



# Bermuda Bicycle Association

## Road Racing Rules

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These Rules apply to road racing Competitions and may be amended, modified, or revised by the Executive Committee from time to time in their sole discretion.

### 1. Definitions

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- 1.1. Bicycle Race is a Competition among persons using bicycles where awards are given on the basis of relative performance.
- 1.2. Mishap is a crash or a mechanical accident (tire puncture or other failure of an essential component). However, a puncture caused by the tire coming off due to inadequate gluing is not a mechanical accident, nor is a malfunction due to misassembly or insufficient tightening of any component.

A broken toe strap or cleat is a Mishap. A worn or misadjusted cleat or toe strap is not a Mishap. If more than one toe strap is used on a pedal, breakage of one is

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considered a Mishap. Any Mishap not immediately inspected by an official is an unrecognized Mishap.

1.3. Recognized Mishap is a stoppage that meets the above conditions of a crash or a mechanical accident.

1.4. Unrecognized Mishap is a stoppage where the above conditions are not met.

Competition for purposes of these Rules, shall include, but not be limited to, a time trial, a criterium, a road race, a circuit race and any other Bicycle Race contested by riders.

1.5. For purposes of these Rules, BBA or Association means the Bermuda Bicycle Association.

1.6. For purposes of these Rules, the Chief Referee, Chief Judge, Race Director, Race Committee and Road Captains are interchangeable terms.

1.7. Race Official is any person appointed by the Race Director, Chief Referee, Chief Judge, Race Committee or Road Captain for the duration of a Bicycle Race to assist in the safe running and timing of the Competition, and includes but is not limited to course marshals, Starter, timers, lap counters and other finish line personnel.

1.8. Misconduct is the act contravening those rules applicable to the conduct of a rider or riders in a Bicycle Race, in particular rules 1.A.1, 1.A.2, 1.A.4, 2.2, 2.3 and 2.5 to 2.10.

1.9. Roll Out Method is the method to be used when checking a bicycle for compliance with junior gearing restrictions, consisting of measuring the distance traveled by the bicycle with one complete rotation of the pedals when the largest front chain ring and smallest rear cog are engaged.

1.10. Approved Type of Helmet shall mean a helmet that meets the requirements of UCI cycling regulation 1.3.031.

1.11. Starter is the Race Official appointed by the Race Director, Chief Referee, Chief Judge, Race Committee or Road Captain to start a Bicycle Race.

### 1.A General Guidance

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1.A1. Rights and duties of riders

All riders may render each other such minor services as lending or exchanging food, drink, spanners or accessories.

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The lending or exchanging of tubular tyres or bicycles and waiting for a rider who has been injured or has dropped behind shall be permitted. The pushing of one rider by another shall in all cases be forbidden. Failure to adhere to this rule may result in disqualification.

### 1.A2. Sprints

Riders shall be strictly forbidden to deviate from the line they selected when launching into a sprint and, in so doing, endangering other riders.

### 1.A3. Finishes and time keeping

The classification of finishes shall be determined according to the order of riders crossing the finish line.

The classification shall determine the allocation of prizes and points.

All times recorded by the timekeepers shall be rounded down to the nearest second in road races and criteriums and to the nearest 1/100th of a second in time trials.

### 1.A4. Behaviour of Participants in Cycling Races

All BBA Members shall, in whatever capacity, participate in Competitions in a fair and sporting manner. They shall look to contributing fairly to the sporting success of the race.

Riders shall sportingly defend their own chances.

Any collusion or behaviour likely to falsify or detract from the interest of the Competition, in the opinion of the Race Director, shall be forbidden.

Riders shall act with utmost caution. Riders shall be held responsible for any accidents that they cause.

Carrying and using glass containers shall be forbidden during Competitions.

## 2. Conduct

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- 2.1. No rider shall benefit from his or her misconduct. Misconduct on the part of a team member or support person may result in penalties to any member of the team who places in the Competition, including, relegation or disqualification.

