



2023 Rocky Mountain Road Cup Policy

Bicycle Colorado values diversity, equity, and inclusion. As leaders in the cycling and racing community, we are committed to educating ourselves on diversity and making cycling and racing a safe and welcoming experience for everyone. “We all ride together.”

1 GOALS

- o Recognize the best Bicycle Colorado members in both Individual and Team competitions in designated race groups
- o Encourage teamwork and competitiveness
- o Effectively manage length of the race day on closed courses
- o Encourage quality event promotion
- o Effectively manage the race calendar by attempting to evenly distribute Cup events to avoid date conflicts.
- o Effectively balance the needs of the race directors with the needs of the riders
- o Effectively balance the events for the race groups to give all riders a fair number of racing opportunities
- o Bicycle Colorado is committed to promoting equity [parity] in women’s cycling. As a part of this commitment, we understand the importance of equity in race prizes. Equal payouts send a message to all cyclists that Men’s and Women’s races are equally important, and the racers deserve equal respect for their efforts. While Bicycle Colorado does not require specific prize amounts, we encourage Clubs and Event Directors/Promoters to strive for equitable payout distribution across Men’s and Women’s races. While we understand that field sizes can vary significantly and may impact total prize amounts, ultimately, pay equity remains important to the growth of our sport, even if some races may pay out more than collected for those entrants.

2 COMPETITOR ELIGIBILITY & RESPONSIBILITIES

2.1 INDIVIDUALS

- o Bicycle Colorado ANNUAL members who are licensed by USA CYCLING and are categorized as a 1, 2, 3, 4, or 5 (if competing in a non-exclusive Cat 5 event) may earn points in the Rocky Mountain Road Cup rider competition.
- o Riders are responsible to ensure that their correct category and club affiliation is on both their USAC and Bicycle Colorado profiles prior to registering for a particular race.
- o Riders are encouraged to verify official results onsite and protest on race day. The official protest period will end 30 days after the completion of the event. Any discrepancies should be reported to raceevents@bicyclecolorado.org. All results are final after any issues reported within the 30-day period have been resolved.
- o Riders are encouraged to monitor the point standings on the Bicycle Colorado website, and submit questions to raceevents@bicyclecolorado.org within three days from the date that an event's results are posted on the Bicycle Colorado website.
- o Points earned before annual membership is obtained will not be counted in the rider's points.
- o Pro license holders are welcome to race CUP events but are not eligible for points.

2.2 TEAMS

- o Bicycle Colorado annual members who are licensed by USA CYCLING and are categorized as a 1, 2, 3, 4, or 5 (if competing in a non-exclusive Cat 5 event) may earn points in the Rocky Mountain Road Cup team competition provided his/her team/club is an annual Bicycle Colorado member club and USAC club in good standing.
- o Riders are responsible to ensure that their correct category and club affiliation is on both their USAC and Bicycle Colorado profiles prior to registering for a particular race.
- o Riders are encouraged to verify official results onsite and protest on race day. The official protest period will end 30 days after the completion of the event. Any discrepancies should be reported to raceevents@bicyclecolorado.org. All results are final after any issues reported within the 30-day period have been resolved.
- o Riders should monitor the point standings on Bicycle Colorado website, and submit questions to raceevents@bicyclecolorado.org, within three days from the date that an event's results are posted on the Bicycle Colorado website.
- o Points earned before club annual membership is obtained will not be counted in the team's points. Once team points are listed for an event, no changes in club affiliation will be allowed for that event.
- o Only Bicycle Colorado member clubs in good standing may apply for Cup designation for their event and in doing so agree to abide by:
 - Bicycle Colorado 2023 General Policy and Road Cup Policy
 - Bicycle Colorado 2023 Schedule of Fees - Collect and pay all fees as outlined
- o The Bicycle Colorado club contact person should immediately inform the Event Support Coordinator at raceevents@bicyclecolorado.org of any changes to their roster to ensure their members profiles up-to-date for CUP competitions.

