



South Australian Veteran Cycling Council Inc.

Affiliated with the Australian Veteran Cycling Council

Racing Rules & Program 2009

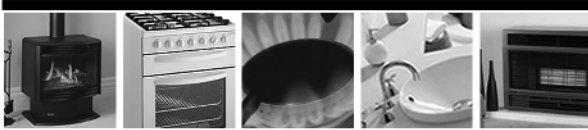
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AUSTRALIAN VETERAN CYCLING COUNCIL INC.

RACING RULES & REGULATIONS

(as amended 26 September 2008)

- 1 Eligibility:** To be eligible to compete in any event run under the jurisdiction of the AVCC the competitor must be a financial member of a State/Territory body affiliated to the AVCC and must be covered by a racing insurance.
Riders will not be permitted to start in races, nor racing licences issued to those seeking membership, if bicycle safety standards as set out by the AVCC, are compromised.
- 2 Age Qualification:** Membership of the AVCC is accepted on 1st January of the year in which a male reaches 35 years of age or a female 30 years of age.
- 3 Misconduct:** A competitor who is guilty of misconduct, disobeying an official, using undesirable language, urinating in public, striking or attempting to strike another member during the progress of an event, or at a place where the event is being conducted, shall be suspended, or fined, or both.
- 4 Judging:** The finish of a race shall be judged by the first part of a bike that reaches an "imaginary" line approximately 343 mm above a finish line.
- 5 Flags:** A black and white chequered flag shall denote a race finish. A red flag denotes danger and cyclists must stop if directed to by the official displaying the flag. If a red flag is displayed from an official vehicle in a controlled race, no cyclist may pass the vehicle until the flag has been withdrawn.

6 Equipment and Clothing

- (a) Race numbers must be prominently displayed at all times. Numbers must not be folded or damaged in any way and must be returned after the finish.
- (b) An Australian approved and securely fastened helmet conforming to standard AS/NZ/2063 must be worn on the head at all times whilst riding. Australian-approved teardrop helmets cannot be used in road races but shall be allowed in road time trials and track time trials and pursuits.
- (c) Competitors should be neatly attired at the start of a race and at after-race presentations. Racing jerseys must be designed so as to cover the upper arms and shoulders.
- (d) Only equipment sanctioned and approved by the AVCC Inc. shall be permitted in races under its patronage. The bicycle shall be a conventional triangular frame made from materials suitable for bicycle construction. The maximum length shall not be more than 185cm, and a width of 50cm. Either 650cm or 700cm wheels, and drop handlebars shall be used.

For Road events two efficient hand brakes with freewheel multiple gear shall be used; "Spinaci" and "Tri" bars are not to be used.

For Road Time Trials it may have either a fixed wheel or freewheel system, standard time trial handlebars with handlebar extensions and elbow rests.

For Track racing, in Sprints and Scratch races it shall have a fixed rear wheel. In Time Trials and Pursuits freewheel multiple gears, handlebar extensions and elbow rests may be used.

'Flat Bars' (Mountain bike style) shall not be permitted in any of the aforementioned disciplines. Handlebar ends must be plugged.
- (e) It is an offence to compete on any bicycle unless it is mechanically sound and maintained to the highest safety standards. "Singles" must be securely glued to the rim and road bicycles must be equipped with two efficient independent brakes.

- (f) i. Only conventional racing machines as described in rule 6(d) shall be used in AVCC events and no unfair aerodynamic advantage associated with a bicycle shall be allowed, nor any modifications or construction allowed that jeopardize safety.
- ii. Bicycle gear and brake controls may be modified to accommodate individual needs, however, modified controls will be mounted on conventional handlebars on a conventional bicycle.

