

WP Cycling Road League 2018 Handbook

Including rules and regulations

The WP Cycling Association is proud to announce the annual regional road league. The league is organised and run by the Western Province Cycling Association, a non-profit organisation run solely by volunteers.

This document set out the structure and the rules that govern the operation of the league and each participant is expected to familiarise themselves with it.

1 Purpose

To organise and foster competitive cycling in and around the City of Cape Town.

2 Organisers

The league is organised by the Western Province Cycling Association (hereafter referred to as WP Cycling), a regional, non-profit organisation affiliated to the Western Cape Cycling Association (the provincial sports body) and Cycling South Africa (hereafter referred to as CSA, the national sporting body). CSA is in turn affiliated under the Union Cycliste Internationale (hereafter referred to as the UCI), the international sporting body.

3 Basis for our rules and regulations

WP Cycling hosts sanctioned races and therefore, as an affiliated body under CSA and UCI, we are obligated to run any sanctioned races under their rules.

WP Cycling events are sanctioned Class D community events where WP Cycling as the organiser determines the starting order of the various races. Throughout this document we will support our rules with a reference to the relevant CSA rules, which can be found on their website at <https://www.cyclingsa.com/rules-and-regulations/>.

The most relevant document is the “General organisation of cycling as a sport”, available on the same site.

4 Events calendar

The league will run over a number of races during the 2018 calendar year. These events are still subject to approval via the various municipalities in which they are taking place.

Kindly note that where there are two dates annotated for the event, it will be up to the organising club to decide whether the event will be held on the Saturday or the Sunday.

Not all events will count towards the individual leader board ie the individual TT and team TT event will be a standalone event, the same goes for the Hammer series.

1. Slent Road - Individual Time Trial (30 kms) or Team Time Trial (90 kms)
2. Windmeul Primary Race - 125 kms
3. Killarney Festival of Cycling - 8 April
4. Paarl de Ville - Race and 'club tour' - 114 kms

5. Ottery - Criterium
6. Paarl de Ville - 3 Days of Paarl de Ville - 27 , 28 , 29 April
7. Grabouw Circuit Race
8. Duynfontein Circuit Race
9. Slent Road / Paarl de Ville / Lady Loch - the Hammer Series - Team event
10. Fort iKapa criterium
11. Killarney Circuit Race
12. Slanghoek (120 kms)
13. Lady Loch (96 kms)
14. Paarden Eiland Criterium
15. Red Hill Simonstown (75 kms)
16. Rathby Circuit Helderburg (96 kms)

5 CSA Membership and Licenses

5.1 CSA Membership

In terms of section 3.4 of Cycling SA Rules of Cycling PART 3 (of 2016-11-19)

As an affiliate of CSA we require that each participant be a holder of a valid CSA membership and/or Domestic Racing license (or an international racing license, see the section Guest riders). The details on the membership or license card (a physical card or the new Digi-Card) must match the rider's names, ID number, club, team and/or sponsors.

Participants must obtain CSA membership and/or a license prior to attending our events. The CSA membership or license must be valid on the day of the race. Note that a license is only valid if both the CSA membership and the license is valid on the event date.

Participants not in possession of a CSA license at the time of registration will be allowed to enter an event on the assumption that they will acquire their CSA membership or license prior to the first event they take part in. Riders will not be allowed to start a race without a valid CSA membership or a valid CSA license, whichever may be applicable as per the category licensing criteria.

CSA Membership and licenses, such as a full domestic racing license, can be obtained from the CSA website at <https://cyclingsa-events.co.za/app/>.

All participants of the league, or any of WP Cycling's events, irrespective of the category or sanctioning status of the event, are expected to hold a valid 2018 CSA membership or must obtain a day license (see the next section for details).

5.2 CSA day license

In terms of section 3.4.1.5 of Cycling SA Rules of Cycling PART 3 (of 2016-11-19)

The Day-license is required for all participants that are not a member of CSA. This license is designed to allow newcomers to participate within the rules and regulations of the sport, as defined by CSA and the event organiser.

A day license costs R35 and is only valid for one day and can be purchased via the online registration system or at the event.

6 Participation in the League

6.1 Minimum requirements

All participants must be a member of a CSA affiliated club.

All participants must adhere to the new clothing rules introduced for 2018. See section 12.5.

Sponsored teams must be registered with CSA and comply with all the rules and regulations as per

2017 Rule update pertinent to Domestic Racing Teams

6.2 Category criteria

6.2.1 Category 1

All male/female cyclists from u19 to Masters provided they are of the requisite standard to compete at the required level. The Pedal Power Association **seeding groups A, B and C** will be used as a guideline to ascertain the rider's standard. This will not be the sole criteria on which a participant is judged.

Results will not take the participant's gender or age into account.