3 EVENT SELECTION

- o Single Day events, Stage Races, and Omniums will be selected for CUP.
- o For Stage Races, each individual day scores points, as well as the overall General Classification.
- o For Omniums, each individual day scores points, as well as the overall omnium classification
 - o Omniums that are Cup events must have a tie breaking procedure that allows riders who scored no points to be placed in the overall, at least up to 25 places if there are 25 finishers

- o The distribution of points for the individual events in the omnium is subject to approval by Bicycle Colorado. The points should not be skewed heavily in favor of one event over the others in the omnium.
- o Mid-Week races will not be part of the ROAD CUP point competition.
- o Individual Time Trials will count for ROAD CUP **Individual** and **Team** designation.
- o Team Time Trials will be considered only for ROAD CUP **Team** designation.
- o First year events and/or clubs who canceled an event in the previous year for reasons other than weather, will be considered probationary and therefore must demonstrate to Bicycle Colorado beyond a reasonable doubt that they should be awarded CUP status.
- o Promoting clubs and event directors/promoters must be current members, in good standing, of both USA Cycling and the Bicycle Colorado.
- o Clubs must have properly applied for the status of ROAD CUP and paid the calendar race date fee.
- o Bicycle Colorado shall select the ROAD CUP events.

4 EVENT REQUIREMENTS

4.1 ALL CUP EVENTS

- o Events are encouraged to have a professional appearance and atmosphere. Suggested items include, but are not limited to:
 - Announcers and Music
 - Finish Line Apparatus
 - Vendor/Expo Area
 - Activities for children
- o In the event of a weather cancellation, the event director shall call the Chief Referee and Bicycle Colorado Event Support Manager to inform them of the situation as soon as possible.
- o For the ROAD CUP Rider competition, points will apply for a rider's top 18 points earning events, based on his or her top performances in the six disciplines per section 16.7.12.
- o For the ROAD CUP Team competition, points will apply for a team's top 18 events in a given season based on its top performances in the six disciplines per section 16.7.12.
 - o Individual Time Trials and Team Time Trials will both count for part of the TT race maximum.
 - o For Team Time Trials, a team may enter and receive points for more than one team
- o Bicycle Colorado strongly suggests running Men 1-2 and Women 1-2 consecutively or scheduled so the finish time of day is in close proximity to best showcase our sport.

4.2 REGISTRATION

- o Pre-registration is recommended for all CUP events.
- o A distinct pre-registration line is required of races offering pre-registration.
- o Pre-registration must be available until 36 hours before the event starts. Stage races, omniums, and time trials can close registration earlier with Bicycle Colorado approval.
- o Pre-registration files must include the following validated data and be sent to the timing company or race director 18 hours in advance of the first race if requested.
 - First and Last Name
 - Category
 - **Validated** USAC License Number
 - Gender
 - Racer's state of residence
 - Club/Team
 - Email Address

- o BC's RaceDay Registration Program is recommended to be used for onsite registration.

4.3 FLYERS

- o The Chief Referee and/or Event Support Coordinator must approve race Flyers before finalizing USAC permit.
- o All flyers must have the following logos:
 - Bicycle Colorado
 - USAC
 - Road CUP
- o Race flyers must be posted 30 days in advance of pre-registration deadline in order to charge late entry fees and to remain part of the ROAD CUP competition.

4.4 START LISTS

- o Start, and call-up lists if applicable, must be generated by the race director and distributed to officials and announcers.
- o Start lists must include: Bib #, First and Last name, Team name, State, Category, Age, Gender, and USAC #.

4.5 RESULTS

- o Results are based on SPECIFIC CUP RACE GROUP entered by an athlete prior to the event. No race group changes may occur after the start of a race. Electronically generated results must be provided to Bicycle Colorado. These data files must:
 - o include USAC#, Place, Race group, First Name, Last Name, Time, Bib #, State, Club/Team, Email
 - o provide the calculation of finish times, and provide the ability to sort results by time and race group. They need to be sent to the Events Support Coordinator within 4 hours of the conclusion of the event. Results should be submitted in Excel Spreadsheet format to raceevents@bicyclecolorado.org.

5 RACE GROUPS

5.1 ROAD CUP RACE GROUPS

The following groups are the official groups that will compete for the Individual Road Cup and Team Road Cup:

RACE GROUPS INCLUDED IN INDIVIDUAL & TEAM CUP COMPETITION							
Junior Men	Men 9-10	Men 11-12	Men 13-14	Men 15-16	Men 17-18		
Junior Women	Women 9-10	Women 11-12	Women 13-14	Women 15-16	Women 17-18		
Senior Men	Men 1-2*	Men 3*	Men 4*				
Senior Women	Women 1-2*	Women 3	Women 4*				
Master Men	Men 40+ 1-2-3	Men 40+ 3*	Men 40+ 4*	Men 50+ 1-2-3	Men 50+ 4*	Men 60+	Men 70+
Master Women	Women 40+	Women 50+	Women 60+				

* **At the discretion of the race director**, these classes may also include the next lowest category. For example, the Men 3 could be designated Men 3-4.

