
ACCC 2014 Rules and Regulations

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Overview

This document sets out the rules and regulations for the Atlantic Collegiate Cycling Conference and means to be an easy to use resource for questions on conference racing.

USAC and ACCC Rules overlap

All of the rules below are either listed in the USA Cycling Rulebook or are created to create a more ACCC specific rule in addition to USA Cycling's rule. No ACCC rules are superseding or voiding any USA Cycling Rules.

General Notes

This packet is designed to be a general source of knowledge for racing in the ACCC and should be distributed to your team officers before race season and before race promotion and planning begins. If any rules or regulations seem unclear please contact the Conference Director for clarification and or revision

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Other Resources

If you are a race promoter please pay attention to the Race Promoter Packet found here or on the ACCC website (www.Accycling.org) under resources.

Adherence to these rules and regulations are by no means the only necessary steps required for race promotion in the ACCC.

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- **General Rules and Regulations:**

[USA Cycling Rulebook](#)

[USA Cycling Collegiate Section of Rulebook](#)

Some general rules to know are listed below:

Riding Conduct:

- **Center Line Rule:**

If a course is not completely closed down (or rolling enclosure which has stated that the entire road is closed within the caravan) no rider shall cross the centerline into the lane of oncoming traffic regarding of traffic or not. All riders must stay to the right of the center line **[3B1]**

- **Feeding and tossing:**

Feeding will be at the discretion of the officials and can only take place in prescribed areas during prescribed times. Tossing of trash, bottles, clothing, or anything else off of the bike when not in the feed zone (if prescribed) is a punishable offense. **[3B9]**

- **Littering:**

no soigneurs are following us and picking up those bottles or gu wrappers that you needed to toss before that big climb or sprint. If you are seen littering during a race or anytime during the race weekend you are knowingly volunteering yourself and your team to perform the cleanup after the venue. Littering is still littering whether you are in spandex or not.

Helmets and Equipment:

- **Helmets:**

Helmets must be worn at all times when you are on a bike, whether you are riding or not. **[1j1, appendix 4, policy 1]** You will be warned the first time and be fined \$15 dollars the next.

- **Equipment:**

Riders are responsible for the maintenance and safety of their bicycle. If a crash is caused due to improper maintenance it can be the fault of the rider. NO AEROBARS, NO DISC WHEELS, NO HEADPHONES IN YOUR EARS. For further questions on equipment please refer to the USAC rulebooks. **[1I]**

License, Upgrades and Eligibility:

- **License:**

All racers must hold a current and valid USA Cycling license with collegiate add-on (or collegiate only license). One day license can be purchase on site but may only be used for Men's D or Women's C.

- **Categories:**

All racers must compete in the category listed on their license. Failure to do so (either racing in a higher or lower category) will result in forfeiture of points and possible suspension. **[6D]**

- **Collegiate Eligibility:**

Racers must be full time interscholastic students (either high-school or college) and must be in good standing with their university and their sponsoring club.

- **Upgrades/Downgrades:**

Racers wishing to upgrade(downgrade) categories must do so through USA Cycling on their account info page. Results and reasons for upgrading or downgrading must be submitted as well for the request to be processed.

Information for upgrading and downgrading can be found here under **[1E]**

<https://s3.amazonaws.com/USACWeb/forms/rules/2014-USAC-Rulebook-Chapter1.pdf> and results can be submitted for upgrading through this spreadsheet for ease and efficiency (go to resources on the ACCC Cycling Page and click on ACCC Upgrade Document). No upgrades may be completed mid-weekend.

- **Racing for Experience:**
Riders may race up for experience once a season with the approval of the chief official and the CD, (or asst. CD or registrar if CD is not present during the weekend). If a rider is racing up they will not score any points in the category being raced in for experience and all numbers must be removed before the race. Riders racing for experience may not influence the race nor involve themselves in any sprint finish or breakaways.
- **Nationals Eligibility:**
For riders wishing to compete at nationals, riders will have to submit eligibility forms and be approved by the conference director to race.

