

Mayo Club Cycling League Rules & Points System 2018

The Mayo Club Cycling League is intended to develop riders in the county towards competing in open races. The format of the league is as follows: Starting with an Individual Time Trial, there will be 8 Road Races with a mix of handicap and mass starts, a Hill Climb and a Team Time Trial. The 10 individual events count towards the individual league with the Team TT round counting towards the Team/club competition overall.

Host clubs are responsible for organising each league round and must circulate details of their event to the Mayo League PRO at least one week before the start of the event. Details to include; sign-on location and time, route, shower and changing facilities.

Eligibility

In the interests of safety, each club is responsible for their members and have to make a decision on the ability of their riders. Competent club officers are asked to screen their riders in advance so that each competitor has the bike skill and fitness level to be able to compete in their respective category at Mayo League level. **Cyclists affiliated to clubs outside of Mayo or un-attached cyclists cannot participate in the Mayo Cycling League.**

Regulations

The overall league will only be open to cyclists from Mayo affiliated cycling clubs.

Fair play is considered a must at all events.

The Rules of the Road must strictly be adhered to.

The commissaire or the experienced person appointed will officiate the race and may warn or disqualify a rider or riders if there are seen to race dangerously.

Categories & Licensing

1. Cyclists (male & female) must have one of the following categories of Cycling Ireland License: U16, Junior, Limited Competition, A4, A3, A2 or A1.
2. Leisure License holders cannot participate.
3. Limited Competition holders must pay €10 deposit for a race number from the Commissaire for the league. This will be returned once the race number is returned.
4. Cyclists must have their CI license & wear both their race numbers at each race.

Road Races

1. A handicap system will be in place at 4 road races. The aim of the H/cap is for cyclists to work together so their group hold off the scratch groups for as long as possible or catch the group in front depending on what group you are in. Handicaps will be at the discretion of the handicapper who will apply a seeding to all the riders participating where possible. **Points are awarded for the top 10 in each handicapped road race. Handicapping is at the discretion of the organisers. I.e. Groups may not be divided by license category alone.**

2. There will be 4 mass start races with points for the top 20 across the line. A bonus 10pts will be awarded to the winner of the following groups; A3/Jr, A4/club, Lady/U16, if they are not in the top 10 but are inside the top 20 finishers.

3. Double points will be awarded at one race in 2018. This will be reviewed on an annual basis.

Time Trial / Hill Climb Races

The Time Trial and Hill Climb will be handicapped by category as the riders compete in their respective Cycling Ireland license groupings, with 4 groups - A1/2, A3/Jr, A4/club, and Lady/U16. The top ten in each category score points as detailed below.

Joint scores on the leader board will result in the rider with the faster TT being higher placed. In the event of equal TT times, Hill Climb time will decide placing.

Points Scoring System for Road Races

Handicapped Races (top 10)		Mass Start Races (top 20)		
1 st	30 pts	1 st	50 pts	11 th 19pts
2 nd	23 pts	2 nd	40 pts	12 th 18pts
3 rd	20 pts	3 rd	35 pts	13 th 17pts
4 th	18 pts	4 th	30 pts	14 th 16pts
5 th	17 pts	5 th	28 pts	15 th 15 pts
6 th	16 pts	6 th	27 pts	16 th 14pts
7 th	15 pts	7 th	26 pts	17 th 13pts
8 th	14 pts	8 th	25 pts	18 th 12pts
9 th	13 pts	9 th	24 pts	19 th 11pts
10 th	12 pts	10 th	22 pts	20 th 10 pts

TT & HC Scoring System (for each group A1/A2, A3/Jr, A4/Club, Lady/U16)

25 pts	1st
23 pts	2nd
21 pts	3rd
19 pts	4th
18 pts	5th
17 pts	6th
16 pts	7th
15 pts	8th
14 pts	9th
13 pts	10th

Team Time Trial (scored as per TT above)

Clubs can enter as many teams as they wish however only two teams' points from one club will contribute towards points in the team classification. Teams can have up to 6 riders with the time of the 4th rider over the finish line to count as the overall team time.

Team Competition

The points awarded to riders finishing in the top ten in each round will be used for the calculation of the Team competition. Clubs also score points in the Team Time Trial, as above. The Club with the highest points total at the end of the league wins the Mayo League Club 'Team Prize' perpetual cup

Lady's League

The top 5 ladies score the following in each race: 5, 4, 3, 2 & 1 points respectively. ***The MCL committee in conjunction with the promoting club will hold a separate ladies only road race.*** The number of ladies present at each race will determine the points available e.g. 1 lady present equals one point available.

Prizes/ Photos

The first 3 across the line at each race must present themselves for a podium shot at each race presentation. The person leading the overall points is obliged to wear the Leader's yellow jersey at each race.

The Mayo Cycling Club Championships

The championship will be a separate one-off race held after the league and is open to all race categories - A1, A2, A3, A4, Club, Junior, M40, M50, M60 and Ladies. Entrants must have a valid CI license and be a member of a Mayo registered cycling club or un-attached. Entrants cannot have participated in another provincial championship in the same year. There will also be a team prize (Perpetual cup).

Rules of the League

1. Helmets are compulsory.
2. Rules of Cycling Ireland apply
3. Sign on for individual races will close 15 minutes before the start. Riders who fail to sign on will be refused race entry.
4. Every rider must wear their numbers (as they have indicated at sign-on), pinned to the lower back of their jersey at every race, and this must not be covered by a rain jacket or clothing. A bike number has been introduced by CI in 2018 and you are also encouraged to display this at all races.
5. Riders must wear their own club or team racing jersey or a plain jersey. Pro team jerseys are not permitted under Cycling Ireland rules.
6. No tri bars allowed in the Road Races.
7. No drafting in the Time Trials or Hill Climb.
8. Handicap committee decision is final, no debating on the start line.
9. Obey the Marshalls.
10. **€70 entry fee for the 11 rounds paid before competition starts or €15 entry fee per round.** It is recommended that if a person intends to race the league that they sign up online (See more details from club secretary or Mayo Cycling League FB page).
 - a. **TT, HC & TTT will be €15 per person for anyone that has not signed up for the full league.**
11. All race expenses must be paid for on the night as appropriate to the event; The MLCC will pay €100 towards the refreshments and will cover the cost of the ambulance with the aim that no club will be in deficit from hosting a ML round.
12. 2/3 of the entries after expenses go towards Prize Fund.
13. The league will be held on open roads and all competitors must obey the rules of the road. Riders found to be breaking these rules or riding in a dangerous manner will be subject to penalty, which may include disqualification from an individual race or from the entire series. Decisions made on this matter will be made by the organisers and are final. Riders must obey marshal's instructions.
14. Earphones, iPods, MP3 players etc. are strictly forbidden in all events. Riders found to be using these are subject to automatic disqualification.
15. Each host club is responsible for the organisation of their league round and must provide venue, safe and marked out route, map of route, sign-on personnel, lead cars, marshals, shower & changing facilities, refreshments and presentation venue.

Prizes Presented at Presentation Night

1. Overall Winner
2. Ladies Winner
3. Top 10 overall
4. Team Prize Perpetual Cup
5. Most Improved Rider
6. Most Aggressive Rider
7. Best Young Rider
8. Category prizes (1st unplaced outside of top10 - A3/Jr, A4/Club, Lady/U16)
9. Fastest TT, Fastest HC
10. M40, M50 and M60.

The committee decision on improved, aggressive & young categories is final.
Prize presentation may take place at the Mayo Cycling Championships or as directed by Mayo Cycling League committee.