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- 2.2. General Misconduct. The following offenses may be punished by suspension or lesser penalties:
- (a) Acts of theft, fraud or grossly unsportsmanlike conduct in conjunction with a Competition;
  - (b) Entering Competition under an assumed name;
  - (c) Offering, conspiring, or attempting to cause any Competition to result otherwise than on its merits.
- 2.3. Rules and Course. It is the rider's responsibility to familiarize him/herself with the rules of the Competition and the race course before the start of the Competition. Riders may not take any other route or short cut [disqualification; 30 days suspension if apparently deliberate and the rider crosses the finish line with the intent to record an official finish/time].
- 2.4. Withdrawal. Riders must immediately follow any referee's order to withdraw from the race [10 days suspension].
- 2.5. Abuse.
- (a) No rider or member may be disrespectful, in the opinion of the Race Director, toward organizers, officials, riders or spectators [warning for minor offense; possible relegation of rider].
  - (b) No rider or member may use foul or abusive language or conduct, in the opinion of the Race Director, during a Competition [disqualification and 15 days suspension].
  - (c) No member may assault (an unlawful threat or attempt, coupled with the present ability, to commit a violent injury on the person of another) or do battery (any willful and unlawful use of force or violence upon the person of another) to anyone connected with any Competition (including but not limited to riders, officials, spectators, public officials, etc.) held as a BBA Competition. [disqualified & suspended for one (1) year].
- 2.6. No rider may make an abrupt motion so as to interfere with the forward progress of another rider, either intentionally or by accident that could have been reasonably avoided in the circumstances [relegation or disqualification; possible 20 days suspension if a crash results].
- 2.7. Dangerous Rider. Any rider who appears to present a danger to the other competitors may be disqualified by the Chief Referee, either before or during a

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- race.
- 2.8. Pushing or pulling among riders is prohibited in all Competitions. No rider may hold back or pull an opponent by any part of his or her clothing, equipment or body [relegation or disqualification].
  - 2.9. Competitors may make no progress unaccompanied by a bicycle [relegation or disqualification]. In the case of a Mishap, they may run with their bicycles to the finish line, staying on the course.
  - 2.10. A member may be penalized for causing a crash or spill through inadequate tightening or adjustment of a bicycle component, including gluing of tires [disqualification and 10 days suspension].
  - 2.11. No person with official responsibilities at a Competition (including, but not limited to, race officials, marshals and race announcers) shall consume alcoholic beverages while Competitions are in progress and any such person who appears to be under the influence of alcohol or other substances shall be promptly relieved of his or her responsibilities.
  - 2.12. No rider, finishing with one or more other riders in a sprint finish, may release the handlebars when crossing the finish line. [relegation to the last place in the group involved in the sprint].

### **3. Bicycles**

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- 3.1. Bicycles used in Competition must be propelled solely by the rider's legs and shall have the following characteristics:
  - (a) Dimensions. Bicycles may be no more than 2 meters long and 75 cm wide, except that tandems may be up to 3 meters long.
  - (b) There may be no protective shield, fairing, or similar device on any part of the bicycle, which has the effect of reducing air resistance except that spoke covers may be used.
  - (c) Wheels may be made with spokes or solid construction. No wheel may contain special mechanisms to store and release energy.
  - (d) The handlebar ends shall be solidly plugged and attachments thereto shall be fashioned in such a way as to minimize danger without impairing steering. Handlebars used for steering with ends that point forward or upward or that provide support for the rider's forearms are permitted only in a time trial; however, attachments that point upward on the brakehoods

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of road bicycles are allowed if the distance between them is greater than 25 cm (9.8 inches). [disqualification]

### 3.2. Junior Gears.

For Junior Men & Women (aged 17 and 18), the authorized maximum chaingear ratio allowed in any Competition is that which permits a maximum rollout of 7.93 meters (26'0"). Blocked gears will be allowed. All tests for compliance shall be done using the Roll Out Method.

For Junior Men & Women (aged 16 and younger), the authorized maximum chaingear ratio allowed in any Competition is that which permits a maximum rollout of 7.40 meters (24' 3"). Blocked gears will be allowed. All tests for compliance shall be done using the Roll Out Method.

## 4. Rider's Uniform in All Races

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- 4.1. Helmets. At all times when participating in a BBA sanctioned Competition an Approved Type of Helmet shall be worn, "Participating in a sanctioned Competition" means riding a bicycle in the vicinity of a Competition at any time between the beginning of registration and the last awarding of prizes, but does not apply to riding rollers or stationary trainers in order to warm up.
- 4.2. Jerseys must be worn in all races and shall cover the shoulders.
- 4.3. The use of radios is not permitted..

## 5. Mixing of Classes and Categories

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- 5.1. Eligibility. No rider may race in a category other than that which is stated on his or her license or in the absence of a license, the category on their membership application form.

Generally, in combined Competitions riders must declare which event they are riding and are eligible for only one prize unless the official race announcement states otherwise.

- 5.2. Women may enter any Competition for which they are eligible by age, category, and any performance requirements and may enter categorized Competitions for men that are up to one category lower than their women's category, or in the case of category 1 women, up to two categories lower.