Road Races and Circuit Races:

- **Lapped Riders:**
Lapped riders must not interfere with the race and may not contest sprints or primes [3C]
- **Feeding:**
Refer to rider conduct
- **Littering:**
Refer to rider conduct

Time Trials:

- **Individual Time Trials:**
riders may not ride 2 meters side to side of one another or 25 meters behind someone during an individual time trial or they shall be penalized. Nor shall you draft off of a passing vehicle. [3E]
- **Team Time Trials:**
riders may compete in teams of up to 4 riders during team time trials with the category of the team representing the highest category rider on the team. For all teams except Men's A you must finish with 2 riders. For Men's A you must start with at least 3 riders and finish at least 3 riders. For Women's A you must start with at least 3 riders and finish with at least 2 riders. [3F] **ACCC add-on** (women's A finishing number)
- **Combo teams:**
riders without a large enough team to do their own TTT may combine forces with other solo or duo riders to compete. Points will be split accordingly to teams. **Note:** this is only for riders who do not have enough team members to create their own team.
- **Aero Equipment:**
no aero equipment that isn't mass start legal will be allowed in Time Trials. No aerobars or Disc wheels at any time.

Criteriaums

- **Lapped Riders:**
riders on different laps may work together but riders may not drop back to support a breakaway. Lapped riders in the lead are eligible for primes. Lapped or lagging riders may be pulled by the official if deemed necessary. Prime points count regardless of finishing [3D]
- **Free-Laps:**
the official will state when free laps end. Free laps are given when a rider is involved in a crash or mechanical and reports immediately to the pit to check in with the pit official. [3D]
- **Feeding:**
there is no feeding in crits unless otherwise noted.
- **Finishing lap:**
even if riders are lapped they will all still finish on the same lap as the leader.

Results

- **Protest Period:**
15 minutes after results are posted you may file a protest if you believe the results are incorrect. **[1M7] ACCC add-on** If results are unable to be posted while all schools are still present you may email the conference director with the issue and we can try our best to work it out. Please give as much information about finishing position and understand that we will do our best to be as fair as possible to all racers.
- **Dropping Races:**
There will be no races dropped and all points will count for individuals and teams.
- **Upgrading:**
half of your points will be awarded to you in your new category. If you are downgrading you will receive ¼ of the points that you currently carry before downgrading.
- **Nationals Points:**
Nationals points will consist of both men and women's combined A points.

- **ACCC Specific Regulations**

Below are some regulations that are specific to the ACCC and collegiate cycling. Please note that these regulations are highly encouraged and should be viewed as rules, however if exceptions need to be made or you feel that a regulation should be changed, added, or remove please contact the conference director with your request and reasoning why you feel this way.

By Hosting a race in the ACCC or racing in the ACCC you are agreeing to these stipulations.

Hosting a Race:

- **Submitting Proposals:**
If your school wishes to host a race, a race proposal must be submitted to the conference director a week before the Conference Meeting for the upcoming season. For 2014 the conference meeting for MTB and CROSS will occur midway through the road season with Road Season planning for 2015 occurring at conference champs during 2014 road season.
- **Obligation to the conference:**
If your school is granted a race weekend within the calendar it is you and your schools obligation to successfully promote and run that race weekend. Failure to promote your weekend and/or cancellation is a punishable offense and your club will not be able to host any races the following year.
- **Flyer submission:**
Your teams flyer should be sent to the conference and asst. conference director as soon as possible and no later than 4 weeks out for approval and error-checking.
- **Abiding to requirements:**
By hosting you agree to meet all minimum requirements set out by USA Cycling in regards to race distances and lengths. **[6G4]**

Fees, Fields and Time:

- **Maximum Race Fees:**

The maximum fee to be charged for a collegiate race is as follows:

Road Race (or circuit), \$20 criterium, \$15 ITT, \$12 per individual TTT, \$17 dollars per team

- **Last Start Time:**

No race shall begin after 3 pm for a crit or 2 pm for a road race on a Sunday for collegiate fields in order to allow teams to safely travel back home.

