

League Rules

- 1 All riders wishing to qualify for league points must first register with the league secretary.
- 2 Race numbers will be given out upon receiving payment of the correct fee. For 2010/11 the fee shall be £6 for Juniors / Seniors / Veterans / Women; £3 for Youth and there is no fee for Under 12's.
- 3 Numbers will be allocated on the basis of the previous year's league results. Seniors – top 10; Veterans – top 10; Women – top 5; Juniors – top 3; and Youth – top 5.
- 4 The League shall be open & accessible to any persons wishing to compete, regardless of residence or club/team.
- 5 In the event of lost or forgotten numbers replacements will be available at events. (fee payable).
- 6 Riders registering will be able to collect their number at their first event. **Only riders pre-registered for the League 7 days before an event can score League points from that event.**
- 7 Event results cannot be backdated for league points.
- 8 There is no requirement for any additional memberships or licences for membership of the League, but riders will, where appropriate, be required to pay an event surcharge to event organisers if they do not possess a valid BC membership card.
- 9 All riders are required to sign on and pay the event entry fee in the normal manner at each event.
- 10 Riders shall abide by the rules of racing as set out by the sports National Governing Body. (For 2010/11 the governing body shall be British Cycling).
- 11 A prize presentation will be held annually for the awarding of League medals and trophies.
- 12 Points will be awarded in each category at each event as follows: 1st 50 pts, 2nd 47 pts, 3rd 44 pts, 4th 42 pts, 5th 41 pts, diminishing by one per place from thence on.
- 13 A rider's points from his/her best 60% of League events will count. For 2010/11 this shall be deemed to be 8 events.
- 14 Team Competition:
 - The 3 highest point scorers, for each team, over all categories (i.e. Senior, Junior, Veteran, Women, Youth and Under 12's) will count towards the Team prize at each event - (Example 1st senior, 3rd Vet and 1st under 12).

The club with the highest total will be the team winner on the day.

- Every club who has a team on the day will be scored thus: 50 points, 47 points, 44 points, 42 points, 41 points, diminishing by one per place from thence on.
- The best counting scores (60% of all events) will count towards the final league positions.
- The best team will be awarded a set of three silver medals at the league presentation.
- Once all events have been completed the three top riders of the winning

team, will be decided by: -

- I) Working out which riders contributed to the team **per** race.
- II) Count the number of points per rider contributed to each team place.
- III) If a race has been discarded (over 60% of events) this must be counted **if** there are other events counting of the same value, e.g. a team has ten wins (250pts) and two second places (44pts). **All** events would be counted.

The top three scorers will be counted as '**The Team**'.

2010/11 Event Minimum Standards

- **An independent Cyclo-Cross Commissaire appointed by the Area Committee.**
- **An appointed First Aider present at all times.**
- **Public toilet facilities.** *This should include male, female and preferably disabled toilets these should be easily accessible to both spectators and Riders, and should be located not further than ½ mile from the course.*
- **Access to clean water.** *This should be easily available and preferably fitted with a hose to enable the filling of containers. Access to clean water is essential to ensure both the health and safety of competitors is protected. A clean water supply should be located not further than ½ mile from the course.*
- **A common numbering and signing on system issued at the start of the season.**
- Each event will have a **gridded start** with positions being determined by the Commissaire and based on League standings, recent race results in the Eastern League and National Rankings.
- League events shall have **one double or one single pit.**
- A standard prize list.

League fixtures

05-Sep-10		Tour of the Cornfields	Eastern Cyclo Cross Association
12-Sep-10	1	Cross at the Farm	Lee Valley Youth CC
26-Sep-10	2	Springfield Cross	Chelmsford Youth CC
02-Oct-10	3	CC Ashwell Cross	CC Ashwell
09-Oct-10	4	Welwyn Wheelers Cross	Welwyn Wheelers CC
17-Oct-10	5	Amis-Velo Hillyfields Cross	Amis Velo RT - Solo Scaffolding
24-Oct-10	6	Davy Down Cross	Ford CC
06-Nov-10	7	Redgrave Cross	Diss + District CC
14-Nov-10	8	Colchester Rovers Mistley Cross	Colchester Rovers CC
21-Nov-10	9	Hempton Cross	East Coast Riders
05-Dec-10	10	Regional Championships ** #	LCCA
19-Dec-10	11	Broome Heath Scramble	VC Baracchi
02-Jan-11	12	XRT-Elmy Cycles Supacross	XRT-Elmy Cycles
23-Jan-11	13	Colchester Rovers Mistley Cross	Colchester Rovers CC

** Non standard start times

Entries close 21st November – no entries on the line apart from U 10's & U8's

Standard League prize list

	1st	2nd	3rd	4th
Open (to all cats)	£25	£20	£15	£12
Junior	£10	£7		
Women	£25	£20	£15	
Elite Veteran 40+	£20	£17	£15	
Veteran 40+	£20	£17	£15	
Veteran 50+	£15			
Veteran 60+	£15			
Youth	£10	£7	£5	
Youth U14	£7			
Youth Girl	£7			
Youth Girl U14	£7			
Under 12's	Certificates			

League Co-ordinator:

Tim Butler, 340 Felixstowe Rd., Ipswich, IP3 9AA Tel 01473 414546

National Events

10-Oct-10	National Trophy Round 1 - Abergavenny
31-Oct-10	National Trophy Round 2 - Ipswich
07-Nov-10	Inter-Area Championships - Leicester
14-Nov-10	National Trophy Round 3 - Mallory
28-Nov-10	National Trophy Round 4 - Southampton
12-Dec-10	National Trophy Round 5 - Bradford
08-09-Jan-11	National Championships - Derby
16-Jan-11	National Trophy Round 6 Rutland

Entries for National events to British Cycling on National entry form

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2010/2011 EAST ANGLIAN DAILY TIMES CYCLO-CROSS LEAGUE



RULES
MINIMUM STANDARDS
AND DATES