Participants will be ranked individually on points earned.

The points earned by individuals will be also allocated to their club or team for a club / team competition.

Participant who do not qualify in accordance with the criteria listed above, but want to ride in Category 1, must submit their request in writing to road@wpcycling.com at least 1 week prior to the next event.

6.2.2 Category 2

All male/female cyclists from u19 to Masters provided they are of the requisite standard to compete at that level. The Pedal Power Association **seeding group D, E and F** will be used as a guideline to ascertain the rider's standard. This will not be the sole criteria on which a participant is judged.

Results will not take the participant's gender or age into account.

Participants will be ranked individually on points earned.

Points earned by individuals will be also allocated to their club / team for a club / team competition

Participant who do not qualify in accordance with the criteria listed above, but want to ride in Category 2, must submit their request in writing to road@wpcycling.com at least 1 week prior to the next event.

6.2.3 Category 3

All male/female cyclists from Elite to Masters provided they are of the requisite standard to compete at that level. The Pedal Power Association **seeding groups G - Z** will be used as a guideline to ascertain the rider's standard, or any Women and Master cyclists in **PPA seeding groups A - Z**.

U/19 riders are not allowed in this category.

Results will not take the participant's gender or age into account.

Participants will be ranked individually on points earned.

Points earned by individuals will be also allocated to their club / team for a club / team competition

Participant who do not qualify in accordance with the criteria listed above, but want to ride in Category 3, must submit their request in writing to road@wpcycling.com at least 1 week prior to the next event.

6.2.4 Youth / Scholars

All youth cyclists must adhere to CSA rules and regulations governing their age category.

In terms of section 3.3.1 of Cycling SA Rules of Cycling PART 3 (of 2016-11-19)

Under 11	A cyclist who turns 9 or 10 years of age in a registration year
Under 13	A cyclist who turns 11 or 12 years of age in a registration year
Under 15	A cyclist who turns 13 or 14 years of age in a registration year
Under 17	A cyclist who turns 15 or 16 years of age in a registration year
Under 19	A cyclist who turns 17 or 18 years of age in a registration year. <i>Also referred to as the Junior age category</i>
Under 23	A cyclist who turns 19, 20, 21 or 22 years of age in a registration year

6.2.5 Vets and Masters

For clarity, the definition of a vet and master participant are provided below.

In terms of section 3.3.2 of Cycling SA Rules of Cycling PART 3 (of 2016-11-19)

Sub-vets	A cyclist who turns 30 to 39 years of age in a registration year
Vets	A cyclist who turns 40 to 49 years of age in a registration year
Masters	A cyclist who turns 50 years or more of age in a registration year

6.3 Restrictions

The following additional restrictions apply to the categories mentioned above.

6.3.1 Distance limitations - Road

In terms of section 3.3.3.2 of Cycling SA Rules of Cycling PART 3 (of 2016-11-19)

The following distance limits will apply to scholar categories;

Under 11 boys and Under 13 girls	20 km
Under 13 boys and Under 15 girls	30 km
Under 15 boys and Under 17 girls	60 km
Under 17 boys	80 km

6.3.2 Distance limitations – Time Trial

The following maximum distances will apply to age categories.

In terms of section 3.3.3.3 of Cycling SA Rules of Cycling PART 3 (of 2016-11-19)

Under 11 boys and Under 13 girls	Individual 10 km
Under 13 boys and Under 15 girls	Individual 12 km
Under 15 boys and Under 17 girls	Individual 15 km
Under 17 boys	Individual 20 km, Team 30 km

Ages are calculated based on the riders age on 31 December 2016.

6.3.3 Gear restrictions

In terms of section 3.3.3.5 of Cycling SA Rules of Cycling PART 3 (of 2016-11-19)

Youth categories have restrictions on the gear ratios the participants may use, as described in this section.

With effect from 1 January 2017, the following gear restrictions as measured by one full revolution of the chain wheel set will apply to juniors and younger age categories;

Age Category	Equal to and not more than
Under 11	5,66 metres
Under 13	5,66 metres
Under 15	6,10 metres
Under 17	6,94 metres
Under 19	7.93 metres.

Participants are required to report to start Commissaires at the holding point for gear check before lining up to start the race. Allow sufficient time prior to the start of the event for this procedure. Cyclists who fail to report for gear check will be disqualified.

7 Identification

7.1 Race number

Race numbers must be worn on the **bottom left side** of the cycling jersey and must be clearly visible at all times. This placement is most optimal for our cameras on the finish line.

We also rely on your race number to identify you, the person, in case of an emergency. It is therefore compulsory to wear a number at all times.

This number is valid for the year.