- PROs are welcome to race in Cup events. PRO license holders are not Rocky Mountain Road Cup eligible and are **not** eligible for State Championships.
- Any variations to these race groups must be approved by Bicycle Colorado prior to the event. Event directors/promoters may run other non-cup categories.
- Riders may always choose to ride up in a higher category for individual time trials.

5.2 NON-CUP RACE GROUPS

There are two obligatory Non-Cup groups:

- Beginner Men 5 (Novice)
- Beginner Women 5 (Novice)

An Event Director/Promoter must give these categories an opportunity to compete, as either a separate race or combined with the Men 4 and Women 4, respectively. A separate Beginner 5 event should not be longer than the corresponding race for the 4's of the same gender. If the Beginner 5's are combined with the 4's, the field limit is 75.

Bicycle Colorado encourages Event Director/Promoters to find time in the schedule to offer these as separate categories to better encourage growth of participation.


Category 5 is an entry level category. Riders are strongly encouraged to upgrade quickly within USAC upgrade policy. There are no cup points for races exclusively for category 5, although Bicycle Colorado encourages holding Beginner Men 5 and Beginner Women 5 events to help bring new riders into the sport.

5.3 RACE GROUPS AT STATE CHAMPIONSHIPS

Races that host specific groups for their State Championships, such as Junior Hill Climb or Masters criterium, may host other race groups in addition to the championship classes. Race groups run for State Championships have separate starts and are not combined with other race groups. The events will be CUP for these other classes as long as they are correct CUP race groups.

6 ROAD CUP RACE DAY REQUIREMENTS

Races held in Colorado are expected to meet the following standards:

		ROAD RACE	CRITERIUM	HILL CLIMB	TIME TRIAL
	Technology	High Speed Camera*	High Speed Camera*	High Speed Camera*	Electronic Timing*
	Prize List	Cash MEN 1-2: 3 deep: Cash WOMEN 1-2: 3 deep			
	Spectacle	Quality announcers and sound, formal podium. Neutral support encouraged. Pre-J Events are strongly encouraged.			
	Course Safety	Solid fencing last 50 meters	Solid fencing last 50 meters	Solid or soft fencing last 50 meters	
	Medical	Dedicated EMT, Paramedic, or medical professional with triage experience			
	Officials Enclosure & Staffing	Enclosed, weatherproof, wind-proof, elevated, safe and shaded space for race officials. This space must be positioned such that officials can clearly see oncoming racers. The Chief Referee has the final decision regarding the most suitable judging location for the officials. Staffed at USA Cycling guidelines at a minimum. Radios are required for communication between Race Director, Chief Referee, Chief Judge, Registration, Medical; additional radio distribution is suggested (note, radios are provided by Bicycle Colorado free of charge for Bicycle Colorado events)			
	Race Numbers	Meet minimum standards per USAC Rule 1J7			
NON CUP	Technology	Finish Line Camera**	Finish Line Camera**	Finish Line Camera**	Results Calculations & Sorting Program***
	Prize List	Race Director Discretion			
	Course Safety	Hard or soft fencing final 50 meters			
	Medical	Dedicated EMT, Paramedic, or medical professional with triage experience			
	Officials Enclosure & Staffing	Officials Work Area. Elevated and covered platform with table, chairs, laps counter, and bell. Per USA Cycling specifications at a minimum.			
	Race Numbers	Meet minimum standards per USAC rule 1J7			

* A 'High Speed Camera' is defined as a camera with the capability to produce images at a minimum speed of 1,500 line scans per second.

** Not necessarily a high-speed camera, but good video system with playback capability while still filming

*** Program that can subtract times and then sort them

7 TEAM TIME TRIALS

- o All riders on a TTT Team must have the same club on their annual USAC license to count for ROAD CUP Team Points.
- o Composite Teams and/or teams with 1-Day licensees are ineligible for ROAD CUP Team points.
- o Points shall be awarded to the top ten teams.
- o Riders may ride up categories for TTT's. The Race Group is taken in highest category rider.
- o The Race Group must be designated at registration. Example below:

Men 1-2 TTT could comprise one cat 2, one cat 3, one cat.4 man. They will be placed in the Men 1-2 race group.