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- 5.3. Mixing of Classes. The BBA may offer Competitions for combined classifications and categories. All riders in the same category shall race the same distance unless there is a distance handicapped start for separate groupings of riders.

### **6. Start of a Race**

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- 6.1. Starting Time. No heat or race may be started before the time stated in the official race announcement except with the verbal consent of all registered riders in the heat or race. It is the rider's responsibility to report at the appointed time and location for the start of the race [disqualification for starting at an incorrect time or location].
- 6.2. No Delays. No member may unnecessarily delay the start of a Competition [disqualification]. However, a brief delay may be imposed at the discretion of the Race Director.
- 6.3. Starts or the resumption of racing shall be signaled by a Race Official by a single horn blast, whistle, or waved flag.

The Starter alone judges the validity of the start. The stopping or neutralizing of the race because of a false start or other conditions specified in the rules shall be signaled by a double horn blast or double whistle.

- 6.4. All competitors shall be started in the same manner, all with one foot on the ground, or all with a rolling start. Holders may not step over the starting line at the start of a Competition.

### **7. Finish of a Race**

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- 7.1. Judging. The finish of a Competition shall be judged when the front tire of each competitor/rider first breaks the imaginary vertical plane passing through the leading edge of the finish line.
- 7.2. The beginning of the last lap of a Competition will be announced by ringing a bell and display of the number 1 on the lap card.
- 7.3. Results. At the end of the Competition, the Chief Judge will inform the riders of the time and place where the results will be posted or announced, and the Chief Judge shall be available there to resolve any protest. Prizes may not be distributed until all protests have been addressed and at least 15 minutes have passed since the results were announced.

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### 8. Violations of Rules

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- 8.1. Penalties. The following actions may be taken when the Association Rules are broken (in general order of increasing severity): warning, fine, relegation, disqualification, domestic suspension, and international suspension. All fines shall be turned over to the Association. Riders may be disqualified from all subsequent events in a race series held under a single event permit for a period of up to 10 days.
- 8.2. Recommended penalties for first offenses under normal circumstances are listed throughout these rules within brackets. Subsequent offenses of the same type by the same rider within a year of the last such offense will receive greater penalties, in the discretion of the Executive Committee, reached by majority agreement.

### 9. Protests

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- 9.1. All protests concerning the order of finish shall be examined and resolved by the Chief Judge, whose decision is final and without appeal.
- 9.2. All protests regarding the qualification of riders or machines or the regularity of entries or classifications should be lodged with the Road Captains before the Competition.
- 9.3. Procedure. The protests described in 9.1 and 9.2 may be made verbally and no deposit is needed. All other protests must be in writing, and signed by the protestor, delivered to the Race Director or the President of the BBA either by hand or mailed to PO Box DV 192, Devonshire, DV BX. Protests in single events must be made within the following time limits:
  - (a) A protest of foul riding or any other irregularity taking place during the Competition must be made within 15 minutes after the protestor's finish time.
  - (b) A protest regarding the final results must be made within 24 hours of the results being distributed to members via e-mail or posted on the BBA Website, whichever is the sooner.
- 9.4. Decision. Protests shall be heard and decided by the Race Committee or their designates.

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#### A. Road Course

- 10.1. A road course may be from place to place, around a circuit, out and back, or any combination of these. The course shall not cross itself; there must be no chance that riders may have to cut through other groups of riders.
- 10.2. The start and finish of a road course shall be situated so as to cause the least possible inconvenience to other users of the road.
- 10.3. Feeding stations and repair pits shall be located at points wide enough to allow passage of riders with one clear lane at all times. If possible, they should be situated on an uphill stretch with a wide shoulder. Feeding stations should be along the left side of the roadway unless the course is closed to traffic.
- 10.4. The finish line shall be perpendicular to the racecourse.  
  
Photofinish equipment, if utilized, must be aimed along the leading edge of the finish line.
- 10.5. The Race Director shall insure that feeding stations are correctly located, that police and marshal facilities have been established to insure the safety of the riders, and that preparations have been made for crowd control at the finish. If these conditions are not met, the Road Captain may cancel the race.

#### B. Riding Conduct

- 10.6. Center Line. If a course is not closed to traffic, all competitors must keep to the left of the center line or enforcement line, but may pass on either side of another rider.
- 10.7. The responsibility of keeping on the prescribed course rests with the rider. A rider may not leave the prescribed course unless ordered to do so by public authorities or a Race Official [disqualification].
- 10.8. Taking pace or assistance from any outside means is forbidden, including holding on to a motor vehicle. [relegation or disqualification].
- 10.9. Competitors who suffer a Mishap may be assisted in remounting and may be pushed up to 10 meters [relegation or disqualification for excessive pushing].
- 10.10. Riders are permitted to start with feeding bottles or such refreshments as they wish to carry, but glass containers are strictly prohibited [disqualification].

