



# AMERICAN BICYCLE RACING 2016 Rule Book

## Rule Revisions

### Index of Fees

#### **B. Event Fees**

##### a. insurance fees

\$3.20 per entrant per day,  
for Racing Events...

\$2.10 per entrant per day  
for tours, fun rides, clinics.

## INDEX OF FEES

### **A. Annual**

#### **Membership Fees**

Racers age 19 and over*	\$ 25
Racers age 18 and under*	\$ 10
Age 80 and above*	Free
Officials	\$ 25
Coaches	\$ 25
Mechanics	\$ 25
Clubs / Organizations	\$ 25
Dealer	\$ 40
Booster	\$ 10

\*Age is racing age, which is whatever age you are on December 31st of the current year.

Memberships shall be valid until December 31 of the issue year. Memberships are open to any interested person or organization. Fees shall be paid to American Bicycle Racing, Inc. The Executive Director and Technical Director review and establish these fees on an annual basis. The replacement fee for lost license: 1<sup>st</sup> occurrence free, 2<sup>nd</sup> occurrence \$5. One Membership fee covers all types of membership.

### **B. Event Fees**

#### **Club Events**

Club Annual Insurance for meetings, club member only coached training rides, clinics and other club activities, is **\$25.00** plus an annual fee of **\$3.20** per club member.

#### **Event Application**

#### **Fun Rides/Tours/Camp/Clinic**

The event fee for a noncompetitive mass participation Event, (Touring ride, fitness ride, fund raising, etc.) is \$40.00 per event plus Insurance.

#### **Trade Show/Swap Meets**

The event fee is \$110.00 plus \$0.50 per participant.

#### **Race Event**

Application fee is:

Fee	Category	Total Prize List
\$50.00	A	\$5,000 +
\$50.00	B	\$2,501-\$4,999
\$50.00	C	\$0.00-\$2,500

(Total prize list including primes and estimated merchandise value).

Series Events that are part of an ongoing race or training series, i.e. weekly, monthly held in the same location, will have an Event fee based on Event Category A, B, C.

Event application must be received by ABR at least 30 days in advance of the Event.

Late Event application fees:  
11 - 30 days to event date \$5.00.  
6 - 10 days to event date \$10.00  
Rush 1 - 5 days before event date \$50.00.

Event fees are refundable when an event application is not approved.

#### **Insurance Fees**

Request for Third Party Certificates of Insurance for landowners, sponsors, municipalities, other governmental agencies, etc., the fee is: 1-5 free, 6-10 \$5.00, 11+ \$10.00.

Each promoter will pay the rider insurance fees listed below at the conclusion of their event or within 5 days after event date in the form of a check made payable to American Bicycle Racing. The promoter will mail the insurance surcharge directly to American Bicycle Racing or submit to the Chief Official who will make payment to American Bicycle Racing.

The Insurance rate is **\$3.20 per entrant per day, for Racing Events** including track, roller, stationary trainer races, road, off road, trials, time trials, and duathlons. **\$2.10 per entrant per day for tours, fun rides, clinics.** Rates are subject to change during the year.

#### **Promoter Fines**

A promoter who does not issue an official race leaflet for a competitive event in accordance with the requirements specified in the rules shall pay a fine of \$100 and may not collect Late Fees.

A promoter who pays out more than specified on the event application shall be fined 10% of the additional amount.

All promoter fines shall be collected from the race promoter and turned over

to American Bicycle Racing.

## Participant Fees

### Surcharges

A race promoter may impose additional surcharges on a participant's entry fee if posted on the event flyer.

Participants may not be surcharged more than once for each on any given day.

\*Late entry surcharge will not apply if promoter did not meet requirements of rules regarding official event flyer composition and distribution.

### Request-to-Review and Technical Petition Fee

A fee of \$20 is required for the commencement of the request-to-review process. The fee will only be returned if the review results in a reversal of decision. The fee for a petition for the Technical Director to review a decision is \$75. The Technical Director will only return the fee in the event of a reversal of the decision.