A cost of R30 will apply to all replacement numbers ordered on-line during the entry process. The same number will cost R50 on the day to cover the administrative cost of the manual, paper-based process. We therefore strongly advise participant to make use of the online registration system to reduce costs.

Participants agree to use these numbers as provided and will not cut, fold or deface or otherwise modify any of the numbers. Participants will be placed in a lower position or might even be disqualified when in violation of this rule and at the discretion of the commissaires and/or organizers.

7.2 Frame number

Participants will also be provided with a frame number, which must be affixed to the seat post, in a manner that will leave the number clearly visible and with the number along the horizontal plane. Numbers placed vertical will not be accepted.

7.3 Timing tags

WP Cycling and CSA uses the Mobii timing system. We do not and cannot support any other tags.

A timing tag is required to receive an official result and accumulate points on the leader board. We have a no tag, no result policy. It is difficult for us to manually track each rider, especially having nearly 2000 registered members on our system.

You can purchase a new or replacement Mobii tag from our website during the event registration process, or at the event. Note that tags purchased on the day might cause a delay in your results showing up on the leader board.

Please note that Mobii Systems is our technical service provider, but they cannot answer any queries related to tags or to results. All queries has to be directed to the corresponding WP Cycling contract point.

8 Event entry, registration and sign-on

8.1 Entry process

Participants can enter WP Cycling events via the WP Cycling website at <http://www.wpcycling.com>.

Select the Calendar menu item, or navigate to <http://www.wpcycling.com/event-calendar/>, to view the published events. By clicking on the relevant calendar entry the race information page will be displayed. The page will list all relevant event information and will feature a registration button to start the registration process.

Online entry is the most efficient and cost effective option. No discounts will apply for on-the-day entry.

Online entry is governed by fixed registration periods, as advertised in the detailed section for each event. It is not possible to enter the league via the online registration process on the day.

Entry into the league, and therefore the leader board, is only possible via the online registration system. On-the-day will be possible, however, this only guarantees participation in the race and does not guarantee accurate results or points.

It is the riders responsibility to ensure that he/she has been entered into the league via the online entry system. The organisers cannot be held responsible for any errors or omissions for online results, points or prizes when registering on the day.

Riders without a timing tag will not be eligible for online results, points or prizes.

8.2 Costs

8.2.1 League entry

Entry into the league and inclusion into the leader board is free and automatic when entering any league race online via our website.

On-the-day entry will not ensure inclusion into the league and leader board, as these processes are performed automatically by our software. We do not (yet) have the manpower to manually

administer the league participation lists and leader boards. Ensure that you register using the online entry system!

8.2.2 Standard entry fee

The entry fee for each race will be indicated on the event page, accessible via the online events calendar or the dedicated road league pages on the website at <http://wpcycling.com>.

The full price for entering an event will usually be R250, but may vary some times.

8.2.3 Race and frame numbers

The initial issuing of a race number and frame number is for free.

Replacement numbers, or when changing categories, will incur a R100 replacement fee. Ordering a new number online, such as when changing categories, will be priced at R50, a 50% discount.

Temporary numbers cannot be issued and a new number must be purchased if a previous number has been left at home.

8.2.4 Affiliated club discount

Members of a Western Cape Cycling Association affiliated club, which includes WP Cycling (Cape Town), Winelands, West Coast and Eden, where the club is in good standing with their association, will benefit from a R70 discount per event entry per person.

Note that online entries close at 23.59pm on the Thursday prior to the event. Club discounts are only possible via the online entry system. No discount will apply for on-the-day entries.

See our website at <http://www.wpcycling.com/affiliated-clubs/> for a list of WP Cycling affiliated clubs.

Club discounts will only be applied once verified by an administrator of the club. This means that a first time entrant might not immediately receive the discount, but it will automatically be applied for subsequent events when using the online entry system.

8.2.5 Timing tags

A timing tag is required to receive an official result and accumulate points on the leader board. We have a no tag, no result policy. It is difficult for us to manually track each rider, especially having nearly 2000 registered members on our system.

The Mobii tags used for timing is available at a cost of R100. We might increase this cost later in the year. There are no discounts for tags, as we are selling them close to cost price already.

You can purchase a new or replacement Mobii tag from our website during the event registration process, or at the event. Note that tags purchased on the day might cause a delay in your results showing up on the leader board.

8.2.6 On the day Entry

On the day entries are possible, but participants will pay the full entry price. No discounts can be applied.

8.2.7 Category changes

A new fee of R200 will apply from 2018 for any category changes. This fee covers the fee for a new race number, frame number and the administrative fee to make the change.

Any category change is still subject to the criteria for that category.

8.3 Confirmation letter

All entrants will receive an email to confirm their event entry. Any queries can be lodged via email at events@wpcycling.com.

