

# New England Road Cycling (N.E.R.C.) League Rules

## PURPOSE

The New England Road Racing League puts on events throughout New England with the goal of offering a variety of safe, competitive road cycling events, with the goal of encouraging high school aged boys and girls competition in the road-cycling disciplines.

## GENERAL

1. To compete in the New England Road Racing League, a registration form must be registered ([www.bikereg.com](http://www.bikereg.com)) by paying a fee of \$ 100.00 prior to the first event to cover the costs of the league awards and scoring. Schools wishing to compete in the league should notify the league Chairman at least 1-week prior to the first scheduled event. Organized Private and Public School road cycling programs are all encouraged to participate. All programs wishing to compete must have coach representation at all events the team is competing in.
2. Each competitor is expected to compete at their appropriate level of competition and coaches are encouraged to place the riders accordingly.
3. Schools hosting an event must distribute an email flyer to the entire league email list at least 7 days prior to the event and have events in the 5 league racing categories.
4. To enter an event, the team's coach must provide an entry request at least 3 days prior to the event. A school may enter any number of competitors in any of the 5 racing categories.
5. All schools participating in the league are considered equal regardless of school size, team size, location or school's competitive history, and all schools will race under one New England division.
6. 2011 League Officers (June 1, 2010-May 31, 2011)
  - a. Chairman- Don Mill (Exeter)
  - b. Treasure- Thayer Zaeder (Andover)
  - c. Scorer- David Edry (Stratton Mt School)
  - d. Web- Peter Vollers (Killington Mt School)

## CATEGORIES

1. The league has five racing categories. Three for the men and two for the women. The coaches must determine the level of their riders and place them in the appropriate race category.
  - a. *Men's A/Women's A*
    - i. The 'A' category is for riders with racing experience and are the stronger riders on a team
  - b. *Men's B*
    - i. The 'B' category is for lesser experienced riders that have some race experience and are in the middle of a teams' ability.
  - c. *Men's C/Women's C*
    - i. The 'C' category is for inexperienced/new or first time road racers. This is an introductory category for the newest of racers on a team.

## SCORING

1. The league will score and present awards at the season Championship race in three categories:

<u>Overall TEAM Champion</u>	1 Award
<u>Overall CATEGORY TEAM Champion</u>	5 Awards (M-A, M-B, M-C, W-A, W-C)
<u>Overall INDIVIDUAL CATEGORY Champion</u>	5 Awards (M-A, M-B, M-C, W-A, W-C)
2. TEAM: The combined points of a team of the top 3 riders finishing within the top-20 at an event in a category will determine the TEAM result.
3. If there are more than 3 finishers from a school in the top-20, then a result of rider #4 will be not be used. Riders will not 'bump up' to receive points.
4. If there are less than 12 starters in any category, then the top 2 place points from a school will be used to determine the TEAM result. 12-starters, or more, will use the Top 3 results.
5. The winning TEAM from each category will be determined by highest combined points of its scoring riders.
6. Team Time Trial (TTT) Scoring: A 2-man team entered in the Exeter TTT Men's-A event will be considered the entire TEAM. I.E: If the KMS Team of Vollers and Vinokourov win the TTT in the Men's-A event, they would receive the Men's-A Team Victory. They would then collect the 1<sup>st</sup> place points according to the NEW SCORING SYSTEM. If a school finished 1<sup>st</sup> and 3<sup>rd</sup> in a category, then that TEAM would take the points awarded for 1<sup>st</sup>, but not 3<sup>rd</sup> place. The 3<sup>rd</sup> place TEAM would not count, but would take the scored points. The 4<sup>th</sup> place team WOULD receive the 4<sup>th</sup> place points.
7. Team Points:  
**See NEW SCORING SYSTEM attached**
8. The Overall TEAM Championship will be determined by a season accumulation of the Season's Points in ALL Categories (Men A, B, C, Women A, C).

