

Covid Specific Guidelines

You will not be required to physically sign on. Signing on staff should check photo id/BC membership and tick you off on the signing on sheet. Please don't forget to bring your BC membership card.

Riders will be asked to wear facemasks at sign on and in enclosed/indoor areas. Please respect the requests of the organiser for the safety of their volunteers.

You should always bring your own safety pins. Please don't forget to bring your own safety pins!

Whilst we appreciate that CX is the friendliest cycling discipline we also need to keep people safe so we ask that riders and helpers refrain from loitering/chatting in enclosed spaces and respect that we don't want crowding where disease can be spread more easily. Please use some common sense and respect that other people may not be as comfortable with the situation as you are and/or have different needs and circumstances.

Any food vendors/catering should be located outside where possible but in some locations this may not be possible so again, please avoid crowding out the catering areas and wear masks where appropriate

It is up to the organiser whether on the day entries are allowed based on their own risk assessments so we would encourage all entrants to pre enter. Please don't be disappointed if an organiser doesn't want to take EOL. In a similar vein it is up to the organiser whether they want to hold a reserve list where races are full so please don't expect a reserve list if you didn't manage to get into a race.

Reserve list instructions:

In the event of a participant's race category reaching full capacity and closing to entries before the event closing date the participant should pre enter the Senior Open Event. The participant must then turn up on the day and add their name to the reserve list (this can only be done on the day). In the instance that no reserve place becomes available in their category and the rider then participates in the Senior Open Event, under the condition that he/she finishes the race, they may apply to the league co-ordinator to have their average League points applied in their own correct category. This can be done via email. Key point is that if you want to be on a reserve list you need to pre enter the senior open race.

Clearly signing on is the primary interaction indoors with volunteers so please respect an organisers decisions and instructions.

You may find that organisers are paying prize money via BACs transfer. Please be prepared to give bank details to the organiser in a timely and accurate manner as they may well have to process up to 45 payee's.

Please only turn up an hour before your event and come changed and ready to race. This will not only help neighbourhood issues but will also aid parking if you spend a minimum amount of time at the venue. Again, CX is a friendly sport and we would love you to stay and watch some of the other races but for the moment please spend the minimum amount of time at the venue.

Bike wash, spare bikes and pit crews are allowed but please be sensible with the amount of helpers you bring and the amount of kit and please try and wash bikes as far away from the course and other people as you can.

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 posterior, 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. Only league members are eligible to score points towards the league
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 on the British Cycling [website](#)
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 81pts, 7th 78pts, 8th 76pts, 9th 74pts, 10th 72pts, 11th 70pts, diminishing by one point per place from there downwards.
11. The number of counting rounds shall be 60% of total league events e.g. if there are 13 events, a rider will count their best 8 to determine their league position.
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 be 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 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 published on the league website.