8.4 Number and tag collection

New or replacement race numbers, frame numbers and/or tags can be collected on the day at the registration tables. Please use the online ordering system to order these in advance, which will ensure that we can help you as efficiently as possible on the day of the event. Late purchases of number and tags will not only take longer, but may result in incorrect or delayed results.

8.5 Queries and communication

All event related queries must be addressed to events@wpcycling.com.

Queries regarding your results and/or the leader board to be sent to results@wpcycling.com.

8.6 Team registration

Participants of Category 1 may enter into the team competition, as described elsewhere in this document.

A cost of R2000 per team will apply and is payable in advance. This fee is not refundable.

Teams are bound to additional benefits, rules and regulations as described in this document.

In addition, requests for team follow vehicles and radios can be placed during the team registration for each event via the website.

8.7 Guest riders

Visitors to the Western Cape are welcome to join our races at any time. We prefer that you register online so that we can verify your details in advance. Registration on the day will only be possible when presenting a valid CSA membership or license card or a valid international racing license.

Guest riders will only be permitted in Category 1 having either a valid CSA full domestic racing license or a valid international racing license. The license card must be presented at the registration table.

Licensed international riders are reminded to notify your national federation in advance that you will be racing in South Africa, according to UCI rules.

If applicable, guest riders who have duly been accepted for a specific event will receive podium places, points and prize money for that event.

Visiting riders cannot be eligible for any points when registering on the day, and cannot receive an official time without a Mobii timing tag.

8.8 Sign-on

Sign on will be 20 minutes prior to the start of each event.

Each rider in Category 1 must sign-on at the registration table. A team manager or representative cannot sign-on on behalf of a rider; each individual rider must sign-on.

Riders failing to sign-on will be disqualified.

9 Structure of the events

9.1 Start groups

Each category will start at a separate time.

The organisers reserve the right to combine groups when there are less than 25 riders in a group.

Groups may not merge with other start groups during the course of an event. Riders should either pass wide, when instructed to do so by the officials, or stay behind the group, keeping a gap of at least 20m.

Groups may also be neutralised in certain situations, such as being caught by a group or due to safety reasons.

9.2 Race categories

Riders may enter the category as per the criteria, but the organisers have the right to re-assign riders to another category based on the rider's ability, performance and/or seeding.

Riders may change categories during the series, provided they meet the category criteria, but will have to pay a R200 fee for each change.

9.3 Feeding

Feeding is allowed if and when permitted by the race officials. Participants will be notified of the method and location where feeding will take place, both at the managers meeting (for Category 1) and at the start line.

If feeding had been pre-approved, cyclists may receive water bottles and/or food in the prescribed manner, as determined for each race. The race officials have the final say in the matter.

9.4 Officials

Each race category will have at least one Commissaire and/or Motor Bike marshal and/or other official following the main group.

Once the race starts all participants are under the guidance of the officials, until crossing the finish line.

The officials' have the final say in any rulings on the day or after the event in consultation with the disciplinary sub-committee.

10 Results

10.1 Timing tags

All riders must fit their bicycle with a Mobii timing tag and cross over the start and finish line at each event in order to obtain a result for that event.

The onus is on the rider to ensure that tag is in a working state. Timing tags should be placed on the left front fork to ensure best reception by the timing equipment.

Participants have the option of buying another tag prior to the start of the event. No manual times or points will be applied for cyclists who did not ride with a tag.

10.2 Live results

Most events will feature live race results using the Mobii Results app, available on the Google Play Store™ or Apple iStore™.

Live results are available mainly for the spectators and does not necessarily reflect the final or provisional results. An attempt will be made to ensure the correct top 3 positions prior to prize giving.

Provisional and final results may not be reflected accurately on the Mobii app. The results on the website will always take preference.

10.3 Podium result

Podium result will be available no later than 20 minutes after the crossing of the 3rd rider in the category.

Final podium positions will be displayed on a notice board at the prize giving area, as soon as the results have been finalised. Participants must verify their positions and lodge any appeals on the day with the President Commissaire or Chief Judge as soon as final positioning is displayed or within the 15 min prior to the prize giving. For Category 1 teams the team manager must lodge the query in person.

Disputes regarding disqualifications will need to follow the appeals process described later in this document.

The top 3 positions in each category are required to attend the Prize Giving ceremony on the day. All riders must present themselves in full cycling clothing for the presentations.

The results for the purposes of the event prize-giving will be determined on the day of the event by the officials. The results will be amended, if necessary, after any decisions have been set aside on appeal and any points and/or prize monies awarded prior to the appeal will be reallocated pursuant to the outcome of any successful appeal if so required by the WP disciplinary sub-committee. The decision of the WP disciplinary sub-committee will be final and binding on all participants and teams.

