



WP Cycling Criterium Series 2023 incorporating the WP Criterium open Championships for male and female cyclists and to establish the top team and top club.

Definitions:

WPC	– Western Province Cycling
Myriad	- Myriad Events
CSA	– Cycling South Africa
UCI	– International Cycling Union
Criterium	– Road Race run on a circuit closed to any traffic
Commissaire	– Cycling Official

Rules and Regulations:

These are the rules and regulations governing the WP Criterium Series over 4 events as per the Dates and Venues below:

Sunday 5th Feb – Paarden Eiland
Sunday 19th Feb – Asla Somerset West
Sunday 5th March – Century City
Saturday 18th March – Century City

Categories

- Youth u17, u19 Development and ‘Come & Try
- Top Club – inter club for bona fide club members
- Championship - Ladies open & u19 – as per CSA license
- Championship - Mens open & u19 – as per CSA license

Series Rules and Regulations

First race of the day:

U17, u19 and Novice Criteriums

WP is excited to announce the first of our Criterium **Come & Try Sessions!** If you've ever wanted to give criterium racing a go but weren't quite confident in your skillset, then this session is perfect for you!

Second race of the day:

Inter Club Competition

This series of events is aimed at bona fide members of CSA affiliated clubs.

Clubs are encouraged to enter **at least 4 cyclists** to take part in the Inter Club criteriums.

The **same members do not** have to represent the club in each event.

Clubs may enter more than 4 riders but only the first 4 riders will score points for the competition.

Clubs will be awarded the points gained by 4 of their members in each event to determine the TOP Club at the end of the series.

Prize money to be awarded to the first 3 Top Clubs

A podium presentation for the first 3 finishers will take place after each event.

Individuals may take part and will podium if they finish in the first 3 places

Under no circumstances may, a 'sponsored' individual, racing for a sponsor/sponsored team and is in the opinion of his peers and the WP Road Commission is of a Category 1 or Elite standard, represent his club in this race.

3rd Race of the day:

Open Women's / u19

Open Criterium Championships

Individual Competition - The champion shall be decided by the accumulation of points over the series. The winner shall be the individual with the most points scored over the 4 events. If riders have equal points, then the overall position in the series will be determined by best finishing position of the rider head to head over the series. If the champion still cannot be determined then the finishing position of the rider in the last event shall determine the champion.

Prize Money will be awarded to both the "Open" and "u19" provided that there are at least 10 starters in each category at each event. If there are not 10 starters then there will be 1 race to decide the finishing order.

4th Race of the day:

Open Men / u19

Open Criterium Championships inclusive of Team Competition

Individual Competition - The champion shall be decided by the accumulation of points over the series. The winner shall be the individual with the most points scored over the 4 events. If riders have equal points, then the overall position in the series will be determined by best finishing position of the rider head to head over the series. If the champion still cannot be determined then the finishing position of the rider in the last event shall determine the champion.

Prize Money will be awarded to both the "Open" and "u19" provided that there are at least 10 starters in each category at each event. If there are not 10 starters then there will be 1 race to decide the finishing order.

Team competition – Teams will be awarded the points scored by 4 of their riders in each event.

If the team does not have at least 4 members in the race, the team will not score point for that particular event.

The Top Team will be determined by the accumulation of points of their riders over the duration of the series.

This competition will run only if there are 6 different teams racing in the series.

Sponsored Team members may not take part in the Inter Club competition.

GENERAL REGULATIONS

WPC is the statutory body overseeing cycling in the City of Cape Town Metropolitan District and thus responsible for cycling regulations for all licensed cyclists at Regional events.

Statutory requirements

Events hosted by WPC and organized by Myriad must comply with the CSA Rules and regulations and the most recent updated Road Cycling handbook.

Events presented by organizers must comply with the *Safety at Sports and Recreational Events Act of 2010*.

Rider safety

- Riders must wear a helmet at all times while on a bicycle.
- No sleeveless shirts are allowed.
- A rider must start the race with a filled water bottle attached to their bike .
- No cameras are allowed on the rider's chest, helmet or any part of their body.
- Riders are not allowed to have any devices plugged into their ears. This includes I-pods, MP3 players, Walkmans, cell phones or any other mobile or audio devices.
- Riders with bona fide impaired hearing who have to rely on hearing aids must get approval from the organizer and Commissaire prior to the event.
- Inflatable arches crossing the course are prohibited unless they are secured in such a way that they will not endanger the riders or affect racing in case they deflate for whatever reason.
- The Team Managers' meeting must be attended by all Team Managers.