7 Mechanical Mishaps

- (a) If a mechanical mishap occurs (a puncture, machine damage or a fall) approaching the finish of a race, the competitor may run with or carry the bicycle over the line and still qualify for a finishing prize.
- (b) In a criterium race, if a mechanical mishap occurs (a puncture, machine damage or a fall) time out shall be allowed. The race referee shall determine the duration of the time out and the information conveyed to the competitors before the race. A competitor taking time out will not be allowed to gain advantage in terms of placing in the field when re-entering the race and must report to the referee to re-enter the race. Any rider who has been lapped by his/her own grade shall withdraw from the race at the showing of two laps to go board, or at the discretion of the referee. No rider shall take assistance from any grade other than his/her own. In the event of a breakaway lapping their grade, the sprint for minor places will be at the discretion of the referee.

8 General Racing Rules:

- (a) All competitors are expected to abide by the State/Territory traffic laws which include keeping to the left of the carriageway on open roads and not crossing double white lines. Competitors should avoid unnecessarily obstructing other traffic.
- (b) Dangerous riding, including the practice of saluting by removing one or both hands off the bars at a finish, will not be tolerated and the referee shall discipline any rider whom he/she deems to be guilty of this practice or any other act that endangers other riders or road users.

- (c) At any time during a race that a sprint occurs, the sprint rules shall apply whereby sprinting riders shall keep to a straight line. Anyone suddenly veering, pushing or pulling, or in any way causing dangerous obstruction shall be penalized.
- (d) Competitors who receive outside assistance during a road race such as holding on to or receiving pace from a moving vehicle, or from non or retired competitors, or who receive refreshments, or bike assistance (unless specifically sanctioned beforehand by the race referee) shall be disqualified.
- (e) A competitor who is lapped or caught by another grade other than his/her own in a scratch race must not interfere with or assist any other competitor, nor participate in any sprints. The lapped rider must give way to the passing rider or group. It is a serious offence to sit in a bunch or share pace once lapped.
- (f) Officials and riders are deemed to be always under control of the race referee from the time that he or she enters, and remains present, in the event precinct.

9 Penalties

- (a) Any riders breaching the above general racing rules shall be liable for a fine, disqualification, suspension or any combination of the three at the discretion of the referee.
- (b) Any competitor fined by his/her club or State/Territory body shall not be permitted to compete in any race under any body affiliated to the AVCC until such time as the penalty or suspension has been finalized.
- (c) Penalties shall be set by the relevant State/Territory body. In AVCC championships the penalties of the promoting State/Territory body shall apply.
- (d) Appeals against a referee's decision shall be made in writing within thirty minutes of the decision being announced to the competitor. The process for appeals shall be determined under the rules of the State/Territory body involved.

10 Prizes and Positions:

Competitors who believe they have qualified for a prize shall claim their placings with the claims stewards immediately after the finish. Prizewinners shall attend prize-giving ceremonies unless they have been granted dispensation by the race organiser.

TIME TRIAL RULES

- a) The Time Trial shall be preferably held on an out-and-home course.
- b) It is recommended that riders shall be graded, youngest starting first, through to oldest starting last.
* In Championships, riders shall be graded in five-year age groups.
- c) It is recommended that ladies shall start after the completion of the men.
- d) It is recommended that riders start at one-minute intervals, and shall be held up by a steward at the start.
- e) If a rider misses his/her start position, then a corresponding time-gap will be left. Under no circumstances will a rider be moved up. Each rider will start at his/her allocated start time. If he/she misses their start, their time will commence at the advertised time, and his/her time will be calculated from the original start position. A rider missing his/her start will be required to stop at the start line and put one foot on the ground before commencing. No flying starts will be permitted.
- f) Riders are requested to be in the start position five minutes before their allocated start time.
- g) Once they have left the starter's hands, no mechanical failures or punctures will allow a restart.
- h) Once the race has commenced, if a mechanical mishap or puncture occurs to a rider who has not started, that rider must approach the Referee. The Referee may deem to start that rider at the rear of the field. The Referee will advise the timing stewards of the rider's number. The rider's time will be calculated from this revised position.

i) During the course of the race, a rider must ride alone and unassisted, and shall not take shelter from another rider or vehicle. When overtaking another rider, he/she must pass as widely as safety will permit, and the overtaking/overtaken rider must not receive any drafting benefit from the other rider. When the overtaken rider has been passed, he/she shall drop back at least twenty metres.

m) The age-standard shall be based on the Australian Time Trial Association's standareds (ATTA) as periodically revised.