In the event that the podium positions cannot be determined the podium presentation will be delayed until the next event.

10.4 Prize giving

Podium position cyclists may receive a letter regarding prize money (EFT form to be completed) on the day of the event. Podium position cyclists who do not attend the individual event's prize giving, will forfeit their prize money.

10.5 Prize Money

For the 2018 season the prize money will be determined by the amount of starters per event and will be paid out on the day at the podium presentation. Podium position cyclists may receive a letter regarding prize money (EFT form to be completed) on the day of the event.

10.6 Provisional results

The full results will be available on the WP Cycling website 12h00 on the Tuesday following the event, or as soon as the results have been signed off by the race officials. These results are provisional and subject to change based on any pending appeals or corrections. In the event of the results having been withheld or not yet provided by the race officials, a note to this effect will be published on the same website.

10.7 Result queries

Queries, errors or omissions in the provisional results must be lodged, in writing, no later than 7 days after publication via email to results@wpcycling.com. Queries via any other channel, including social media or the website comments function, cannot be entertained.

The onus is on the participant to check results before the results become final.

10.8 Final results

All results become final 7 days after the race. No further correspondence in terms of results will be entered into after this time.

10.9 Points

The league will be run using a points system.

Riders will receive points according to their finishing position over the line according to the following sliding scale;

Position	Points		Position	Points		Position	Points
1st	20		5th	11		9th	7
2nd	16		6th	10		10th	6
3rd	15		7th	9		11th	5
4th	12		8th	8		12th	4

All other participants finishing the race will receive 2 points.

The lowest points in 20% of the events of the season or series will be ignored to determine the final leader board, rounding up. For instance, if the season or series consist out of 16 events, 20% will be 3.2 events. Therefore, when ordering the race points (including races where no points are scored) the lowest 4 point (by rounding up) will be excluded in calculating the total number of points.

The points will accumulate from event to event during the series and will determine the overall points leader per race category and team competition. The rider which accumulates the most points in each race category during the course of the season or series will be the overall winner of the season or series.

In the event of a tie between any number of riders in the overall standings at the end of the season or series, the rider with the best finishing positions achieved during the course of the season will be declared the winner.

If this is a tie the rider with the highest score in the last race will be the winner.

Riders who are disqualified or did not finish an event will receive no points for that event.

10.10 Leader board

The leader board point standings will be published on the WP Cycling website by 17h00 on the Wednesday following an event, unless the commissaires have withheld the results for disciplinary or other reasons. In the event of the results having been withheld or not yet provided by the commissaires, a note to this effect will be published on the website.

Any queries with regards to the leader board must be submitted in writing to results@wpcycling.com, no later than 14 days after the event, or 7 days after publication, whichever is later. Thereafter the results will be final and no further adjustments will be made.

10.10.1 Category leader board

Each participant will individually accumulate points towards their standing in the category leader board for the category they raced in.

10.10.2 Team / Club leader board

Each participant's points will also be applied to either their club or, when racing in a registered CSA teams in Category 1, to the team.

Each category will have its own club/team leader board.

10.11 Category points criteria

10.11.1 Category 1

Results will not take the participant's gender or age into account.

Participants will be ranked individually on points earned.

The points earned by individuals will be also allocated to their club or team for the Category 1 club / team competition.

10.11.2 Category 2

Results will not take the participant's gender or age into account.

Participants will be ranked individually on points earned.

The points earned by individuals will be also allocated to their club or team for the Category 2 club competition.

10.11.3 Category 3

Results will not take the participant's gender or age into account.

Participants will be ranked individually on points earned.

The points earned by individuals will be also allocated to their club or team for the Category 3 club competition.

10.12 Points when changing category

Riders that were moved up by one category by the organisers may carry over 50% of their points to the next category. Riders that were moved up two categories may only carry over 25% of the points. Points will always be rounded down.

Riders moving a category down may carry over all points. Note that moving down means from cat 1 to cat 2, or from cat 2 to cat 3.

11 Teams

Sponsored teams must be registered with CSA and comply with all the rules and regulations as per

2017 Rule update pertinent to Domestic Racing Teams.

11.1 Qualification

Any participant in Category 1 may be entered into the team competition.

Teams must consist of a minimum of 4 riders to qualify for team points and team prizes.

A team must have a licensed Team Manager, with at least a "C" grading.

The number of teams will be limited to 8. Preference will be given to any teams that participated the previous year. Provision will however be made to up to 2 new team each year, based on the number of applications received. In that case only the top 6 teams from the previous year will be eligible for a guaranteed spot. The selection of any new team to fill the remaining 2 positions will at the discretion of WP Cycling. Also, preference will always be given to teams with members of clubs affiliated under WP Cycling.

11.2 Follow vehicles

A team may make use of a dedicated team vehicle if and when allowed by the organisers.