Public safety

An event safety plan must be compiled and comprise of:

- Nearest Police station details
- Nearest Hospital details
- Emergency plan
- Contact details of the organizer, safety officer, Commissaire and company providing medical services
- Proof of event insurance

Equipment

- The bicycle shall have two wheels of equal diameter, the front wheel steerable, the rear wheel driven through a system comprising pedals and a chain.
- The weight of the bicycle cannot be less than 6.8 kilograms. (Excluding any removable items like water bottles, repair kits etc...)
- Triathlon or Time-trial bars are forbidden.
- No mountain bikes or fixed cog single-speeds can be used.
- Riders must complete the race with the same bicycle frame they started with. Only wheel changes are allowed, depending on the rules and conditions for the specific event.

Event formats

The Criterium is a road race, run on a circuit closed to traffic and is run according to one of the following methods:

- Classification at the finish of the last lap.
- Classification maybe on the basis of the number of laps covered and/or the number of points obtained during intermediate sprints.
- The event format must be formalized prior to the start of the event and all riders must be aware of the event format.

Rider Clothing, Dress Code and Podium Protocol

- All clubs and teams are encouraged to wear their club / team cycling kit.
- The wearing of sleeveless jerseys is expressly forbidden.
- If series event jerseys are awarded, then Category leaders must wear their leader jerseys when competing. Leader jerseys are to be worn during the relevant series events only. Riders cannot wear the leader or winner jerseys of the previous year, nor are they allowed to wear a leader or winner's jersey from any other event or series but that of the National or Regional Champion in that particular racing category.
- Individual riders who qualify for prizes, trophies, leader jerseys or titles must attend the prize giving.
- If for any reason (justified or unjustified) the rider cannot attend the prize giving, the rider or team manager should notify the organizers before prize giving commences.
- Failing to attend the prize giving without notifying the officials could result in penalties.
- Riders who are called up onto the podium shall be dressed in their club / team cycling
- No sleeveless or cropped tops will be permitted on the podium.
- No headgear or sunglasses are allowed during the official podium ceremony
- Only closed shoes may be worn on the podium (no sandals and "slipslops").
- Following the Category prize giving, the Series leaders/winners are required to put the jerseys on properly (take off other shirts) for a group photograph of the Category leaders/winners photograph.
- Cycling helmets: riders not wearing their cycling helmets, with the retention straps properly fastened, at any time during the event will be disciplined or even disqualified. Only hard-shell cycling helmets complying with recognized standards will be acceptable.

The order of priority for the various jerseys are:

- Series Leader jersey
- Africa Continental jersey
- CSA National jersey
- Club / Team jersey

Sponsorships:

WPC is under no obligation to honour rider sponsorships.

No sponsorship apparel to be worn in the events or on the podium.

Medical Services and Ambulances:

The race and official training can only commence if the medical personnel and ambulance are present at the venue.

Commissaires and Marshals:

Only CSA licensed Commissaires or CSA Commissaires will be used to officiate as a Chief, Finish or Start Commissaire or do duty at the Feed/Technical zones.

Team Managers:

Every club and team must Endeavour to have an appointed and suitably qualified Team Manager. Team Managers will attend the Team Managers' meeting.

criterium Events Format:

Course length: A Criterium Course can vary from 800m to 10km. (UCI) It is recommended that courses be no longer than 5km.

Any rider or group of 20 riders or less, who drop behind and are lapped by the leaders shall be eliminated and must leave the race. If the group of riders consist of more than 20 riders, the Commissaires panel shall decide whether those riders may continue or be eliminated.

In the case of a recognized mishap, **as defined in the provisions governing track races** (UCI rule 3.2.021), riders may be entitled to a neutralization of one or two laps to be determined by the Chief Commissaire, according to the length of the circuit. After the neutralization, the riders shall resume the race on the Commissaire's instruction.

Classification shall be as follows:

Criterium with NO Intermediate sprints:

The winner shall be the rider who covered the greatest number of laps.

In case of a tie on laps, the placing in the final sprint shall decide the finishing order.

Criterium with Intermediate sprints:

The winner shall be the rider with the greatest number of points.

In case of a tie on points, the number of wins during the intermediate sprints shall decide.

If the riders are still tied, the placing in the final sprint shall decide.

Points will be allocated in accordance to Appendix 2 and 3.

A rider shall be deemed to have gained a lap when he/she catches up with the tail of the main bunch.

The race format to be used in a series must be determined prior to the start of the first race in the series and may not be changed during the series, as this will affect the points allocated.

Course and marking

The course must be wholly rideable and safe to negotiate with a Road bike.

The minimum width of the course at the sprint points must be 6 meters. The remainder of the course may not be less than 4 meters wide.

Riders must start in a single group.

Any dangerous obstacles on the course must be clearly marked and where possible cordoned off using Traffic-cones or Barrier-Tape.

