



# 2024 Policy

February 5, 2024

More than just a series of bicycle races, the Rocky Mountain Cup is a tool that organizes the racing calendar, defines standards for road racing events, provides a logical and cohesive points-based competition, and sets expectations for athletes, clubs, event directors, officials and other stakeholders. Bicycle Colorado owns and operates the Rocky Mountain Road Cup each year to provide structure to the competitive road cycling season in Colorado's Front Range.

## Summary of Key Changes for 2024

- Added Men 5, Women 5 and Women 70+ as Cup Categories
- Allows midweek events to be included in the Cup.
- Teams will earn points by the placings of their top ten individual riders.

## 1 GOALS

---

- o Recognize the best individual racers in designated race groups.
- o Recognize the best Bicycle Colorado club members in the Team Competition for designated race groups.
- o Encourage teamwork and competitiveness.
- o Effectively manage the length of the race day.
- o Encourage quality, safe and sustainable events.
- o Effectively manage the race calendar by attempting to evenly distribute events and 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

## 2 COMPETITOR ELIGIBILITY & RESPONSIBILITIES

---

## 2.1 INDIVIDUAL RESPONSIBILITIES

- o Bicycle Colorado ANNUAL members who are licensed by USA CYCLING and are categorized as a 1, 2, 3, 4, or 5 may earn points in the Rocky Mountain Road Cup Individual Competition. All USA Cycling annual members who live in Colorado are automatically given a Bicycle Colorado annual racing membership at no charge (\$40 value).
- o Riders are responsible to ensure that their correct category and club affiliation is on both their USAC and BikeReg profiles prior to registering for a particular race, or the integrity of results and Cup standings may be compromised.
- o Riders are encouraged to verify official results onsite and protest on race day. In most cases, results are considered final after the official protest period has concluded. Results are generally posted to the USAC website within 24 hours of the event's conclusion. As per USAC rules, the official protest period will end 30 days after the completion of the event. Athletes may contact BC at [raceevents@bicyclecolorado.org](mailto:raceevents@bicyclecolorado.org) to protest results that have been published. 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 [racetech@bicyclecolorado.org](mailto:racetech@bicyclecolorado.org).
- o Points earned before annual USAC membership is obtained will not be counted in the rider's points.
- o Pro license holders are welcome to compete in CUP events but are not eligible for points.

## 2.2 TEAM RESPONSIBILITIES

- o Bicycle Colorado ANNUAL members who are licensed by USA CYCLING and are categorized as a 1, 2, 3, 4, or 5 may earn points for their team in the Rocky Mountain Road Cup Team Competition.
- o Only clubs (ie Teams) that are annual Bicycle Colorado member clubs in good standing will be counted in the Cup competition.
- o Points earned before club annual membership is obtained will not be counted in the team's points. Once team points are listed in the results for an event, no changes in club affiliation will be allowed for that event's results.
- o Team Representatives are responsible to ensure that their riders have their correct category and club affiliation are accurate on their USAC and BikeReg profile prior to registering for a particular race or the integrity of results and Cup standings may be compromised.
- o Teams must encourage their riders to use the correct team name in registration. Failure to do so may result in errors in Team Cup calculations.
- o Teams are encouraged to monitor the Team Cup point standings on the Bicycle Colorado website, and submit questions to [racetech@bicyclecolorado.org](mailto:racetech@bicyclecolorado.org).
- o Changes to club rosters must be submitted in writing to [racetech@bicyclecolorado.org](mailto:racetech@bicyclecolorado.org).

## 3 EVENT SELECTION

---

- 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 2024 General Policy and Road Cup Policy
  - Bicycle Colorado 2024 Schedule of Fees - Collect and pay all fees as outlined.
- 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

- o Single Day events, Stage Races and overall results from midweek series may be considered for inclusion in the Road Cup.
- o Omnium overall standings will not be included in the Cup competition.
- o For Stage Races, each individual day scores points, as well as the overall General Classification.
- o Individual Time Trials will count for ROAD CUP Individual and **Team** designation.
- o Team Time Trials will only be considered 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 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 Bicycle Colorado 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 at races offering pre-registration.
- o Pre-registration must be available until 36 hours before the event starts. Stage races and time trials can close registration earlier ~~with Bicycle Colorado approval.~~
- o Pre-registration files must include the following validated data and be available for Bicycle Colorado review 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 as stated on USAC membership
  - Club/Team
- o BC's RaceDay Registration Program is recommended to be used for onsite registration and validation.