Information will be provided on the event page on the website.

11.3 Manager meetings

All team managers must attend the managers meeting on the morning prior to the start of the event.

Teams where the managers did not attend the meeting and/or signing the attendance register will not be eligible for team points.

11.4 Points system and prizes

A dedicated team leader board will be maintained. Points for members of a team will only be allocated to their team and not their associated club.

12 Rules and regulations

12.1 General

1. Every cyclist shall ride carefully and with due regard to the safety of other cyclists and other road users.
2. Every cyclist, shall wear a bicycle helmet with the strap securely fastened under his/her chin.
3. All riders should keep to the left of the road for safety reasons.
4. It is the responsibility of the race officials to warn and, where necessary, disqualify and/or fine a participant.
5. Every cyclist shall comply with all road traffic regulations except under the following circumstances:
 6. When it would be dangerous to do so
 7. When directed otherwise by a course marshal or traffic officer
8. A cyclist shall stop at traffic lights and stop streets and yield at yield signs unless directed otherwise by a course marshal or traffic officer
9. Cyclists may ride two or more abreast, provided that they do not impede the flow of traffic unreasonably.

10. Every cyclist shall immediately comply with the instructions of an official and/or a traffic officer.
11. Every cyclist shall comply with all road traffic regulations.
12. Every cyclist shall keep as far to the left of the road surface as is safe having regard to the circumstances and conditions, including the need to take a lane when appropriate.
13. A cyclist shall not cross the median (whether the median is marked or not) of any road unless the road is closed to other traffic.
14. A cyclist shall not unnecessarily impede the flow of traffic.
15. Every cyclist shall at all times display his or her race number legibly on his or her back as well as display other identification to indicate participation in the event.
16. Every cyclist shall identify himself or herself and provide his or her address on request to an official and to any other cyclist requesting such information after a collision or race incident.
17. A cyclist shall not ride a bicycle fitted with triathlon, time trial or Spinachi-type bars.
18. Every cyclist shall ride the full course entered for and shall not cross the timing points if he or she failed to ride the full course.
19. A cyclist may not use a personal music system or a radio communication device, or a cellular phone, with or without ear pieces, while cycling.
20. A cyclist shall not receive any assistance from a seconding motor vehicle on the course and shall not arrange for a seconding motor vehicle to follow the race.
21. Sponsored Teams may arrange for back up vehicles provided the vehicle is driven by a licensed team manager with a valid team manager's license.
22. In a team event back up vehicles will be allowed provided specific permission has been received from the commissaries and the driver is in possession of a valid team managers license.
23. A cyclist shall not ride with another person's number or timing tag.
24. The finishing time of a cyclist shall not be adjusted due to any action or inaction of any person involved in the organisation of the race, another cyclist or any other person.
25. A cyclist shall not use foul language.
26. No cyclist shall dispose of any litter along the course except in refuse bins.
27. No cyclist may start or attempt to start before his or her designated start. If a rider arrives too late to cross the start line with his/her group, the rider may not start the race.
28. A cyclist shall endeavour to complete the course with his or her own effort and shall not receive any assistance in this regard other than drafting behind or being pushed by another cyclist participating in the event or receiving mechanical assistance.
29. Every cyclist shall provide reasonable assistance to any other cyclist involved in an accident.
30. Every cyclist must at all times exercise proper control of his or her bicycle.
31. A cyclist may not participate whilst under the influence of alcohol or any drug or medication that prevents or might prevent a cyclist from properly controlling his or her bicycle.

32. A cyclist may not use performance enhancing drugs. A cyclist (other than a licensed cyclist) is not subject to anti-doping regulations.

33. In addition to these rules, licensed cyclists shall also comply with the UCI regulations insofar as the UCI regulations do not conflict with these rules.

12.2 Follow vehicles

In races where the chief commissaire deem follow vehicles permitted and/or required the follow rules will be followed.

In Category 1 there will be one neutral vehicle in addition to a maximum of 6 follow vehicles from the registered teams. Slots will be allocated on a first come, first serve basis.

In Category 2 up to two neutral follow vehicles will be allowed. It is up to the riders and/or their clubs to organise these vehicles. All costs will be for their account. The drivers have to be in possession of a valid manager license.

Following vehicles will be permitted in Category 3 but must be available for all participants. The driver needs to hold a valid CSA managers license.

Any support vehicle must be driven by a qualified team manager who holds a valid CSA manager's license.

The team captain, team manager or the driver of the vehicle must collect the vehicle signage from the safety meeting prior to each event. New signage will be given at each event.

The vehicle signage must be placed both on the top left corner of the front windscreen and in the bottom left corner of the rear windscreen and must be visible at all times

Riders will be disqualified receiving support from any vehicles other than those mentioned above during the course of the event.