- The higher the category, the more points to encourage racing 'up', not 'down'. The weighted points will, in effect, score each category the same throughout the season, and will not affect the CATEGORY OVERALL, but will add importance to higher group racing.
9. The Overall CATEGORY TEAM Champion will be determined by a season accumulation of the Season's Points in the specific category.
  10. The Overall INDIVIDUAL CTEGORY Champions will be determined by a season accumulation of the Season's Individual Points in the specific Category under the NEW SCORING SYSTEM.
    - Riders moving through categories will be scored in only one category at seasons end. The category is determined by the majority of races the athlete races in. If it's an equal number, the rider is scored in the higher category at season's end.
    - Team Time Trial (TTT) events will give each rider in a 'Team' the same scoring: Andover's Team of F. Coppi and M. Madiot were 2<sup>nd</sup> in the Exeter TTT, so both riders receive 2<sup>nd</sup> place points towards their seasons total.
  11. The League Finals will be worth double points for all category scoring and individual scoring.

## **RULES**

1. All events will be run under USAC rules, except as modified by this league, notified prior to event. It is the coaches responsibility that there racers are informed regarding these rules.
2. Helmets are REQUIRED at all events, during warm-up, and while on the bike (coaches and athletes).
3. All rules submitted at the pre-race riders and coach meeting will be considered valid.

## **JURY**

1. A JURY shall be named at each event by the League Chairman. The Jury is to monitor the adherence to the rules throughout the entire race, including all post race protests.
  - a. The Jury is made up of three officials.
    - i. The current league Chairman
    - ii. The host race Head Coach
    - iii. A visiting team Head Coach (to be announced at the pre-race coaches meetings).
  - b. The Jury will discuss race issues, situations and protests with witnesses, athletes and coaches to then determine the appropriate outcome. The three Jury members of the event will vote on protests and the Jury decision will stand once the 'race day' is complete.
  - c. Protests will not be considered one the 'race day' has been completed. If the time of day becomes an issue with any Jury decision, the discussion may be postponed by one (1) day.

## **BIKES**

1. All bikes ridden in any of the races must have league modified 'Junior Development' gears. A maximum gear inch of **26' 3" (53x14 or 50x13)** with a 23mm tire or equivalent 'block out' must be adhered to. A Roll-out area will be supplied by the host team. Coaches must take responsibility to ensure all bikes are 'league legal'.
2. Disc wheels are not allowed in ANY event.
3. T.T. Bars will NOT be allowed.
4. 'Spinachi' or Scott Clip-On style bars will not be allowed in any event.
5. Coaches and Jury discretion will be used in determining if a bike is 'safe' to race.

## **RACING**

1. Support needed by riders may be through a support vehicle in which all support is neutral.
2. Radio communication to riders is not allowed.
3. Water 'hand-ups' are not allowed in any event, unless in designated area, and in extreme situations.
4. Drafting is strictly prohibited in all Individual I.T.T.'s
5. Any rider to rider contact, pushes, and hand slings are not allowed in any event.
6. A rider may not remove hands from the bars while finishing an event in a group.

## **AWARDS/RESULTS**

1. The Host Race Organizer may supply TEAM Awards for each event. If results are not 'official', and more time is needed to calculate the results, then the awards may be awarded to the TEAM Champions at the RIDERS MEETING at the following event prior to the start.
2. Race Organizers must do everything possible to post unofficial results (Finish order, number) *at the event* for coaches to review.
3. The Race Organizer shall email results to all coaches within 24 hours of the conclusion of the event for review.

## **RACE DAY PROTOCOL**

1. Race organizers are responsible for all costs associated with putting on the event,
2. Timing services, numbers, and League Championship Awards at the Championship Event will be paid for by the league dues.
3. Schools NOT hosting an N.E.R.C event should help co-host an existing event.
4. Race organizers are responsible for ensuring the event is insured, appropriately permitted, and approved by local, state, and federal officials.