Men 40+ 1-2-3 TTT could comprise one 40+ Cat-2, one 50+ Cat 3, one 60+ Cat 4. This team will be placed in the Men 40+ 1-2-3 race group.

Men 17-18 could comprise one Men 17, one Men 15, and one Men 12 rider. This team will be placed in the Men 17-18 race group.

	Number of Riders	Time Taken On
Men	3-4	3 rd rider
Women	2-4	2 nd rider
Men/Women 9-18	2-4	2 nd rider

8 ROAD RACES

8.1 ROAD RACE/ DISTANCES

- o Courses over five kilometers - if a circuit course is used for an individual road race, the distance per lap should be at least 5 kilometers.
- o Minimum race lengths for CUP road races are shown in the table below.
- o Exceptions to the minimum distances may be made at Bicycle Colorado's discretion
- o Groups separated by a " / " indicate the groups start together or are staggered but have separate results and prizes.
- o Road Races that do not meet the minimum distances may be scored as criteriums at Bicycle Colorado's discretion.

RACE GROUP	LENGTH (MINIMUM IN MILES)
MEN 1-2	75
MEN 3	50
MEN 4	35
MEN 40+ 1-2-3	50
MEN 40+ 3	50
MEN 40+ 4	35
MEN 50+ 1-2-3	50
MEN 50+ 4	35
MEN 60+	35
MEN 70+	35

RACE GROUP	LENGTH (MINIMUM IN MILES)
WOMEN 1-2	50
WOMEN 3	40
WOMEN 4	25
WOMEN 40+	40
WOMEN 50+	25
WOMEN 60+	25

RACE GROUP	LENGTH (MINIMUM IN MILES)
MEN 17-18	25
WOMEN 17-18	25
MEN 15-16	25
WOMEN 15-16	25
MEN 13-14	10
WOMEN 13-14	10
MEN 11-12	10
WOMEN 11-12	10
MEN 9-10	10
WOMEN 9-10	10

8.2 CUP ROAD RACES/ REQUIRED GROUPS AND RECOMMENDED COMBINATIONS

In an ideal world, all race groups would have their own starts. Given that is not practical in most races, the table below indicates the suggested combinations of groups on the road. These are designed to give everyone the best racer

experience possible within the confines of race practicality. Any variations in this must be approved by Bicycle Colorado prior to the event. Groups separated by a “/” indicate that they have a common or staggered start but will be scored separately for points and prizes. The Event Director/Promoter can choose to offer these groups separately at his or her discretion, and/or add non-cup groups, such as separate Beginner Men 5 or Beginner Women 5.

26 Race Groups	Preferred Combinations
MEN 1-2	MEN 1-2/MEN 3/MEN 40+ 1-2-3
MEN 3	
MEN 40+1-2-3	
MEN 4	MEN 4 / MEN 17-18/MEN 15-16
MEN 17-18	
MEN 15-16	
WOMEN 1-2	WOMEN 1-2 / WOMEN 3 / WOMEN 40+
WOMEN 3	
WOMEN 40+	
WOMEN 4	WOMEN 4 / WOMEN 17-18 /WOMEN 15-16/ WOMEN 50+ / WOMEN 60+
WOMEN 50+	
WOMEN 60+	
WOMEN 17-18	
WOMEN 15-16	
MEN 40+3	MEN 40+3 / MEN 50+1-2-3
MEN 50+1-2-3	
MEN 40+4	MEN 40+4 / MEN 50+ 4
MEN 50+4	
MEN 60+	MEN 60+ / MEN 70+
MEN 70+	
MEN 9-10	MEN 9-10 / WOMEN 9-10 / MEN 11-12 / WOMEN 11-12/ MEN 13-14/ WOMEN 13-14
WOMEN 9-10	
MEN 11-12	
WOMEN 11-12	
MEN 13-14	
WOMEN 13-14	

9 CRITERIUMS

- o Closed Courses between eight hundred meters and five kilometers in length.
- o Mentoring races are important in the growth of our sport and the skill development of our members; upon written request, Bicycle Colorado is willing to allow variations (both race duration and groupings) in the following schedules to promote development initiatives.
- o Bicycle Colorado strongly suggests running MEN 1-2 and WOMEN 1-2 consecutively or scheduled so that the finish time of day is in close proximity to best showcase our sport.