### 4.3 FLYERS

- o The Chief Referee and/or Event Support Coordinator must approve race Flyers before posting the event to USAC, BC and Bike Reg.

- o All flyers must have the following logos:
  - Bicycle Colorado Event Support
  - USAC
  - Road CUP
- o Race flyers must be posted 30 days in advance of pre-registration deadline in order to charge late entry fees.

## 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, validated USAC #, One-Day (if sold through BikeReg) and 1-D (if sold at race site).

## 4.5 RESULTS

- o Results are based on the 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 include:
  - o Validated USAC#, proper One-day abbreviation, Place, Race group using proper abbreviations (SM, SW, MW, MM, JM, JW), First Name, Last Name, Time, Bib #, State (as listed on USAC membership), Club/Team.
  - o Provide the calculation of finish times, and provide the ability to sort results by time and race group.
  - o Files need to be sent to the Events Support Operations Coordinator and Events Support Digital Coordinator within 4 hours of the conclusion of the event. Results should be submitted in Excel Spreadsheet format to [racetech@bicyclecolorado.org](mailto:racetech@bicyclecolorado.org) and [raceevents@bicyclecolorado.org](mailto:raceevents@bicyclecolorado.org).

# 5 RACE GROUPS

---

## 5.1 ROAD CUP RACE GROUPS

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

RACE GROUPS INCLUDED IN CUP COMPETITION							
<b>Junior Men</b>	Men 9-10	Men 11-12	Men 13-14	Men 15-16	Men 17-18		
<b>Junior Women</b>	Women 9-10	Women 11-12	Women 13-14	Women 15-16	Women 17-18		
<b>Senior Men</b>	Men 1-2*	Men 3*	Men 4*	Men 5			
<b>Senior Women</b>	Women 1-2*	Women 3	Women 4*	Women 5			

<b>Master Men</b>	Men 40+ 1-2-3	Men 40+ 3*	Men 40+ 4*	Men 50+ 1-2-3	Men 50+ 4*	Men 60+	Men 70+
<b>Master Women</b>	Women 40+	Women 50+	Women 60+	Women 70+			

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


- o Pros are welcome to race in Cup events but are **not** eligible for State Championships.
- o 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.
- o Riders may always choose to ride up in a higher category for individual time trials.

## 5.2 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 may have combined starts with other race groups, but BC encourages combined waves that do not mix seniors with masters. 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
	<b>Technology</b>	High Speed Camera*	High Speed Camera*	High Speed Camera*	Electronic Timing*
	<b>Prize List</b>	Suggested: Cash MEN 1-2: 3 deep: Cash WOMEN 1-2: 3 deep. Equal Amounts for Men and Women			
	<b>Spectacle</b>	Quality announcers and sound, formal podium. Neutral support encouraged. Pre-J Events are strongly encouraged.			
	<b>Course Safety</b>	Solid fencing last 50 meters	Solid fencing last 50 meters	Solid or soft fencing last 50 meters	
	<b>Medical</b>	Dedicated EMT, Paramedic, or medical professional with triage experience			
	<b>Officials Enclosure &amp; Staffing</b>	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)			
	<b>Race Numbers</b>	Meet minimum standards per USAC Rule 1J7			
<b>NON CUP or Mid week</b>	<b>Technology</b>	Finish Line Camera**	Finish Line Camera**	Finish Line Camera**	Results Calculations & Sorting Program***
	<b>Prize List</b>	Race Director Discretion			
	<b>Course Safety</b>	Hard or soft fencing final 50 meters			
	<b>Medical</b>	Dedicated EMT, Paramedic, or medical professional with triage experience			

	<b>Officials Enclosure &amp; Staffing</b>	Officials Work Area. Elevated and covered platform with table, chairs, laps counter, and bell. Per USA Cycling specifications at a minimum.
	<b>Race Numbers</b>	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 INDIVIDUAL TIME TRIALS

The table below summarizes the groups that must be offered for CUP time trials. Any variations in this must be approved by Colorado Cycling prior to the event. Race directors may also run other non-cup categories.

Riders may always choose to ride up in a higher category for individual time trials.