## C. Officials' Fees

The Chief Official shall prepare an officiating invoice for the promoter during the event. Upon receipt of an official invoice from the Chief Official, the race promoter shall pay each official before the start of the last race of the day. The daily fee is based on the total prize list for the day (see below). The promoter shall also pay each official the cost of their travel (optional for Track events) at a rate determined annually by the Executive Director for personal car mileage, or the cost of a round-trip ticket and appropriate taxi charges, whichever is less. In addition, the promoter shall pay a per diem meal rate to each official, \$20 per day for multi-day events, or \$5 for single day events, unless the equivalent in meal value is provided at appropriate times during the event. The promoter shall also provide housing for officials when necessary before, during, or after the event.

Any related expenses incurred by the Chief Official, such as phone calls or

copying costs directly related to the event, shall be charged to the promoter and included in the invoice. For multi-day events, the daily officiating and meal fee shall be paid for each day of the event, including rest days. If the event is canceled, and the officials have already begun travel to the event, the promoter will pay each official their expenses and half of one day's officiating fee.

Promoters are encouraged to pay officials by check for record-keeping purposes, but must allow the officials to sign the checks over at the event in exchange for cash if they wish.

The official's fees are established by the Technical Director on an annual review basis:

Event Category	Chief Official	Chief Scorer	Others
Cat A	\$100	\$75	\$50
Cat B	\$75	\$60	\$45
Cat C	\$45	\$40	\$30

Track Cat A, B, C 1/2 of above rate

#### Personal vehicle rate is:

Car, Van, Truck: \$0.40 per mile

Motorcycle: \$0.40 per mile

## RACING RULES

### A. Scope

American Bicycle Racing, Inc. (ABR) provides equal opportunities under these rules to its members and other interested parties to participate in bicycling, bicycle racing, and event promotion without discrimination on the basis of age, color, national origin, race, religion, sex, or sexual orientation.

These rules shall govern all events held with ABR and remain in effect until revised or changed.

Requests for exceptions or additions to these rules will be reviewed and can only be approved by the Executive Director or Technical Director, unless otherwise designated, and must be submitted for approval at the time of Event application.

Members and other participants in ABR events are subject to these rules from the start of event registration until all of

the results of an event are deemed to be final.

Specific approved rules take precedence over general rules.

## B. Classification and Categorization

### Classification:

- A member's age is defined as their age on December 31 of the current year.
- Members will be classified into the following four classifications:
  - Juniors, 18 and under
  - Seniors, 19 and older
  - Women, 19 and older
  - Masters, 30 and older
- Juniors may compete in Senior events unless otherwise restricted by age or category. Junior Girls also may compete in Women events unless otherwise restricted by age or category.
- Women may compete in Senior events unless otherwise restricted by age or category.
- Masters may compete in any events for their age or younger, in their category, but not junior races. Masters Women also may compete in Masters Open events up to ten years older than their racing age.

### Category, Performance Level

All members will be categorized according to ability, and will be assigned a category for the disciplines of bicycle racing - road, track, and off-road - which will be indicated on their license.

### Performance Level

- 1 Professional and Expert Level
- 2 Specialist Level
- 3 Intermediate Level
- 4 Apprentice Level
- 5 Citizen novice Level - raced 10 or less mass start races.

· Cyclists applying for ABR membership will be assigned the lowest category (5) until they earn enough points or events to upgrade. *Exception:* Cyclists who have demonstrated their ability in another recognized racing organization, provides proof, a like classification will be assigned in ABR.

· Members must participate in the category indicated on their ABR

membership card.

### **Upgrade and Downgrade Performance Category:**

Changes to a member category can be made by submitting a written request to the ABR District Coordinator or ABR Designee who will oversee the upgrading and downgrading process in conjunction with the Executive Director and/or Technical Director of ABR.

The following guidelines will be used to determine the upgrade or downgrade request.

- Qualifying events must have a minimum of 25 racers in the category and duration of 25 minutes. Points will be awarded for Qualified Road, Criterium, and Off Road events (10-7-5-4-3-2-1-1).

- Non-qualifying events there must be a minimum of 10 racers in the category, and duration of 15 minutes and points will be awarded (5,3,2 1)

Category 5 – 4: 16 mass start events  
Category 4 – 3: 40 points and 15 events  
Category 3 – 2: 40 points and 20 events  
Category 2 – 1: 40 points and 20 events

- Racers who have earned at least 60 points in a given category may be required to upgrade.

The Local Velodrome director or designee determines Track Categorization.