9.1 CRITERIUM DISTANCES

The table below shows the minimum criterium distance* for the various race groups:

RACE GROUP	LENGTH (MINUTES)
MEN 1-2	60
MEN 3	50
MEN 4	40
MEN 40+ 1-2-3	50
MEN 40+ 3	45
MEN 40+ 4	40
MEN 50+ 1-2-3	45
MEN 50+ 4	40
MEN 60+	40
MEN 70+	40

RACE GROUP	LENGTH (MINUTES)
WOMEN 1-2	45
WOMEN 3	45
WOMEN 4	40
WOMEN 40+	45
WOMEN 50+	40
WOMEN 60+	40

RACE GROUP	LENGTH (MINUTES)
MEN 17-18	40
WOMEN 17-18	40
MEN 15-16	30
WOMEN 15-16	30
MEN 13-14	20
WOMEN 13-14	20
MEN 11-12	20
WOMEN 11-12	20
MEN 9-10	20
WOMEN 9-10	20

* These distances may be modified at Bicycle Colorado's discretion for a particular event

9.2 REQUIRED GROUPS AND RECOMMENDED COMBINATIONS FOR CRITERIUMS

In a perfect world, all race groups would have their own start. This being impractical, the following table gives suggested combinations, distances, field limits, and required gaps between races. An Event director/promoter is always welcome to separate out groups, such having a separate MEN 5 or WOMEN 5, or MEN 50+ 5 event. Groups separated by a / indicate that they start together (or possibly staggered), have separate prizes, and separate results produced. Note that any event that allows cat 5 riders has a field limit of 75 per USA Cycling rules:

<u>Race Group or Combination</u>	<u>Minimum Race Time</u>	<u>Time Gap After Race</u>	<u>Field Limit</u>
MEN 1-2	60 min	10 min	*
MEN 3	50 min	10 min	*
MEN 4 / MEN 17-18 / MEN 15-16	40 min	10 min	75
WOMEN 1-2 / WOMEN 3 / WOMEN 40+	45 min	10 min	75
WOMEN 4 / WOMEN 50+ / WOMEN 60+ / WOMEN 17-18 / WOMEN 15-16	40 min	15 min	75
MEN 9-10 / WOMEN 9-10 / MEN 11-12 / WOMEN 11-12 / MEN 13-14 / WOMEN 13-14	20 min	15 min	75
MEN 40+ 1-2-3	50 min	10 min	*
MEN 50+ 1-2-3 / MEN 60+ / MEN 70+	45 min	10 min	75
MEN 40 + 3	45 min	10 min	*

MEN 40+ 4 / 50+ 4	40 min	10 min	*
Lunch Break	15 min	15 min	

* If no field limit is requested by the race director and approved by the Chief Referee and Bicycle Colorado, the default field limit is 100.

10 SCORING AND REGULATIONS

Cup series team and Individual point totals will be calculated using the highest point values from:

- o Top 3 - Road Races
- o Top 3 - Criteriums
- o Top 3 - Time Trials
- o Top 3 - Hill Climbs
- o Top 3 - Stage Race General Classifications
- o Top 3 - Omnium General Classifications

10.1 INDIVIDUAL CUP SCORING

Place	Points
1	35
2	30
3	27
4	24
5	22
6	20
7	19
8	18
9	17
10	16
11	15
12	14
13	13
14	12
15	11
16	10
17	9
18	8
19	7
20	6
21	5
22	4
23	3
24	2
25	1

- Stage Race G.C. will earn 1.25 the number of points shown in the table above.
- All State Championships will earn 50% more points compared to other events.

10.2 TEAM CUP SCORING

Team CUP will be scored as follows:

- In order to score team cup points in a particular race group for a particular race, the team must have at least two finishers.
- In each race, the finish places of the team's top two riders are added together.
- The team with the lowest total of sum of placings will be the team winner for the day.
- The team with the second lowest sum of placings will be second place, etc.
- In the case of a tie on sum of placings, the tie will be broken in favor of the team who had the highest placing rider
- Once the ranking by teams for the day is established, the teams will receive the number of points for the Team CUP competition per the table below:

Team Placing	Points
1	20
2	17
3	14
4	12
5	11
6	10
7	9
8	8
9	7
10	6
11	5
12	4
13	3
14	2
15	1

10.3 TIE BREAKERS

Ties in the final individual and Team CUP classifications will be broken by the greatest number of points in the respective race group at the Bicycle Colorado designated state championship events in the following order;

- o Road Race
- o Time Trial
- o Hill Climb
- o Criterium