

Waratah Veteran Cyclists Club Inc.

Race Rules

General

The objective of these rules is to promote safe, fair and enjoyable competition in compliance with the requirements of the relevant authorities, and with regard for other road users. When signing on for an event, riders commit to abide by these rules.

In particular it is essential that each rider makes a personal commitment to do his or her best to ensure the safe and smooth conduct of each event in which they participate.

Racing is conducted in accordance with the rules of the New South Wales Cycling Federation, supplemented by the Waratah V.C.C rules as set out below.

Where there is inconsistency between the Federation rules and the Waratah rules, the Federation rules shall prevail. Where the Waratah rules do not address a particular circumstance, the Federation rules shall apply.

In addition the Club endorses the Australian Cycling Federation's code of conduct which applies to, and has been notified to, all of its members and licensed competitors.

Before the Race

- It is each riders responsibility to ensure that their bicycle is in a roadworthy condition and that they are wearing a helmet which complies with Australian safety standards.
- Register and sign on at least 15 minutes before the scheduled start of your race.
- Register in the grade or handicap group recorded on the entry sheets unless approval to change up or down has been obtained from the Handicapper, Race Manager or other Committee member.
- When warming up before your event, keep well off the back of the last rider in a race group.
- Listen for and take notice of the starters/commissaires instructions for each race.

During the Race

- In graded races, take heed of any instructions from your grade captains.
- Strictly comply with the Traffic Act and all directions given by the police, commissaires, marshalls or other race officials.
- Marshalls will do their best to control traffic but the final responsibility rests with riders to ensure their own safety.
- Ride as straight a line as possible in the bunch and do not make any sudden sideways movements.
- When cornering keep the same arc on entry and exit i.e. enter tight exit tight, enter wide exit wide. Do not cut in on another rider's line.
- Raise your arm if you have a puncture or other problem.
- If you retire but want to keep riding, remove your number and do nothing which will affect any of the other groups still racing. In particular do not "pace" any rider still competing and keep clear of the finishing straight.
- Keep to the kerbside lane, or the left of the roadway where no lanes exist except when overtaking or turning.
- Front riders: warn group about traffic and hazards ahead.
- Rear riders: warn group about traffic approaching from the rear.
- All riders: ensure warnings are passed quickly on to other riders.
- Show courtesy to other road users and race officials. Anti-social behaviour and language will not be tolerated and offenders will incur a penalty and may be suspended

- **When passing other groups or grades, give them due consideration:**
 - pass on the right hand side, maintaining a gap of at least one metre between the two groups.
 - wait until there is a distance of at least 10 metres between the two groups before cutting back in to the kerb.
 - do not pass and then slow down. This only impedes the other group which could be in a breakaway.
 - do not try to force your way through at turns – there is no “right of way” hierarchy of one group or grade over another.
 - in effect, avoid doing anything which may affect the normal progress of the other groups race.
- **When being passed by other groups or grades:**
 - do not take shelter or any other advantage from the overtaking group.
 - allow the passing group to get clear and stay at least 25 metres behind.
 - do not try to re-overtake the passing group if it is a higher grade except if you are in a final sprint.

In the Sprint:

- Back off early if it's a big field and you know you are not competitive.
- Once you decide you want to be in it, go all the way – do not slow abruptly.
- Ride a straight line, however tempting it may be to cut in or out.
- Keep to the left of the line of witches hats and keep both hands on the bars.

After the Race

- Return your race number promptly.
- If possible attend the prize presentation.
- Ensure that the area is left in a neat and tidy state.

Offences, Protests and Complaints

- Offences observed or reported will be dealt with in accordance with the constitution and rules of the New South Wales Cycling Federation. In summary, a race official may charge a rider with an offence and, after permitting the rider to answer the charge, may make a decision or adjourn the matter to a further hearing. For the purposes of these rules, a race official is defined as the Commissaire, Duty Officer, Race Manager, Grade Captain or an official with start/finish line duties.
- Protests arising out of the conduct of a race must be made in writing on the form provided by the Commissaire or in his/her absence, the Duty Officer, within 15 minutes of the completion of the race. A fee of \$10 is required which will be refunded if the protest is successful.
- If any member or competitor wishes to register a complaint about any matter other than rider conduct, a complaint form should be completed and lodged with any member of the Committee. The Committee will consider each complaint and its decision will be communicated in writing to the complainant.

Comments and suggestions for improving these rules are welcome and may be addressed to any member of the Club Committee.

January 2002