### **Event Categorization**

Event categories are assigned based on the total prize list of the event.

Category	Total Prize List
A	\$5,000+
B	\$2,500-\$4,999
C	< \$2,500

### **C. Members**

- A member's age is defined as their age on December 31 of the current year.
- An ABR membership shall be valid from January 1 until December 31 of the issue year.

### **Club Members:**

- must be in good status with their club
- club name must be indicated on their ABR member card

- members will be subject to unattached rider fees if they do not belong to a club
- members may transfer club membership by sending a request for change to ABR along with a letter of acceptance from their new club
- members who falsely present themselves as club members at an event will be subject to possible suspension.

### **D. Penalties for Infractions**

- Penalties for infraction of the rules include, but are not limited to relegation, disqualification, fines, and suspension.
- Penalties may be levied against members, promoters, other participants, and clubs.
- Relegations can be assigned to placing, points, or time.
- Disqualifications can be assessed for the event, for the day, or for a complete multi-day event.
- Suspensions will be issued only after review and recommendation by the ABR Technical Director. Suspensions can be levied and enforced for any length of time, including life.
- Any special schedule of fines for an event must be proposed to ABR at the time of the event sanction application, and must be approved by the Executive Director or Technical Director. The approved special schedule of fines must be listed on the official entry form. Failure to meet these requirements will disallow use of these fines.

### **E. Request-to-Review and Petitions Request-to-Review**

- A request-to-review may be lodged with the Chief Official to examine and review an officiating decision.
- The request must be lodged within 15 minutes after the results of the event are posted.
- The request should be submitted to the Chief Official on the "ABR Request for Review Form" (available from the Chief Official), accompanied by a \$20 fee. The \$20 fee will not be imposed upon requests regarding results or placings in an event. The request will be considered and acted upon as soon as possible. The Chief Official may solicit the opinions of other assigned officials and input from others, as the Chief Official deems necessary to render a decision.

- Requests related to qualification to participate must be lodged with the Chief Official at least 15 minutes before the start of the event, and need not be in written form.
- The decision of the Chief Official is final.
- The Chief Scorer shall hear all requests-to-review concerning the results of an event, immediately after the results are posted. These requests will be heard and decided upon in a timely manner, and the decision(s) rendered will be absolutely final. The Chief Scorer shall place a hold on declaring the results final until the matter is resolved.

### **Petitions**

- A petition may be made to the Technical Director for examination and review of any decision.
- The petition must be submitted to the ABR office on the "ABR Technical Petition Form" (available from the Chief Official or the ABR office)
- The petition must be accompanied by a \$75 fee.

### **F. Event Registration**

- ABR "Accident Waiver and Release of Liability" forms or entry reservation forms must be in the hands of the promoter by the preregistration deadline indicated on the official event flyer, or late entry penalties (fees) may be levied if so indicated on the official event flyer.
- The Technical Director or ABR District Coordinator may deem late entry penalties for a given race invalid and uncollectible if the official event flyer is not widely distributed.
- A participant who is eligible to enter more than one event may do so upon paying the additional entry fee(s) and filling out an additional waiver/release form.
- Participants entering more than one race per event day do not have to pay late entry fees for the additional race entries beyond their first entry.
- Competing or attempting to compete in an ABR event without properly registering will result in disqualification and a 30-day suspension of membership and/or participation privileges.
- The promoter assumes responsibility for guaranteeing that every entrant is

properly entered in the event, including ensuring that an ABR "Accident Waiver and Release of Liability" form is properly filled out and submitted for each entrant.

- Members must show a current ABR license when they register.

Time of close of registration for each event must be stated on official event flyer.

## **G. Accident Waiver and Release of Liability**

- In taking part in an event conducted under ABR, either by competition or the registration process, the participant (or if a minor, the parent or legal guardian who consents to the minor entering) admits complete and comprehensive understanding and approval of the rules of the event and the terms in the ABR "Accident Waiver and Release of Liability" form and any state or local laws.

- All entrants must affix their original signature to and surrender to the promoter of the event the written release form and entry document ABR

"Accident Waiver and Release of Liability" form by the closing time of their registration period for the event.

- The stipulations in the ABR "Accident Waiver and Release of Liability" form shall be absolutely binding even when an ABR "Accident Waiver and Release of Liability" form has not been signed and surrendered to the promoter.

