall be allowed for a given mishap. A mishap is a crash or a mechanical accident (tire puncture or other failure of an essential component). You must go to the wheel pit and check in with an Official to make sure you qualify for a free lap. No free laps are granted within the last 5 KM.

Wheel Pit: The "Pit" is the area where riders keep spare wheels during a criterium. It is usually located right next to the start/finish line. Always put a tag or marker on your wheel set to identify your team, name and/or race number.

Time Trial Races:

On an out-and-back course, riders shall stay to the right of the centerline at all times. No rider shall take pace behind another rider closer than 25 meters (80 feet) ahead or 2 meters (7 feet) to the side. A rider who is observed taking pace shall receive a time penalty]. A rider may also be disqualified for extended and/or repeated pacing.

No two riders may ride abreast other than when attempting to pass and such attempts shall not be maintained beyond a distance of 500 meters. An attempt to pass may be repeated an unlimited number of times but each time



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a challenging rider fails in his attempt, he shall drop back to 25 meters behind the challenged rider before renewing his attempt.

General Tips:

The Wheel Pit: The "Pit" is the area where riders keep spare wheels during a criterium. It is usually located right next to the start/finish line. Always put a tag or marker on your wheel set to identify your team, name and/or race number. Don't put \$1,000 wheels in the Pit. Even though we would like to think all cyclists are nice, honest people, some wheels are stolen from the pit. It is often monitored by a volunteer or bike shop employee but sometimes wheels disappear. Make sure to pick up your own wheels immediately after your event to lessen the chance of disappearance.

Free Lap: a Free Lap is granted in a Criterium only. A rider who has a flat tire or crash is eligible for a free lap. You must go to the wheel pit and check in with an Official to make sure you qualify for a free lap. No free laps are granted within the last 5 KM.

Race Day Timeline: Plan to arrive at the race 1 1/2 hours prior to your race start time. What to do upon arrival:

- *Go to Registration (Have USCF License and a Release form filled out and ready)
- *Ask to make sure of your scheduled race start time
- *Pin number on Jersey
- *Pump up race wheels and spare wheels
- *Fill water bottles
- *Warm-up for at least 20 minutes. Include a few efforts to raise the heart rate
- *Remove Seat Bag

Number Placement: it is must if you want to be placed in any race that your number is pinned on correctly. Remember that you're not racing the Tour and your number does not go on your jersey pockets.