** In the Australian Championships, the Mockridge Cup Time Trial can be 25km. The handicap section will be calculated from the Age Standards as calculated for the individual rider's age.

The rider with the best adjusted Standard Time will be deemed the winner of the Mockridge Cup section.

The riders with the fastest unadjusted times in each division shall be awarded gold, silver and bronze medals, and cash prizes.



CLUB CHARITY EVENTS

<i>Date</i>	<i>Time</i>	<i>Event</i>	<i>Location</i>
15 March	9.30	Peter Nelson 2-up Time Trial SDVLCC	<i>McLaren Flat</i>
16 Augst	9.30	AHVCC AHCHS (Dementia Program), Balhannah	
18 Oct.	9.30	Multiple Sclerosis, VLCC 2 division handicaps	<i>VLCC Clubrooms</i>

NATIONAL CHAMPIONSHIPS

Age Groupings for Road Championships shall be as follows:

Male riders: 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 years and in five-year age groupings thereafter.

Female riders: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 years and in five-year age groupings thereafter.

Age Groupings for Track Championships shall be as follows:

Male riders: 35-44, 45-54, 55-64, 65-74 years and in ten-year age groupings thereafter.

Female riders: 30-39, 40-49, 50-59, 60-69 years and in ten-year age groupings thereafter.

Championships' venues shall be decided at Track and Road Conferences 24 months in advance.

Championships shall cater for all categories of riders and may comprise for the Track as follows:

Male riders:	1,000m	Sprint for all grades up to 54 years.
	1,000m	Derby Championships for 55 years and over.
	10,000m	Scratch for all grades up to 54 years.
	5,000m	Scratch for all grades 55-64 years.
	2,000m	Scratch for 65 years and over.
	3,000m	Individual Pursuit for grades up to 54 years.
	2,000m	Individual Pursuit for grades 55 years and over.
	800m	Individual Time Trial for grades up to 54 years.
	500m	Individual Time Trial for grades 55 years and over.

Continued on page 12

SAVCC CHAMPIONSHIPS

hosted by SDVLCC

<i>Date</i>	<i>Time</i>	<i>Event</i>	<i>Location</i>
22 March	9.30	SAVCC Crit Champs	<i>Regency Park</i>
14 June	9.30	SAVCC State ITT Champs	<i>McLaren Flat</i>
20 Sept.	9.30	SAVCC-VLCC State RR Champs	<i>The Range</i>