12.3 Race routes

The onus is on the rider to know the race route and know where the finish line is. No appeals will be considered regarding any rider having ridden the incorrect route or has misjudged any distance, marker or line.

Published race distances are always approximate and the organisers cannot be held responsible for deviations.

Every attempt is made to ensure correct signage, but the organiser cannot be held responsible for any signage that is wrong or ambiguous.

12.4 Traffic laws

All traffic laws must be strictly adhered to, including stopping at traffic intersections if the rider is not specifically waved through by a traffic official. Please note that the traffic officials may at any point stop riders in order to allow traffic to take precedence. The riders' times will not be adjusted should this be the case. Should any rider endanger him/herself or any other rider in the race, he/she will be liable to either a fine or immediate disqualification.

12.5 Clothing

Participants must participate in clothing matching any one of the following criteria;

1. **Official club kit** of the club under which the participant is registered,

2. **Sponsored kit** for members of a registered team under CSA rules or where authorised by their club (see below), or
3. Neutral kit, which contains no general branding, except for the manufacturer branding as per CSA and UCI regulations (small logo on chest and on pants).

Individually sponsored cyclists must have their sponsor endorsed by their club and the sponsor's name must appear on their license.

Clubs must inform the organisers within 7 days after an event of any rider that has contravened this rule by sending an email to events@wpcycling.com.

Participants found guilty of any clothing violation will be disqualified from the event.

12.6 Helmets

Participants must wear an accredited cycling helmet at all times during a race, or any time while riding their bicycle before and/or after the event.

12.7 Equipment

12.7.1 Disk brakes

Disk brakes are not allowed.

We know this is a contentious issue. WP Cycling can unfortunately not deviate from CSA regulations, as it will violate our sanctioning status and our event and public liability insurance.

However, we will endeavour to work with CSA to consider the merits and risks of racing with disk brakes and will amend our rules if and when CSA changes their position.

12.7.2 Restricted gears

All junior riders must adhere to the CSA regulations in terms of restricted gears as described in section 6.3.3. Further information can be found on our website and that of the CSA and the UCI.

12.8 Identification numbers

Participation with a race and frame number is compulsory.

If a cyclist fails to obtain a replacement number prior to an event, or for whatever reason forgets one or more league numbers at home, he/she may still participate in that event provided that the rider obtains a new set of numbers from the sign-on table at the prescribed fees. See section 8.2.3.

12.9 Disqualification

During an event the officials may disqualify a participant in violation of the rules and/or regulations, or the grounds of safety.

Participants have the right to continue the race under duress, which provide the opportunity for a later appeal and possible reinstatement.

However, in cases where the disqualification is on the basis of safety reasons the participant will be instructed to abandon the race immediately and he or she will not have the option to continue.

12.10 Did not finish

Any participant who fails to complete the full course or route must report to the line judge or commissaire at the finish line to report a "Did Not Finish" (DNF). Failure to do so, by proceeding more than 100m from the finish line and/or failing to report the DNF more than 10mins after

abandoning the race to any race official, may result in a disqualification. This is at the discretion of the line judge or commissaire.

Participants who fail to cross the start line will be disqualified from the event and potentially face additional disciplinary action.

12.11 Radios

The use of radios and electronic devices / ear-pieces amongst riders is prohibited.

Support vehicles may make use of radios. WP Cycling uses VHF radios in the licensed frequency band. Suitable radios include the Motorola CP040, a hand-held radio in the 136-162MHz range. Radios have to be programmed, at least 7 days in advance, for use in the events. Radios can also be rented from WP Cycling, receiving at least 7 days' notice, in writing, to events@wpcycling.com.

12.12 Drafting of vehicles

Riders will summarily be disqualified for drafting vehicles or for receiving any assistance from any vehicle, other than team riders receiving a replacement wheel or mechanical assistance from their authorised team service vehicle while both are stationary.

Team vehicles may under no circumstances pace dropped riders back to the peloton. Cyclists who have been dropped from the race due to a mechanical or any other problem, may be paced back to the peloton only by another cyclist (e.g. a team member) duly entered and riding in the same racing league.

12.13 Other violations

A participant can be disqualified as per the rules of the UCI and CSA, or for crossing the median line when it is unsafe to do so, or when receiving unauthorised assistance.

12.14 Acceptance of the event rules and regulations

By entering and participating in any WP Cycling event, participants acknowledge that they have read and understood all of the rules and regulations laid out in this document, and are consenting to being bound by them for the duration of participation in any of the events.

Rules and regulations may change or be updated at any time. The latest version of this document will always be available on our website. Significant changes will be communicated via existing channels, should it be required.

