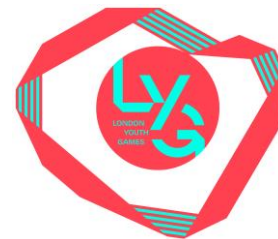


ROAD CYCLING



Open Games

Document Version: 3

Closing Date: Wednesday 13th April 2022

i This date is when the Team Manager needs to enter a team on the LYG app for inclusion in the competition.

Competition Information Date: Friday 15th April 2022

i This date is when London Youth Games will send Team Managers the Competition Day Information.

Confirm Squad Date: Wednesday 27th April 2022

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

COMPETITION DATES AND INFORMATION

Date: Sunday 15th May 2022
Venue: Lee Valley Velopark, E20 3AB

Registration: 08:30 – 09:00
Competition: 10:00 – 17:30 (see Competition Information section for specific event timings)

TEAM INFORMATION

Competition Type: Secondary Open

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 (membership number must be provided on entry form).

SQUAD NOMINATIONS

i. This is the squad you originally nominate

Minimum: 1

Maximum: 32 (see TM notes for info)

NO ALTERNATES WILL BE PERMITTED ON THE DAY

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)

ROAD CYCLING



AGE GROUPS

Event	Oldest DOB	Youngest DOB	Likely School Year
Road Race (Female)	01/01/2006	31/12/2009	Year 7 – 11
Road Race (Male)	01/01/2006	31/12/2009	Year 7 – 11
ITT Youth AB (Female)	01/01/2006		Year 11 & U
ITT Youth AB (Male)	01/01/2006		Year 11 & U
ITT Youth CDE (Female)	01/01/2010		Year 7 & U
ITT Youth CDE (Male)	01/01/2010		Year 7 & U

COMPETITION INFORMATION

Competition Format:	Individual Time Trial: <ul style="list-style-type: none">○ Youth CDE: 2 laps○ Youth AB: 4 laps Road Race: <ul style="list-style-type: none">○ 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:	<ul style="list-style-type: none">○ 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
Final Positions:	Overall score based on combined result of 6 events weighted equally. See Sport Specific rules for further information.
Medals:	GOLD: winner, SILVER: 2 nd place, BRONZE: 3 rd place. Individual and Borough medals awarded.

TEAM MANAGER INFORMATION

Kit & Equipment:	<ul style="list-style-type: none">• All competitors must wear protective head gear whilst on the course.• Riders must use their own bikes or those furnished through the team's own resources; LYG will not provide bikes.• Specialised time-trial bikes are not allowed.• Cameras must not be worn by riders nor can they be attached to any equipment.• Any bikes that do not comply with the British Cycling regulations will be subject to approval or rejection by the commissaire on the day.• The bike must have efficient brakes and be in a roadworthy condition.• <u>Please refer to the British Cycling regulation on equipment and gears</u>
------------------	---

ROAD CYCLING



Team Manager Notes: Boroughs are expected to provide a volunteer on the day to act as a Marshall. Please provide the details of your volunteer within your squad submission.

Maximum squad composition is:

- 6 x ITT AB Male; 6 x ITT AB Female
- 6 x ITT CDE Male; 6 x CDE Female
- 4 x RR Male; 4 x RR Female

SPORT SPECIFIC RULES

The competition will run in accordance with the rules of the British Cycling Federation (found [here](#)), with the following exceptions:

1. Gear restrictions will apply for the Road Race (but will not be enforced for the Time Trials)
2. Team Managers should sign the British Cycling 'sign on' form on behalf of their team at registration, this will be provided by the London Youth Games.
3. 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.
4. Team Managers must ensure their riders get to the start area in number order, in good time and present themselves to the 'starter'.
5. In the event of adverse weather or any other exigency, the circuit configuration and/or the number of laps may be altered. This decision will be taken by the race organisation, race director and race commissaire.
6. 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.
7. All competitors must be covered with BCF third part liability insurance. The insurance on your behalf at the cost of approximately £1.50 per participants and will be invoiced to the borough unless a BC membership number is provided on the entry form.
8. Riders can compete in both the Individual Time Trial and Road Race but please note that the road races are open only to A&B riders and not CDE.

INDIVIDUAL TIME TRIAL:

9. Each rider presenting themselves to compete will be required to ride a multi-lap trial, alone and unassisted. A rider must not impede the progress of other riders wishing to overtake.
10. The rider may not slipstream or take shelter from the other riders who may be on the course.
11. 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.
12. Youth CDE competitors may race in the Youth AB ITT, but each competitors can race only once in either ITT.

ROAD CYCLING



ROAD RACE:

13. In each race (boys and girls) riders will start together and ride a set number of laps. At the end of the final lap, the first over the line is the winner, next takes second place, etc.
14. Contrary to the time trial, riders may slipstream and give pace or shelter to other riders but must at all times ride safely and in control.
15. The winner's last lap is the last lap for all riders: lapped riders do not have to make up lost laps. Riders who are lapped or about to be lapped may be told to stop before the main race has finished, e.g., to ensure the head of the race has a clear passage. Such riders will still be placed in the result.
16. For the start, riders will be gridded. Gridding will be based on the borough standings after the time trial competition.
17. Should a limit need to be imposed on the number of riders in any particular race precedence will be according to borough standings after the time trial and will be applied firstly to the boroughs' first rider then to the boroughs' second rider until the limit is reached.
18. Gear checks will be undertaken just before gridding.

SCORING:

19. 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.)
 - Where one cyclist completes the course their team will be placed behind the teams with two cyclists.
20. Road Race:
 - The female and male events will each score points i.e. 1st=33, 2nd=32, 3rd=31 etc. based on the top scoring competitor for each borough.
21. 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.