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- 10.11. Support. When not otherwise prohibited, competitors may exchange food and drink among themselves. Tires, tools, pumps, wheels, and bicycles may be exchanged.
- 10.12. Feeding. The passing of food or refreshments to competitors shall be determined before a Competition, at the discretion of the Road Captains.
- 10.13. Foul Riding. A rider near the edge of a road who leaves a gap sufficient for an opponent to pass may not suddenly close the gap upon being overtaken

### **C. Individual Road Race**

- 10.14. Individual road races shall be massed start races, in which all riders start from the same mark, or handicap races, in which starting positions are assigned in accordance with past performance so as to give all riders an equal chance at winning.
- 10.15. 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 Race Director. Riders on different laps may not give or receive pace from one another rider. A lapped rider must not interfere in any prime sprint or finishing sprint and must ride sufficient laps at the end so as to cover the entire distance in order to qualify for a prize.
- 10.16. Feeding. Feeding rules shall be determined by the Race Director prior to the start of an individual road race and, where permitted, shall occur in specified feed zones by hand-ups from the Race Director's staff or the rider's support staff.

### **D. Criterium**

- 10.17. A criterium is a circuit race held on a small course.
- 10.18. Riders may only ride in a forward direction on the course but may dismount and run backward to a repair pit when it is safe to do so.
- 10.19. The following are alternative methods for handling lapped riders in criteriums
  - (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, a lapped rider may be permitted to remain in the race and will finish on the same lap as the leaders. At the finish, a lapped rider will be placed according to the number of the laps they are down and then their position in the finish.
- 10.20. Riders on different laps may not work with each other. [disqualification for accepting such assistance].

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10.21. Free Lap Rule. Riders shall normally cover the distance of the race regardless of Mishaps and must make up any distance lost on their own ability unless a free lap is granted for a recognized Mishap

- (a) Bicycle inspection and repairs must be made in an official repair pit.
- (b) A rider who is granted a free lap must return to the race in the position held at the time of the Mishap. A rider who was in a group shall return at the rear of the same group the next time around. A rider returning to the race after a free lap shall be ineligible for sprint prizes for one lap thereafter.
- (c) There will be no free laps granted in the last 8 km (or 5 laps) of a race. A rider who is ineligible for a free lap must make up any lost ground.

10.22. Field finish option. If two or more riders have lapped, or are about to lap, a substantial group of riders, the Race Director may at his/her discretion direct all lapped riders to sprint early, usually two to four laps before the end of the race, then retire.

### **E. Individual Time Trial**

10.23. Courses may be out-and-back, around a circuit, or one way. Only out-and-back and circuit courses may be used for record purposes. A one-time out-and-back course or a circuit large enough for a single lap is ideal.

10.24. Road bicycles shall be used. Bicycles with a front hand brake and fixed wheel may also be used.

10.25. Starting order may be chosen by random selection, by numeric order, or by seeding (normally fastest last).

10.26. Start.

- (a) Each rider shall report to the Starter at least three minutes before his or her scheduled starting time and shall start at the scheduled time.

10.27. Rider Conduct.

- (a) On an out-and-back course, riders shall stay to the left of the centerline at all times [disqualification].
- (b) No rider shall take pace behind another rider closer than 25 meters (80 feet) ahead or 1 meter (3.5 feet) to the side. [A rider who is observed taking pace shall receive a time penalty or disqualification].

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- (c) 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 a challenging rider fails in his or her attempt, he or she shall drop back to 25 meters behind the challenged rider before renewing the attempt to pass.

### **F. Team Time Trial**

- 10.28. Teams may be made up of two or more riders. The distance, timing basis, and number of riders who are required to finish must be specified in the official race announcement. Times may be based on any specified finishing position or on the sum of the times of any specified finishers.
- 10.29. Only road bicycles shall be used.
- 10.30. The starting interval between teams will normally be at least two minutes, but may be increased according to the course.
- 10.31. Teammates on different laps may not work together [entire team disqualified].
- 10.32. All pushing of riders is forbidden, even among teammates. Such pushing will result in the entire team being disqualified.
- 10.33. No team shall take pace behind another team closer than 25 meters (80 feet) ahead, or 1 meter (3.5 feet) to the side.
- 10.34. The exchange of food, drink, minor repair items, help with repairs and exchange of wheels or bicycles shall be permitted solely among members of the same team.