12.15 Indemnity

WP Cycling, its event organisers and their employees, volunteers and assistants shall not be liable to any cyclist or other person claiming on behalf of a cyclist for damage to property, or any damages relating to personal injury or death caused before, during or after any event of whatsoever nature and howsoever arising, including any damage to property, personal injury or death caused by the negligence of the organisation, organisers and/or their employees, volunteers and assistants.

12.16 Personal Information

WP Cycling collect personal information to assist us in administering our events and to provide sufficient information in cases of emergency. In terms of the Protection of Personal Information Act we hereby notify all participants on what information we store, how we use it, with who we share it and why.

The personal information we collect is limited to the information supplied on our website and via the late registration forms, and includes, but are not limited to;

- Names – For display in orders, entries, results and social media and media programs or publications.
- ID or passport numbers – To uniquely identify a person and used in deduplication of entry records.
- Date of birth – To determine age categories.
- Contact number – To contact the participant when queries arises or to send important information via SMS.
- Email address – For correspondence relating to orders, entries, payments, payment reminders, results, event notifications and newsletters.
- Emergency contact, medical, medical aid and doctor details – For use in emergency situations.
- Parent information – Required as part of parent or guardian consent.
- School information – To inform schools of participant results.
- Address – Used to determine residence for provincial and/or regional awards.
- CSA number – To verify conformance to CSA racing criteria.
- PPA number – To verify race results for seeding purposes.

WP Cycling shares selected personal information fields with the following parties;

- Affiliate clubs - Names, date of birth and ID numbers to verify membership
- CSA – ID number and/or CSA number to verify CSA membership and license status
- Emergency services, such as the ambulance, on-site medical staff and hospitals – Names, medical information and emergency contact details in cases of emergency.
- Social media or traditional media channels for publication of results, race reports, photos and other notable news and achievements.
- Newsletter Distribution Service – Name and email address.
- Timing System Provider – Names, date of birth and ID numbers are shared for timing purposes. ID numbers are used as unique identifiers to keep the data records in sync.

Any participant or party that submitted personal information may at any time request that their information be removed from our system(s). Participants will need to acknowledge that in such cases all records of results and achievements will also be lost and the cannot be recovered anymore.

12.17 Consent

All participants in WP Cycling events must consent to;

- Their personal details being used to administer our races
- To share relevant personal information, as described in section 12.16, with external parties.
- All parents and guardians of under aged children consent that their children are allowed and able to participate in cycle races.

Participants, parents or guardians who do not consent to the above should refrain from entering into WP Cycling events.

12.18 Amendments

From time to time additional rules and regulations may apply, which are imposed for your safety or by external parties. Any additional rules will be published on the specific event detail page on our website well in advance.

13 Violations and Appeals

13.1 Reporting violations

Violations to the rules and regulations of WP Cycling, CSA or the UCI can be reported, in writing, no later than 24 hours after such violation has occurred, to events@wpcycling.com.

13.2 Notification of violations

Whether or not a cyclist has been disqualified due to an alleged contravention of the rules, the WP Cycling disciplinary sub-committee may on notice to a cyclist by e-mail or other means of communication call a hearing or request further information to determine whether a cyclist should be disqualified, a disqualification should be confirmed and/or whether another or additional penalty should be imposed for a breach of these rules.

The disciplinary sub-committee shall afford a cyclist an opportunity to make representation either in writing or orally, as determined by the committee, before imposing any penalty other than disqualification.

A cyclist shall not be entitled to legal representation at such a hearing. The procedures and penalties provided for in the CSA Rules shall be applicable, whether or not the cyclist is a member of the Association.

13.3 Notice period

Notice of violations shall be done by 18h00 on the first working day following the event, or as soon as practicable after the information giving rise to the disqualification of a cyclist becomes available to the WP Cycling disciplinary sub-committee.

13.4 Appeals

In the event that a person is aggrieved by a disqualification or any other ruling he or she may request in writing to WP Cycling within 24 hours of the completion of the race to be reinstated, or the ruling be overturned. Such a person may supplement such a request with supporting information.

13.5 Payment of fines

Fines may be issued according to UCI / CSA rules. All fines issued must be paid directly to WP Cycling, who will issue a receipt thereof. If a fine has not been paid, then the rider concerned will not be permitted to participate in any further WP Cycling events until the fine has been paid.

13.6 Race cancellations, date and/or route changes

At the discretion of the organisers participants may be refunded by means of a credit coupon when an event is cancelled or changes. Credit coupons can be applied, as a form of discount, via the online entry system for a future event.

We can unfortunately not refund any participant in cash.

14 Official website

All information pertaining to events and the league will always be available on our website at <http://www.wpcycling.com>.

Alternative social media channels will also be used, such as Facebook and Twitter, but official information will always be posted on the website.