8.7.7 The following route markers can be used.

		
Straight Ahead	Right Turn	Left Turn

Race Numbers

2 Race numbers must be affixed on the back of the rider's jersey. 1 in the centre of the back on the lower half and the other on the left-hand or right-hand side of the body, facing the officials. Frame numbers must be fitted below the saddle at the back of the frame. All numbers must be clearly visible at all times.

In the case that the organizers use a chip type timing system, instructions should be followed closely on how and where to fit these devices. No devices should interfere with the cyclist's ability to control his bicycle.

Official – Route Reconnaissance

It is recommended that riders complete at least 1 to 2 laps of the course prior to the start of the event to familiarize themselves with the course.

Official training can only take place with medical personnel and an ambulance present.

8.9.3

All race numbers must be affixed during official training.

8.9.4.

Unofficial route recon is not allowed.

The Start area

- There must be a start line crossing the course.
- Start banners are optional.
- The Start Area must be at least 6 m wide for at least 30 m before and 100 m after the start line.
- The Start Chute must be clearly barricaded.
- No seconds or Team Managers are allowed in the starting chute at any time.
- The race will start by means of a whistle.
- Once the riders are loaded into the Start Chute they fall under the control and jurisdiction of the Start Commissaire.
- Once a rider has crossed the start line they are deemed to be officially racing.
- Riders must load from the back of the designated loading and start chute. Climbing over fences or tapes is not permitted.

Starting procedure

15 Minutes to start: the Commissaire will call the riders to take their positions.

10 Minutes to start: riders will be loaded.

5 Minutes to start: the Commissaire will do the race briefing.

All riders are to have at least one foot on the ground when the 3-minute warning is given.

The start is given by the Start Commissaire using the following timelines:

3-minute warning

2-minute warning

1-minute warning

30 second warning

15 second warning, with the start signal to be given anytime within the final 15 seconds.

Any rider who arrives late for their start must line up at the back of the start group.

The Finish Area

- The finish line shall be clearly marked.
- It is recommended that a finish banner be installed at the finish line.
- The Finish Area must be at least 6 m wide for at least 50 m before the finish line and at least 20 m after the finish line.
- The finish occurs at the instant that the tyre of the front wheel meets the vertical plane rising from the starting edge of the finishing line. To this end, the verdict of the photo-finish shall be final.
- A rider may cross the finish line on foot, provided that he/she has their bicycle with them.

The race

- Riders, who are racing for podium positions and series points, must complete the entire distance of the race.
- The responsibility for following the official and correct route lies with the rider.
- A rider is not permitted to take any shortcuts, omit a circuit or take advantage of a similar nature against opponents.
- **A rider is not permitted to leave the course for any reason**, other than the predefined Technical issues, and then only at the designated areas. The rider must then re-join the course at the same point on the instruction of the Commissaire.
- Any walking, running or riding which is carried out by a rider without the intention of directly re-joining the course, or activity in breach of the regulations which takes place outside of the marked course area, will result in disqualification.
- A rider may only receive technical assistance at specific designated areas along the course and only under supervision of a Commissaire.
- Riders may not use offensive or abusive language during the race, act in an un-sporting manner, be disrespectful to the officials or ignore the race regulations.

Technical assistance and Feed Zone

- Technical assistance and feeding during a race is permitted subject to the following conditions:
- Authorized technical assistance can only take place if a predefined mishap took place in

accordance with cycling rules.

- Complete bike changes are not permitted and the rider must cross the finish line with the same handlebar / frame number board he / she started with.
- Technical assistance may only be rendered in the designated Feed/Technical assistance zones.
- Assistance from anybody else will be deemed outside assistance and is not permitted.
- During feeding, no physical contact between feeders and riders is allowed as this is considered to be illegal technical assistance.
- A feeder is not permitted to place water bottles on the bike, and/or place food and water bottles in the rider's pockets. Doing so is considered illegal technical assistance. All food and bottles must be handed to the rider, only by the stand-and-hand method.
- No rider may turn back on the course to reach a Feed/Technical assistance zone. A rider must follow the course until the next Feed/Technical zone before receiving feed or technical assistance.
- Feeders are not permitted to run beside their riders in the feed zone. Only the stand-and-hand method is permitted.
- If water bottles are to be discarded by riders in the feed zone, this must be done in a safe manner. Tossing or throwing water bottles at any time is forbidden.
- Outside feeding is considered illegal technical assistance.