### **Disclaimer**

All who participate in any events held under ABR, whether or not they hold an ABR license, act at their own risk. ABR makes no express or implied warranty of safety or guarantee against damage, loss, harm, injury, or death to participants, spectators, or others as a result of publication of or compliance with these rules, and therefore, no liability shall be affixed to ABR or any of its members, sponsors, promoters, or officials for detriment or injury resulting from participating in events held under ABR.

## **H. Entrant Limits**

- An entrant minimum of 5 will be used if no such minimum was stated in the

official event flyer.

- If the minimum is stated in the official event flyer, and the entrant sum for an event is below this minimum, the promoter may cancel the event, but must refund the entry fees of those entrants who wish refunds. An alternative solution is to combine the event and its prize list with another event on the same day. The latter solution is preferred.

- An entrant limit maximum of 100 shall be used if no such limit is stated in the official event flyer and sanction application.

## **I. Officials**

- must hold an ABR membership
- are assigned to events by the Chief Official, ABR District Coordinator, or the Technical Director
- are bound by the ABR rules
- supervise the event, perform officiating duties, and report infractions
- must be unbiased
- must be paid per the ABR Fee Schedule

### **Officials' Dress Code**

- Official attire shall be a khaki or navy blue skirt, pants, or shorts (for warm weather) and a khaki or dark blue shirt with collar or khaki or dark blue crew neck shirt. Chief Official is encouraged to wear the navy blue option.

- Wheel pit officials, feed zone officials, and motorcycle officials should wear black-and-white striped shirts and may wear black pants.

- The ABR official emblem MUST be visible to the riders on outer shirt, jacket, front of hat or neck badge. Emblems will be supplied by ABR to the Officials.

- The dress code for category A events will be a khaki or dark blue shirt and khaki or dark blue skirt/pants.

- Officials will not wear clothing containing wording or advertising that could be construed to give the appearance of bias toward sponsored participants.

### **Chief Official**

- of an event is assigned by the ABR district coordinator or the Technical Director.

- may not be involved in promoting or

organizing an event or be a member of the sponsoring organization, except by approval of the Technical Director under special circumstances, or unless no ABR official within a reasonable distance is available.

- is in charge of the event.

- manages the other officials assigned to the event.

- assures compliance with the rules, and renders decisions on situations not directly encompassed by the rules.

- may alter the duration of any event and may temporarily neutralize, halt or cancel any event if conditions warrant.
- may cancel an event if hazardous or badly organized conditions exist.

- assigns and enforces penalties for infractions of rules by participants and may recommend suspension of any member who commits infraction of the rules or other offenses.

- has the right to remove any participants that they deem to be out of contention, at any point during the event. Participants ignoring instructions to retire from the event will be disqualified and will be subject to suspension.

- is responsible for preparing a bill for payment of officials of the event and the insurance charges and submitting it to the promoter.

- Is responsible for turning over the check for the insurance surcharge and a report to ABR within 5 days of the event.

- Decisions made by the Chief Official are final unless overturned by the Technical Director after due petition and review.

### **Assistant Officials**

- Assistant officials, including the Chief Scorer, are assigned to events by the Technical Director, the ABR District Coordinator, or the Chief Official.

### **Chief Scorer**

- is accountable for the order of finish
- will make sure that the final results are posted as soon as possible after the finish of an event,

- assures that the final results are placed in a readily accessible area for viewing.

## **J. Event Mechanics**

### **Timing**

- In timed events, stopwatches and other timing equipment must have a resolution of 0.01 second or better.
- When hand-timing equipment is used, the results shall be averaged.
- Automatic timing must be accompanied by hand timing.

### **Event Starts**

- Events may not begin before the official start time listed in the event flyer unless all registered participants for that event have agreed.
- Participants are wholly responsible for finding the start line, knowing the course, knowing the rules of the event, and reporting to the start line in advance of the official start time of their event.
- The Chief Official, other designated official, or announcer (under direct supervision of the Chief Official) shall give the starting instructions.
- Events may be started by gunshot, whistle, or voice command, either by an official, or by a designated honorary starter. The use of a starter pistol or whistle is encouraged.
- The Chief Scorer is responsible for validating the start.

