**Eastern Cyclo-Cross**

**League Rules**

1. League membership fees are: Under 10/12 - £2, Youth - £8, Junior - £11, Senior/Women/Veteran - £15.
2. You will receive new disposable numbers at each of the rounds. Riders should provide their own pins. 4 for arm and 4 for back. Numbers should not be folded. Follow instructions at sign on to make sure your number is visible to the judging team. Numbers on backs should be just above the bum, arm numbers should be at the top side of the arm not on the shoulder. Make sure numbers are correct and are the same.
3. The league shall be open and accessible to any persons wishing to compete, regardless of residence or club/team.
4. Riders wanting to qualify for League points must register using the British Cycling system before the closing date of the race in which they want to start collecting points. This is normally the Tuesday before the race.
5. Event results **cannot** be backdated for league points.
6. Those riders over 18 years old that do not possess a BC license/membership will be required to pay £5 for day membership. Juniors 16-18 £2.50 youths 12-16 £1.50
7. All riders pre-entered or not, are required to sign on and collect their number at each event.
8. Riders shall abide by the rules of racing as set out by British Cycling the sport’s National Governing Body. Full handbook can be found here -> <https://www.britishcycling.org.uk/cyclocross/article/bcst_rulebook_and_constitution?c=EN>
9. A prize presentation will be held annually for the awarding of league medals and trophies.
10. Points will be awarded in each category at each event as follows: 1st 100pts, 2nd 94pts, 3rd 90pts, 4th 87pts, 5th 84pts, 6th 61pts, 7th 78pts, 8th 76pts, 9th 74pts, 10th 72pts, 11th 70pts, diminishing by one point per place from there downwards.
11. A rider’s points from his/her best 60% of League events will count.
12. Team Competition –
* The 3 highest point scorers for each team, over all categories (i.e. Senior/Junior, Women, Veteran 40-49, Veteran 50+, Veteran Women, Youth Boys, Youth Girls, Under 12s and Under 10s) will count towards the Team prize at each event. 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: 100 points, 94 points, 90 points, 87 points, 84 points, 81 points, 78 points, 76 points, 74 points, 72 points, 70 points, diminishing by one point per place from there 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 –
* Working out which riders contributed to the team **per** race
* Count the number of points per rider contributed to each team place
* 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 (1000pts) and two second places (188pts). **All events would be counted.**
* The top three scorers will be counted as ‘**The Team**’.

**Rider standards of conduct**

All riders should make themselves aware of the BC rules and code of conduct for cyclocross racing as per rule 8 above.

In addition to this all riders should ride in a manner that is safe and courteous to others. Commissaires will re-iterate this at rider briefings on the grid but in brief:

Riders must not swear, spit, punch or use any method of abuse against another rider, spectator or official under any circumstances.

When lapping another rider call to the left or to the right depending on which side you are passing. The lapped rider should give way when convenient for them to do so, it is the lapping riders responsibility to pass safely. It may be a race but nice to each other. Most experienced riders will talk to the lapped rider to advise where they want to pass and thank them afterwards.

When passing another rider whilst on the same lap riders should not call left or right but should pass when it is safe to do so. The passed rider does not have to yield, this is a race after all! We would not expect any physical contact between riders. Again, be nice.

Riders should not urinate anywhere at the venue other than the official venue toilets.

During warm up/siting laps there may be others still racing. Riders MUST NOT get close to or pass any riders still racing. Some organisers will use tail end riders that leave the start line when the previous race finishes so you must not pass this rider if they do. It is important to join the course at the start line when the commissaire allows you to start your warm up. Do not join the course at any other point and until the commissaire says you can.

Do not cut the course or take advantage of any course marking breakage. In the case of double pits, do not enter one pit and exit the other, this is cheating and you will be disqualified.

Red and yellow flags will be used by course marshals this season as per BC regulations. Riders **MUST** slow down and show caution when shown a Yellow flag. Riders **MUST** stop immediately when shown a Red flag. Any riders ignoring the flags or marshal instruction will be reported to the commissaire and may be disqualified.

Use some common sense. Do not cheat. Ride within your abilities. Be nice. Be friendly. Have fun.

**Event Minimum Standards**

* An independent Cyclo-Cross Commissaire appointed by the Area Committee
* Appointed First Responders as per British Cycling regulations to be present at all times
* Public Toilet Facilities – Should include male and female as well as preferably a disabled toilet which are located not further than ½ mile from the course.
* Access to clean water – 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.