Seeding

- Seeding may be carried through from one year to another, so for example an Elite rider's results from the previous year must be used for seeding in the first event of the following year.
- Inexperienced or unfit riders are encouraged to start at the back.
- For start groups consisting of 50 riders or more it is recommended that the top 25 be seeded, otherwise only the top 10 must be seeded.
- If the course is less than 950m long, it is recommended to divide the riders into groups of not more than 50 per heat. Obviously if there are heats, there should be a final as well, to determine the actual winner for that category. The number of riders progressing to the final will be determined by the number of heats so as to not exceed the maximum of 50 riders on the course.
- Once the winner in a particular race category is in, the course will be closed for that category. Riders will however retain their positions when lapped – marked [LPD] - and may earn points and medals accordingly.
- Riders who pull out of the race before the winner is in will be deemed non- finishers – marked DNF [did not finish] and will not earn any points.

Results & logs

- A rider log must be maintained.
- If two riders score equal points in the same category at the end of the series, their positions in the last event of the series will determine the winner.
- All the points of the riders from a particular club/ team are added together to make up the league.
- Should two clubs/teams accrue the same number of points at the end of the series, there will be a count-back of positions to determine the winner. So, for example, the club/team with the most 1st positions will be the winner. If neither club / team has a 1st position, the 2nd places will be counted etc.

Penalties

Penalties can be imposed according to the nature of the offence and one of the following can be used depending on the severity:

- Relegation of position (by one or more positions)
- Time or points penalty
- Disqualification
- Suspension

Protests

Any rider who considers he/she has been prejudiced by any action during the competition may submit a protest to the Chief Commissaire after he/she has crossed the finish line.

The protest must be lodged in writing and submitted within 15 minutes of the end of his/her race.

List of offences, which can result in penalties

- Illegal repairs to the bike
- Unauthorized feeding and technical assistance
- Jersey pulling and pushing
- Obstruction of any rider
- Unsportsmanlike like conduct
- Taking shortcuts
- Indecent conduct or foul language
- Fighting with competitors and officials
- Pollution or discarding of wrappers or containers
- Use of I-pods, MP3 players and other similar audio devices during competition

Race stoppages

- Only the Chief Commissaire has the authority to stop a race. He must preferably consult with the Race Organizer and the Safety Officer before doing so.
- Races that are stopped prematurely e.g. for safety reasons during the 1st quarter of the race (time wise), will be nullified.
- Races that are stopped prematurely e.g. for safety reasons after the 1st quarter of the race (time wise), will be deemed official and the results will stand.

Drug testing

WPC supports the testing policies and procedures of *Drug Free Sport* and riders will be subjected to their tests if selected. No rider can refuse a drug test.

Governance

These rules are based on UCI and CSA Road rules

Where specific provision for any incident has not been made in these rules, the decision of the Chief Commissaire is final.

Recognized mishap UCI rule 3.2.021

The following shall be considered recognized mishaps:

- a fall
- a puncture
- The breakage of an essential part of the bicycle.

All others incidents are considered un-recognized mishaps

Point allocation at end of race

Position	Points								
1	50	16	1	31	1	46	1	61	1
2	45	17	1	32	1	47	1	62	1
3	40	18	1	33	1	48	1	63	1
4	36	19	1	34	1	49	1	64	1
5	34	20	1	35	1	50	1	65	1
6	32	21	1	36	1	51	1	66	1
7	30	22	1	37	1	52	1	67	1
8	28	23	1	38	1	53	1	68	1
9	26	24	1	39	1	54	1	69	1
10	24	25	1	40	1	55	1	70	1
11	22	26	1	41	1	56	1	71	1
12	20	27	1	42	1	57	1	72	1
13	1	28	1	43	1	58	1	73	1
14	1	29	1	44	1	59	1	74	1
15	1	30	1	45	1	60	1	75	1

Points Structure - Criterium Race with 2 intermediate sprints (mid race & 5 laps from finish):

Points allocated for each Intermediate Sprint finish: this is not applicable to the WP Series

Position	Points
1	10
2	7
3	5
4	3
5	2

Point allocation at end of race – this is not applicable to the WP Series

Position	Points								
1	230	16	54	31	24	46	2	61	1
2	180	17	52	32	22	47	1	62	1
3	140	18	50	33	20	48	1	63	1
4	130	19	48	34	18	49	1	64	1
5	120	20	46	35	16	50	1	65	1
6	110	21	44	36	14	51	1	66	1
7	100	22	42	37	12	52	1	67	1

8	90	23	40	38	10	53	1	68	1
9	80	24	38	39	9	54	1	69	1
10	75	25	36	40	8	55	1	70	1
11	70	26	34	41	7	56	1	71	1
12	65	27	32	42	6	57	1	72	1
13	60	28	30	43	5	58	1	73	1
14	58	29	28	44	4	59	1	74	1
15	56	30	26	45	3	60	1	75	1