### **Event Neutralizations**

#### **Temporary Neutralization**

- Shall be signaled with a single gunshot or whistle blast, and instructions shall be given immediately by the announcer; participants shall decrease speed and continue on course until they receive a signal from the officials to begin again or the event is halted.
- During neutralization, participants must remain behind the pace car, if applicable.

#### **Halt**

- Should it become necessary to halt an event, the Chief Official or other designated official shall fire a double gunshot or repeated whistle blasts, and instructions shall be immediately given by the announcer. All participants must stop as soon as reasonably possible in this situation.
- If and when the Chief Official

determines that it is safe to resume the event, participants will be lined up at the start line or another convenient area and further instructions will be given before the restart.

### **Free Laps / Recognized Mishaps**

- Free laps are granted in criteriums in the event of a Recognized Mishap unless the official event flyer states that none will be allowed.
- Recognized Mishaps include:
  - participant has crashed
  - participant's bicycle has breakage of a necessary part
  - participant's tire is punctured
- A Recognized Mishap shall entitle the participant to a free lap during the period of the event, which allows such.
- Participants wishing to receive a free lap can only make repairs in the wheel pit under the supervision of the pit official.
- Participants may cut the course to get to the wheel pit only if so permitted and announced at the start of the event by the Chief Official or designated official starter.
- Participants must return to the event at the rear of the group in which they were riding. Participants will be returned to a position relative to where they were located before the Recognized Mishap, if possible.
- Participants returning to events after a free lap shall not be eligible for primes and sprint points for one lap after their return.
- No free laps are allowed in the final 5 km (3 miles) of an event or a distance set at the discretion of the Chief Official.

### **Primes**

- Primes will be either predetermined for implementation on certain laps or spontaneously specified.
- The Chief Official or Chief Scorer must approve all prime schedules, and reserve the right to refuse to allow a prime being called due to unsafe or other conditions.
- All primes won shall be awarded to participants whether or not they finish the event.

### **Feeding and Feed Zones**

- Feed zones may be designated by the Chief Official for any race over 60

minutes in length, or for adverse weather conditions warranting such (ex. high temperature).

- Feeding may only be accomplished in a way that is not prohibitive to another participant's progress.
- Feed zones must be along the right side of the road except under unusual circumstances. Unusual placement of feed zones must be approved by the Chief Official in advance of the event.
- Feed zones must be delineated by appropriate markers, and should have an official positioned in them.
- Participants who accept food or water from spectators do so at their own risk.
- Participants may only discard biodegradable materials.
- Water bottles and other equipment may not be thrown in criteriums or in areas of other events where there are large numbers of spectators, except in designated feed zones.

### **Caravans**

- All caravan vehicles must receive pre-event approval from the Chief Official. The Chief Official will determine caravan order.
- All vehicles must adhere to instructions and direction from the Chief Official, or will face removal from the event.
- No vehicles other than those officially recognized and considered necessary by the Chief Official are permitted to follow the event.
- Each caravan vehicle should contain an official, if possible.
- If motorcycles are used in ABR sanctioned events, drivers and passengers must wear helmets meeting U.S. Department of Transportation standards. If this requirement is not met, the motorcycle will be barred from participating in the event.
- Support vehicles shall keep to the right of the road and shall follow the rules of the road. Should a support vehicle need to stop, it shall always pull off the road on the right side.
- Participants shall only be assisted at the back of their group, regardless of their position in the event.
- Participants exchanging bicycles may not receive water bottles or food containers on them, but can transfer theirs over.
- Caravan vehicles may pass an official's vehicle only with permission.

- Caravan vehicle drivers must be currently licensed drivers with available insurance information.

## Placings

- Placings in an event are judged according to the order in which the tips of the front wheels of bicycles meet at the point of tangence with a vertical plane extended above the finish line.
- The bell will be rung at the start of the last lap of an event; if the bell is rung in error, the Chief Official in consultation with the Chief Scorer shall make a decision about how the finish will be scored.
- If there is a dead heat for first place, the participants involved shall reride a part of the course no more than 1 km (0.6 miles) or less than 300 meters (0.2 miles), as determined by the Chief Official. For places beyond first, the prizes for places shall be at the least equally divided.
- Participants must be accompanied by a bicycle at all times while participating. If a participant crashes while trying to finish an event, they may carry their bicycle over the finish line to receive their placing.