SAVCC Championships, Open Events, Consistency Awards – CA

<i>Date</i>	<i>Time</i>	<i>Event</i>	<i>Location</i>	<i>Date</i>	<i>Time</i>	<i>Event</i>	<i>Location</i>																	
18-24 January		SA Masters/Veterans Series		8 Nov	9.30am	CA Open, SDVLCC, GSR,																		
18 Jan	9.30am	TDU Masters/Veterans Criterium	<i>Mount Barker</i>			Alexandrina Council, <i>Strathalbyn</i>																		
22 Jan	9.00am	TDU Masters/Veterans Road Race	<i>Victor Harbor</i>	22 Nov	9.30am	CA Open, AHVCC Harder Family Hcp.	<i>Macclesfield</i>																	
24 Jan	9.00am	TDU Masters/Veterans Tom Trowbridge Time Trial	<i>The Range</i>	Presentations SAVCC Consistency Awards																				
1 March	9.30am	CA Open VLCC GSR	<i>Lobethal</i>	<p style="text-align: center;">POINTS FOR CONSISTENCY AWARDS</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Handicap Race</th> <th style="text-align: left;">Scratch Race</th> </tr> </thead> <tbody> <tr> <td>Start Race, 5 points</td> <td>Start Race, 5 points</td> </tr> <tr> <td>Finish Race, 5 points</td> <td>Finish Race, 5 points</td> </tr> <tr> <td>1st7 points</td> <td>1st . . . 5 points</td> </tr> <tr> <td>2nd6 points</td> <td>2nd . . . 4 points</td> </tr> <tr> <td>3rd5 points</td> <td>3rd . . . 3 points</td> </tr> <tr> <td>4th4 points</td> <td>4th . . . 2 points</td> </tr> <tr> <td>5th3 points</td> <td rowspan="2">NB: You must finish race to obtain finish points - i.e suffering mechanical failure, a fall etc., will not entitle you to receive finish points.</td> </tr> <tr> <td>6th2 points</td> </tr> </tbody> </table> <p style="text-align: center;">PRIZEMONEY FOR ABOVE 12 places + unplaced over 70 years</p>				Handicap Race	Scratch Race	Start Race, 5 points	Start Race, 5 points	Finish Race, 5 points	Finish Race, 5 points	1st7 points	1st . . . 5 points	2nd6 points	2nd . . . 4 points	3rd5 points	3rd . . . 3 points	4th4 points	4th . . . 2 points	5th3 points	NB: You must finish race to obtain finish points - i.e suffering mechanical failure, a fall etc., will not entitle you to receive finish points.	6th2 points
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6th2 points																								
22 March	9.30am	CA SAVCC State Criterium Champs	<i>Regency Pk.</i>																					
4 April	11.30am	CA Open, VLCC GSR	<i>Minlaton</i>																					
5 April	10am	CA Open VLCC GSR	<i>Minlaton</i>																					
17 May	9.30am	CA Open AHVCC GSR	<i>Macclesfield</i>																					
14 June	9.30am	CA SAVCC State Ind. TT Champs	<i>McLaren Flat</i>																					
26 July	9.30am	CA SDVLCC Bicycle Express Hcp.	<i>McLaren Flat</i>																					
29 Aug	1.30pm	CA VLCC Open 2 Division Handicaps	<i>Pt Broughton</i>																					
13 Sept	9.30am	CA SDVLCC GSR	<i>Strathalbyn</i>																					
20 Sept	9.30am	CA SAVCC State Road RaceChamps	<i>The Range</i>																					
11 Oct.	9.30am	CA Open, AHVCC Hcp. Mount Barker to Murray Murray Bridge,	<i>Mount Barker</i>																					

*Consistency Awards proudly sponsored by
Teschner Cycles,
Peter Giessauf of International Cycles,
SAVCC,
Steve Kinder of Plumb It, Gas It,
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NATIONAL CHAMPIONSHIPS, continued

Lady riders:	1,000m	Sprint for all grades up to 49 years.
	1,000m	Derby for 50 years and over.
	5,000m	Scratch for all grades.
	2,000m	Individual Pursuit for all grades.
	500m	Individual Time Trial for all grades
	5000m	Individual Time Trial for grades up to 54 years.
	500m	Individual Time Trial for all grades

All distances are approximate and will depend on the track dimensions.
Road Championship distances may be:

Male Riders:	Lady riders:
35km 70 years and over	35 km 70 years and over
45km 65-69 years	35 km 65-69 years
45 km 60-64 years	35 km 60-64 years
75km 55-59 years	35 km 55-59 years
75 km 50-54 years	35 km 50-54 years
85 km 45-49 years	45 km 45-49 years
85 km 40-44 years	45 km 40-44 years
100km 35-39 years	60 km 35-39 years
	60 km 30-34 years

- All road distances are approximate and will depend on circuit size.
- The promoter shall organize all road championships under age groupings.
- A 25-km Individual Time Trial, a 40-km Road Teams Trial (State Teams), and Criterium Championships may be provided for.
- Medals shall be awarded for the first three places in each age group for all events.