5. Race organizers *must* have a written Emergency Plan available to be handed out to all coaches, caravan drivers, and course marshals at the coaches meeting. The Emergency Plan *must* include all emergency contact phone numbers, critical injury response plan, all coach's cell phone numbers, and a 'out of cell service' back up plan.
6. All race day caravan drivers *must* carry cell phones throughout the race, and have the emergency contact phone numbers in the vehicle.
7. When at all possible, race organizers should have 2 medical personnel (Athletic Trainers, Nurses, etc) in the race caravan (one following the 3<sup>rd</sup> race, and one following the last race).
8. All open road events must have a SAG-WAGON *in addition to* the last race follow vehicle that stays behind the last rider on the road in the event.
9. Race organizers *must* ensure that all course marshals are in place *prior* to the start of the event by sending a Pre-Race course inspection car with spare Marshals in the case of missing coverage at an intersection or turn.

Updated: 4/04/2011

## New England Cycling League Scoring System

2011

### Goals:

1. To allow all athletes the opportunity to contribute to the team in all categories of racing.
2. To allow all schools the opportunity to compete for the Overall Team Championship trophy.
3. To keep the categories 'weighted' to encourage advancement.
4. To keep the categories at a manageable size for fun, safe racing.

### System:

The system below considers 'scored-point' accumulation for the individual and team scoring. This would allow a team with just two riders (in Men's-A) to still compete and win. The only thing that matters is 'scored points'. The points are top heavy and weighted so the higher level categories receive more points.

- 'Scored Points' is what determines the race winner (Team). If Holderness has two riders in the Men's-B race, but his riders score more total points than Proctors team of three riders, Holderness wins the day.
- The 'Scored Points' that a team receives go directly into their Team Tally for the year.
- All categories count in the Team Tally.
- Only 3 riders may score from a team in each race category.
- Points scored by the 'fourth' rider on a team are discarded. Riders are not 'bumped up' to score points.
- The Category Titles are determined by that teams total points accumulated for the year in the individual category or in the Team Overall.
- The League Finals will be worth double points.

\*This scoring system fulfills all goals listed above, PLUS rewards the quality of riders on the team, not just quantity.

Place	Points M-A	Points W-A	Points M-B	Points M-C	Points W-C
1 <sup>st</sup>	90	90	60	30	30
2 <sup>nd</sup>	81	81	54	27	27
3 <sup>rd</sup>	72	72	48	24	24
4 <sup>th</sup>	63	63	42	21	21
5 <sup>th</sup>	57	57	38	19	19
6 <sup>th</sup>	51	51	34	17	17
7 <sup>th</sup>	45	45	30	15	15
8 <sup>th</sup>	39	39	26	13	13
9 <sup>th</sup>	36	36	24	12	12
10 <sup>th</sup>	33	33	22	11	11
11 <sup>th</sup>	30	30	20	10	10
12 <sup>th</sup>	27	27	18	9	9
13 <sup>th</sup>	24	24	16	8	8
14 <sup>th</sup>	21	21	14	7	7
15 <sup>th</sup>	18	18	12	6	6
16 <sup>th</sup>	15	15	10	5	5
17 <sup>th</sup>	12	12	8	4	4
18 <sup>th</sup>	9	9	6	3	3
19 <sup>th</sup>	6	6	4	2	2
20 <sup>th</sup>	3	3	2	1	1

### Sample Scoring:

Holderness Road Race- Men's B

Rider	Place	Scored Points	Totals	Scored Points	Place
NHS 1	4 <sup>th</sup>	42	NHS	58	2 <sup>nd</sup>
NHS 2	13 <sup>th</sup>	16	AND	60	1 <sup>st</sup>
AND 1	1 <sup>st</sup>	60	TILT	56	3 <sup>rd</sup>
TILT 1	8 <sup>th</sup>	26			
TILT 2	12 <sup>th</sup>	18			
TILT 3	15 <sup>th</sup>	12			

\* The 'Scored Points' is then added to the Season Tally for the Team Overall and Category Overall. Each category is based on this system, but doubled or tripled for weight.