## Results

- The results are not final until 15 minutes have passed without protest. The finality of the results must be announced.
- Prizes may only be paid out after the results are final.

## Refunds of Entry Fees

- No participant shall be granted an entry fee refund in most situations; however, the Chief Official will make the final decision in unusual circumstances.
- A disqualified participant will not receive an entry fee refund and cannot claim prize money, including prizes.

## K. Equipment

### Bicycles

- For road and offroad events, bicycles with a freewheel and a functional brake on each wheel shall be used, except for time trials, for which fixed-gear bicycles with one functional brake may be used.

- Recumbents and tandems may only be used in events specifically slated for them.
- Fairings or fairing-like devices may only be used in events specifically slated for them.
- Handlebars and handlebar extensions must be plugged.
- Handlebar extensions used in offroad events must not extend any more than 6 inches beyond the handlebars.
- Handlebar extensions for road and track timed events cannot be used in massed-start races
- For roller and magnetic, wind or computer load resistance stationary trainer races, either single-cog or freewheel systems may be used. In roller races cranks must be at least 165 mm long and the maximum gear development allowed is 24'3".

### Other Equipment

- Participants in ABR-sanctioned events must wear AT ALL TIMES WHEN ON A BICYCLE a properly fastened helmet that meets or exceeds the bicycle helmet safety one of the following standards:
  1. American National Standards Institute (ANSI) Standard Z90.4
  2. American Society for Testing and Materials (ASTM) standard F-1447
  3. U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets
  4. Snell Memorial Foundation Standard "B" or "N" series
  5. Canadian Standards Association (CSA) standard CAN/CSA-D113.2-M
- The burden of proof of meeting these standards resides with the participant.
- Participants who remove their helmet, do not wear one, or have it unfastened, are subject to immediate disqualification.
- Jerseys and shorts or skinsuits must be worn in all events by members.
- Jerseys must have sleeves that cover the shoulders when shoulder numbers are used.
- Jackets and long tights may be worn by members, as weather conditions require.
- Clothing must be neat and clean at the beginning of an event.
- Only jerseys, jackets and shorts of sponsored clubs may contain advertising.
- Unattached riders may not wear

jerseys with advertising.

- Members may not wear the jersey of a club unless they are a member of that club.
- No electronic devices except for heart-rate monitors and cycle computers may be carried by participants or their bicycles.

NOTE: Any participants who are in violation of these equipment and clothing requirements will be subject to disqualification. Participants in ABR-sanctioned events are responsible for their selection of equipment, including helmets, and for taking precautions to ensure that the condition of such equipment is satisfactory and safe for utilization. Therefore, ABR, its members, those involved in a voluntary basis with an event held under ABR, and promoters, organizers, and sponsors, are not responsible and shall not be liable for any loss, damage, or injury caused from or linked to, the status or sufficiency of any helmet or other equipment.

### Numbers

- Racing numbers are to be furnished by the promoter.
- Promoters may require a refundable number deposit, but not to exceed \$5 per number.
- The numerals must be black on a white background and be at least 4 inches high and must not be made of stick figures.
- Handwritten numbers will not be acceptable.
- The Chief Scorer will determine and enforce number placement.
- Numbers must not be folded or otherwise reduced in size.
- Participants must wear ALL numbers, including frame and helmet numbers if furnished.

## L. Conduct

- Participants may be penalized for misconduct and unsportsmanlike or disrespectful behavior towards others, including spectators.
- Penalties for such transgressions will range from disqualification to suspension.
- Misconduct shall be defined as, but not limited to, committing acts which are against the law, detrimental to ABR or

the sport of cycling, disobeying officials, striking or attempting to strike another, undesirable language, foul riding, and abusive, obscene language or gestures prohibited at an event within sight or hearing of other participants or the general public.

- Participants damaging public or private property will be subject to suspension.
- A participant may not be on the course during or interfere with a current event for which they have not registered. In addition, only participants duly registered in an event may warm up on the course.

- When accompanied by others in a sprint, no participant may disengage their hands from the handlebars, under penalty of relegation or disqualification. If alone, and the act of disengaging results in the participant crashing or otherwise losing control, sole responsibility lies with the participant.