For racing purposes, each grouping shall consist of a minimum of six riders. If there are five or less in a group, those riders will be allotted to ride in the next lower age group. If the total number of riders is still not realised, the process shall continue until the target of six riders is achieved. This shall apply for all groups except the lowest-age group. All riders in the composite group will compete for prizemoney as originally allotted by the organiser to the lower age group. However, medals will be awarded to riders according to their race placing in their actual five-year age grouping for road races, and ten-year grouping for track races.

TRACK RACING: The AVCC shall adopt UCI track rules of racing.

OPEN INVITATION RACES ALL CLUBS

Date	Time	Event	Location
15 Feb.	9.30	SDVLCC Barry Smith Memorial 2 Divs if sufficient noms.	<i>McLaren Flat</i>
26 April	9.30	VLCC Kevin Wood Memorial	<i>Outer Harbor</i>
28 June	9.00	AHVCC 5-Peaks,	<i>Flaxley Hall</i>
5 July	9.30	VLCC Ron Whitehorn Cup, 2 Division Handicaps	<i>Keyneton</i>
30 Aug.	9.30	VLCC GSR	<i>Port Broughton</i>
25 Oct.	9.30	SDVLCC Twin Peaks 2 Divs if sufficient nominations	<i>McLaren Flat</i>

CHAMPIONSHIP SPECIFICATIONS

SAVCC CRITERIUM CHAMPIONSHIPS

22 March, 9.30am, Regency Park

EVENT	DISTANCE
Men 35-39; 40-44; 45-49	45 Min + 1 lap
Men 50-54; 55-59	35 Min + 1 lap
Men 60-64; 65-69	30 Min + 1 lap
Men 70-74; 75-79; 80+	25 Min + 1 Lap
Women 30-34; 35-39	35 Min + 1 lap
Women 40-44; 45-49	35 Min + 1 lap
Women 50-54, 55-59	25 Min + 1 lap
Women 60-75	25 Min + 1 lap

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SPECIAL EVENTS

- 10-13 April **South Pacific Veteran Cycling Champs.**
Age Divisions & GSR *Maryborough, Victoria*
- 13-15 Nov. **Australian Veteran National
Road Championships** *Perth, WA*
- 13th Nov. Track
- 14th Nov. Time Trial and Criteriums
- 15th Nov. Road Races
- More details to come during the year.*

MASTERS/VETERANS CLASSIC RACE SERIES

JANUARY 18, 22 and 24

Mt. Barker, Victor Harbor, The Range
Criterium, Road Race, Time Trial

Entry Fee: \$25 per race; or \$60 for all three races (SA Vets & CA licensed riders); Non SA Vets must purchase a \$20 race permit.
Entries close 6pm Wednesday 31 December 2008.

**2009 PRO TOUR DOWN UNDER,
JANUARY 20th-27th,
ADELAIDE**

ADELAIDE HILLS VETERANS CYCLING CLUB

Flaxley

OFFICIALS, 2009

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Secretary:.....Susie Weatherall 0414 972 005
Treasurer/Registrar:...Andrew White 0417 830 949
Referee:.....Wolfgang Harder
Handicapper:Stephen Hemmings 0410 470 158
SAVCC Delegates:Stephen Hemmings,
John Bleakley
Proxy: Rob Tucker and
Susie Weatherall
Media OfficerShannon Hemmings

*Congratulations to **Wolfgang Harder** who was awarded with Life Membership with SAVCC at the 2008 Annual General Meeting*

2009 Consistency Awards

1st prize

**Teschner Team Race Frame & Forks
worth \$3,000**

VETERAN & LADIES CYCLING CLUB

LeFevre Recreation Centre,
Victoria Road, OSBORNE

OFFICIALS, 2009

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Referees:.....Bob Cotton, Barry Watt,
Brian Hargreaves
Chief JudgeLeen Niewenhoven,8260 3181
Handicapper:Leen Niewenhoven, 8260 3181
Assist. Handicapper:Steve Johns
Time KeepersJenny Hamilton, Marian Spence
Angela Siles, Sheila Malbut,
Pam Cotton
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Proxy: Barry Watt
Auditor:Daryl Forest



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