

ENTRY DATES

Document Version: **1**

Closing date; 6PM: Wednesday 1 May 2019

i This date is when the Intention to Enter and an onsite Team Manager needs to be added to guarantee inclusion in the competition.

Publish draw date: Friday 3 May 2019

i This date is when London Youth Games publishes which Boroughs are entered into the competition.

Confirm squad date; 6PM: Wednesday 5 June 2019

i This date is when the squad details need to be entered on the entry management system.

COMPETITION DATES AND INFORMATION

QUALIFIERS

Finals only

FINALS

Sunday 16 June 2019
Lee Valley Velopark, E20 3AB
Registration: 08:30 to 09:00
Competition: 10:00 to 17:30

WHO IS IT FOR?

Any Licence, minimum grade or standard required?

BCF third party liability insurance required. Approx £1.50 each. Boroughs will be invoiced. BCF members are free.

SQUAD NOMINATIONS

i This is the squad you originally nominate.

Minimum: 1
Maximum: 32 (see TM notes for info)
Alternates permitted: 2

TEAM ON THE DAY

i This is the team you bring to the competition.

Minimum: 1
Maximum: 16 (AB male=3, AB female=3, CDE male=3, CDE female=3, RR male=2, RR female=2)

i Some competitions allow alternates. This is where you can bring a previously un-nominated competitor.

Event	Oldest DOB	Youngest DOB	Likely School Year
Road Race (Female)	01/01/03	31/12/06	Year 7 - 11
Road Race (Male)	01/01/03	31/12/06	Year 7 - 11
ITT Youth AB (Male)	01/01/03		Year 11 & U
ITT Youth AB (Female)	01/01/03		Year 11 & U
ITT Youth CDE (Male)	01/01/07		Year 7 & U
ITT Youth CDE (Female)	01/01/07		Year 7 & U

HOW DO I ENTER?

Competition Type: Secondary Open

How to enter: You will need to provide full details of your squad before the 'squad closed' date so each competitor can be checked and confirmed as eligible. Teams are submitted online. Contact your Borough Team Organiser for online access.



ABOUT THE COMPETITION

Competition Format	Individual Time Trial: Youth CDE: 2 laps; Youth AB: 4 laps. Road Race: Female 12 laps, Male 12 laps. Laps: each lap of the circuit is 1.6km. Time trial - clockwise laps. Road Race – anti-clockwise laps.
Draw Format	Individual Time Trial AB runs 10:00-12:30, then CDE from 13:00-15:30. Road Race (Male) runs after 15:45 and (Female) directly after.
Seeding	None
Final Positions	Overall score based on combined result of 6 events weighted equally. See Sport Specific rules for further information.
Medals	GOLD: winner, SILVER: 2nd place, BRONZE: 3rd place. Individual and Borough medals awarded.

WHAT KIT & EQUIPMENT DO I NEED?

Kit & Equipment:	<ul style="list-style-type: none">○ All competitors must wear protective headgear whilst on the course and use or hire their own bike. Road racing bikes should be used. The bike must have efficient brakes and be in a roadworthy condition.○ Deep-section rims are only allowed for A-category (Under 16) riders.○ Disk brakes WILL be permitted in all races.○ Clip-on bars, 'tri' bars and 'aero' bikes are allowed for the time trial.
Team Manager Notes:	<ul style="list-style-type: none">○ Volunteers will be needed on the day. If a Borough/club has capacity to provide volunteer marshals please inform LYG.○ Maximum squad composition is - 6x ITT AB Male; 6x ITT AB Female; 6x ITT CDE Male; 6x ITT CDE Female; 4x RR Male; 4x RR Female

SPORT SPECIFIC RULES

1. The competition will run in accordance with the rules of the British Cycling Federation (found here), with the following exceptions:
 2. Gear restrictions will apply for the road races (but will not be enforced for the time trials)
 - 2.1. Team managers should sign the British Cycling 'sign on' form on behalf of their team at the Registration desk. This will be provided by London Youth Games."
 - 2.2. Whilst queuing up for their start, riders will be asked to check their name against their race number and borough for the use of those running the results.
 - 2.3. Managers to ensure their riders get to the start area in number order, in good time and present themselves to the 'starter'.
 3. In the event of adverse weather conditions the circuit may be amended at the discretion of the Race Commisaire should conditions justify it. The Commisaire's decision is final.
 4. No warm up or racing session will be permitted to commence until the track is marshalled sufficiently. Any rider contravening this rule will be uninsured whilst doing so. No competitor is allowed to warm up without their number pinned on.
 5. All competitors must be covered with BCF third party liability insurance. The insurance will be taken out on your behalf at the cost of approximately £1.50 per participant and will be invoiced to the Borough.
 6. Riders can compete in both the individual time trial and road race.
LYG FURTHER INFORMATION
 7. Incorrect information provided during nominations can disqualify the team and cause their entire Borough team to receive penalty points. Please check competitor's details.
 8. INDIVIDUAL TIME TRIAL
 - 8.1 Each rider presenting him/herself to compete will be required to ride a multi-lap time trial, alone and unassisted. A rider must not impede the progress of other riders wishing to overtake.
 - 8.2 The rider may not slipstream or take shelter from the other riders who may be on the course.
 - 8.3 Any riders presenting themselves to the start line late may incur a time penalty. This time penalty will equal the amount of time by which that rider was late up to a maximum of 5 minutes.
 - 8.4 Youth CDE competitors may race in the Youth AB ITT, but each competitor can race only once in either ITT.
 9. SCORING
 - 9.1. Time Trial: in each of the 4 events the Boroughs best 2 times are combined. Each team is then ranked by their total best time and is allocated points (1st=33, 2nd=32, 3rd=31 etc).
 - 9.2 Where 1 cyclist completes the course their team will be placed behind teams with 2 cyclists.
 - 9.3. Road Race: the Female and Male events will each score points ie 1st=33, 2nd=32, 3rd=31 etc based on the top scoring competitor from each borough.
 - 9.4. Overall: team points from all 6 events are combined to produce overall borough points, and ranked.
- INCOMPLETE COMPETITION: In the event that the competition is cancelled or suspended, the following steps will be used to calculate a final result.
- a. Results from all completed events are combined and used to identify the overall winner.
 - b. Event types: Time Trial AB Male; Time Trial AB Female; Time Trial CDE Male; Time Trial CDE Female; Road Race Male; Road Race Female
 - c. Minimum requirements: To determine a completed time trial event at least 1 set of boroughs must take place. To determine a completed road race at least 1 lap must take place. To determine a result for the competition 1 event must be completed.
 - d. Tied teams: will not be separated once scores from events are combined, except if the top 3 teams have the same points then the highest number of first place event finishers will decide, then second place event finishers and so on.
 - e. Borough entry: If a borough has entered the competition but not an event that is used in the scoring calculation, they will be placed in last position.