- No participant may impede the forward progress of another participant in sprints by abrupt or dishonorable movements.

- If a course is not closed to traffic, all competitors MUST keep to the right of the center of the road. Participants shall observe traffic signs, including railroad crossing gates. It is the participant's responsibility to know and stay on the course.

- Participants on different laps may only work together in criterium events.

- No motorpacing, towing, or taking pace from a vehicle is allowed.

- No person affiliated with an ABR event (including participants, officials, race announcers, corner marshals, and volunteers, and any others not in these categories) shall consume alcoholic beverages or be under the influence of other illegal substances. If discovered to be in violation of the above rule, the offender shall be removed immediately from the event, and if an ABR member, shall be suspended for a period of not less than 1 month, or more than 1 year.

- Members who commit public urination at an ABR event shall be disqualified and suspended for a period of at least 1 month.

## **M. Event Courses**

- Road surfaces must always be at least 5 m (16 feet) wide.

- Criterium courses must be completely

closed to traffic.

- For circuit road races, the circuit must be at least 5 km (3 miles) in length.

- The last 200 m (0.125 miles) before the finish line or sprint/prime lines should be delineated with an appropriate marker.

- The last 200 m (0.125 miles) before the finish line should be unimpeded by curves.

## **N. Special Event Rules**

### **Time Trials**

- Starting order may be chosen by random selection, by numeric order, or by seeding.

- For time trials, the number of participants required to finish and upon which participant the time is calculated, must be specified in the official race announcement.

- Starting time intervals are recommended to be at least one minute for individual time trials and two minutes for team time trials.

- The start order sheet shall be posted 30 minutes before the first start time.

- Each participant or team shall report to the official starter at least two minutes before their start time.

- Participants or teams who miss their starts may start only when allowed by the official starter. If starting late, the participant or team's original start time will be used in tabulating results.

- Participants may be held by an official or start with one foot on ground. Teams shall all start the same way, with holders or with one foot on the ground.

- No participant may take pace behind another. No participants may ride abreast other than when attempting to pass and such attempts shall not be maintained. No team shall take pace behind another team.

- Each support vehicle should contain an official.

- Vehicles shall at all times remain at least 20 meters (0.1 mile) behind the participant or team during the event.

- No participant may be given supplies or equipment during the event from a moving support vehicle.

- Only members of the same team may assist each other or share equipment or supplies.

### **Off Road Races**

## **Cyclocross**

- No more than 50% of the course shall be paved; approximately 75% of it should be rideable.

- The length of a course lap shall be at least 1 km (0.62 mile). The beginning 200 m (0.125 mile) of the course at the start line shall be wide enough to allow for jockeying for position at the start.

- The course shall be at least 2 m (7 feet) wide at all points. Ditches and waterways should be no more than 1 meter across and deep.

- No artificial barrier shall exceed 40 cm (16 inches) in height. Natural barriers may be taller.

- The number of wheel pits shall be determined by the Chief Official. Under normal course conditions, bicycles and wheels may be exchanged only in case of mechanical accident, and then only in the wheel pit. If course conditions are muddy, the Chief Official may allow exchange of bicycles every lap.

- Free laps are not allowed.

- Participants on different laps may work together.

- Participants out of contention may be removed by the Chief Official.

## **Mountain Bike Races**

- No downhill events will be sanctioned.

- Participants shall compete only on the same bicycle with which they began the event.

- All repairs shall be performed by the individual on the course or in a wheel pit.

- Equipment may not be removed from other bicycles for use in repair.

- Mounted participants have right of way over those pushing bikes; those pushing should keep to the least rideable part of the track when being passed and must not interfere with mounted participants.

- Lapped participants must yield to leaders. Leaders should warn those being overtaken; it is the responsibility of the overtaker to accomplish the maneuver safely.

## **O. Championship Events**

### **Award Eligibility**

- Only current Annual Members of ABR may be awarded Championship Titles

and receive awards such as Jersey,  
Plaques, Medals, Cups, Trophies, etc.

that designate Champion status or  
Championship placing.

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[www.AmBikeRace.com](http://www.AmBikeRace.com)

[AmBikeRace@aol.com](mailto:AmBikeRace@aol.com)