- **Fields:**

Fields should avoid being combined if at all possible. Your flyer should allow for separate fields for each collegiate category (men's and women's). The promoter still has the right to combine fields if approved by the conference director and Chief Official on the day of the race. During championship events fields should not be combined (with other collegiate or open fields).

- **ACCC Fee:**

By hosting a race you agree to pay the \$1 a rider fee (highest participation day if two days).

- **Registration Fee:**

For road season and possibly other seasons by hosting a race you are agreeing to use Pre-Reg registration services for your collegiate and open (if available) races. You also agree to pay the registrar fee for their services.

- **INVOICING:**

invoicing for races is a privilege not a right in the ACCC and if you fail to pay in a timely fashion your invoicing privilege could be revoked. You must fill out the ACCC invoicing form before racing.

Communication:

- **ACCC Google Group:**

As a promoter and/or racer it is your responsibility to keep in touch with the ACCC through email which you can add yourself or email the conference director to add you onto the group.

- **Race Promoters:**

As a race promoter it is your responsibility to keep the conference and asst. conference director up to date on race promotion progress. Failure to return emails within 72 hours (preferably 48) or failure to update the conference on the status of your event can lead to your race weekend being revoked in extreme cases.

- **Race Day:**

On the day of the race you must have a clear chain of communication between yourself, officials, EMS etc in case of emergency. This should be created into a easy to use document for distribution to the officials, CD , registrar and other team members.

- **Conference Meetings:**

As a racing or hosting team in the ACCC you are expected to attend at the very least one conference meeting a year to post your input. If you are absent at the meeting when race schedules are decided then priority will be given to the present schools (unless sufficient reason is given.)

Rider Requirements:

- **Rules and Regulations:**

As a rider in the ACCC our are expected to follow all rules and regulations , both USAC and ACCC specific.

- **Race Numbers:**

For road season and mountain (and sometimes cross) you will be expected to keep and reuse your race number the entire season. Losing or destroying a number will be a \$10 dollar fee. If you upgrade you will return your current number and receive a new one for your appropriate field. Don't crumple them and such.

- **Registration:**

For race weekends it is your responsibility to pre-register for races or pay the day of registration fee. Please be consistent in your registration information especially school name as this helps with invoicing.

- **Respect and Integrity:**

As a racer in the ACCC you will treat your fellow racers, teammates or not, with mutual respect both on and off the bike. Foul language, offensive behavior, disrespect for officials, promoters etc can lead to suspension or fines.

Nationals Requirements:

- **Road:**

To be eligible for road nationals you must be a full-time student, a A racer and must have competed in 3 MASS-Start A races. If you are a B you may race in 2 Team Time Trials on an A team and be eligible for the Team Time Trial only at nationals.

- **Cyclocross:**

To be eligible for cyclo-cross nationals, you must be a full-time student either the fall prior or spring after the national championships. It is required you race 2 conference mass-start races as an A to qualify. (students who are only students in the spring semester please email the CD).

- **Mountain:**

To be eligible for MTB Nationals, you must be a full-time student in that current semester and race 3 endurance A races to race any endurance events. Gravity racers must race at least 2 downhill events to compete in downhill and 3 gravity events total as an A.

- **Call Ups:**

Call ups will be awarded to the individual conference champion of each discipline for D1 and D2.

- **Rules:**

All national rules and eligibilities can be found in the USAC Rule book [71]

Mission of the ACCC:

- **Growth:**

The biggest mission of the ACCC is to get more people riding and racing bikes and having fun. The purpose of these rules and regulations are to encourage a more streamlined conference where emphasis can be put on race quality, bringing out new riders and improving the conference on a continual basis.

- **Opportunities:**

The ACCC can always use more help. If you are interested in helping out the ACCC in any way we can work with you to match your passions or skills with a part of the conference. Not only does it open up many doors and helps you to create some great friends and networks but the satisfaction you receive from helping collegiate racing grow is hard to beat.

- **Development:**

We wish to help develop riders and individuals into better racers, promoters, and people with our conference. Whether you are a racer looking to go pro or a beginner trying to get their feet wet in bikes we want to be the place to turn to.