Time Trial Race Groups			
Men 1-2	Men 40+ 1-2-3	Women 40+	Men 9-10
Men 3	Men 40+ 3	Women 50+	Men 11-12
Men 4	Men 40+ 4	Women 60+	Men 13-14
Men 5	Men 50+ 1-2-3	Women 70+	Men 15-16
Women 1-2	Men 50+ 4		Men 17-18
Women 3	Men 60+		Women 9-10
Women 4	Men 70+		Women 11-12
Women 5			Women 13-14
			Women 15-16
			Women 17-18

## 8 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 on the 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
<b>Men</b>	3-4	3 <sup>rd</sup> rider
<b>Women</b>	2-4	2 <sup>nd</sup> rider
<b>Men/Women 9-18</b>	2-4	2 <sup>nd</sup> rider

## 9 ROAD RACES

## 9.1 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 Recommended 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.

RACE GROUP	LENGTH (MIN. IN MILES)
MEN 1-2	75
MEN 3	50
MEN 4	35
MEN 5	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 (MIN. IN MILES)
WOMEN 1-2	50
WOMEN 3	40
WOMEN 4	25
WOMEN 5	
WOMEN 40+	40
WOMEN 50+	25
WOMEN 60+	25
WOMEN 70+	25

RACE GROUP	LENGTH (MIN. 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

## 9.2 REQUIRED GROUPS AND RECOMMENDED COMBINATIONS FOR ROAD RACES

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 race 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

29 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 5 / MEN 17-18/ MEN 15-16
MEN 5	
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 5 / WOMEN 17-18 / WOMEN 15-16 / WOMEN 50+ / WOMEN 60+ / WOMEN 70+
WOMEN 5	
WOMEN 50+	
WOMEN 60+	
WOMEN 70+	
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	

## 10 CRITERIUMS

- o Closed Courses between eight hundred meters and five kilometers in length.

### 10.1 CRITERIUM DISTANCES

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

RACE GROUP	LENGTH (MINUTES)
MEN 1-2	60
MEN 3	50
MEN 4	40
MEN 5	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 5	40
WOMEN 40+	45
WOMEN 50+	40
WOMEN 60+	40
WOMEN 70+	40

RACE GROUP	LENGTH (MINUTES)
MEN 17-18	40
WOMEN 17-18	40
MEN 15-16	40
WOMEN 15-16	40
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



## 10.2 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. 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:

<b><u>Race Group or Combination</u></b>	<b><u>Minimum Race Time</u></b>	<b><u>Time Gap After Race</u></b>	<b><u>Field Limit</u></b>
MEN 1-2	60 min	10 min	*
MEN 3	50 min	10 min	*
MEN 4 / MEN 5/ 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 5 / WOMEN 50+ / WOMEN 60+ / WOMEN 70+ / 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.

## 11 SCORING AND REGULATIONS

Cup individual and team point totals will be calculated using point values from:

- o Top 4 - Road Races
- o Top 4 - Criteriums
- o Top 4 - Time Trials
- o Top 4 - Hill Climbs
- o Top 4 - Stage Race General Classifications
- o The overall, final results of a Midweek Series may be included in Cup competitions. The overall results will be awarded points according to the same points schedule as other events.
- o The results from State Championship events (road, criterium, time trial and hill climb) will be

awarded a greater point value. All state championship results will be multiplied by 1.5 in the calculations for Individual and Team Cup standings.

- o Stage Race G.C. Final Results will earn 1.25 the number of points shown in the table below.

## 11.1 INDIVIDUAL CUP SCORING

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

## 11.2 TEAM CUP SCORING

Team CUP will be scored as follows:

- Teams will earn points by the placings of their individual riders. Teams will receive the number of points for the Team CUP competition as earned by riders who finish in the appropriate category. Points will be awarded as per the table below:

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

## 11.3 TIE BREAKERS

In the case of a tie, the tie will be broken in favor of the team who had the highest placing rider in the State Road Race. If a given category did not have the opportunity to race in a state championship road race in the year in question, then the tie will be broken in favor of the team who had the highest

placing rider in the State Criterium. If a given category did not have the opportunity to race in a state championship road race or criterium in the year in question, then the tie will be broken in favor of the team who had the highest placing rider in the State Time Trial.