

ALBERTA BICYCLE ASSOCIATION

RACING POLICY



Alberta Bicycle Association – Racing Policy

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Overview

The following Racing Policy “Policy” provides the rules and regulations around racing within Alberta.

About Us

The Alberta Bicycle Association (“ABA”) was incorporated on February 27, 1973:

- To promote racing in Alberta
- To encourage popularity and participation in racing
- To increase the number of races organized

Until the formation of the ABA, all funding and business was directed through the Canadian Cycling Association (“CCA”), and it wasn’t until the early 1970s that sport organizations were formed with the intent of receiving provincial government funding. Government funding for the association commenced in 1973 once the ABA was incorporated.

Our Mission

The Alberta Bicycle Association will facilitate introduction to organized cycling and develop a strong competitive cycling program while protecting and advocating the rights of cyclists.

1.0 Provincial Team Program

The Racing Committee will, on an annual basis, select projects appropriate for Provincial Team participation. Selection processes for the Provincial Team will be revised on an annual basis and will reflect the goals of the Alberta Bicycle Association (“ABA”). Provincial Team members will be given one article of Provincial Team clothing per project; except in the case of Games, in which it shall be ensured that all athletes have at least two pieces of Team Alberta clothing. Team management shall be provided with one of the following pieces annually: Team Alberta jacket, vest, or Alberta t-shirt.

Team Management: Provincial Team Staff must adhere to policy contained within the document: *“Alberta Bicycle Association Coaches and Managers – Background Checks, Code of Ethics, and Harassment Prevention Policy”*

Athletes involved with ABA Camps, or Provincial Team Projects, will be required to sign the “Athlete Agreement”.

2.0 Racing Categories

2.1 Mountain Bike Categories Cross Country (“XC”) – Alberta MTB XC Series

Mountain Bike Categories: Alberta Cup categories and Optimum Winning Times

Category	Corresponding CCA category	Optimum Winning Time*
Men		
Novice Youth	All new U13, 15, and U17 racers	0h45m
Sport Youth	U13 Sport and Expert, U15 Sport and Expert, U17 Sport	1h00m
Novice	Senior Novice, Master Novice, Master 40+ Novice	1h00m
Sport	U17 Expert , Junior Sport, Senior Sport, Master Sport, Master 40+ Sport	1h30m
Expert	Junior Expert, Senior Expert, Master Expert, Master 40+ Expert	1h45m
Elite	Elite	2h15m
Master 30+	Master Novice, Master 40+ Novice, Master Sport, Master 40+Sport, Master Expert, Master 40+ Expert	1h30m
Women		
Novice Youth	All new U13, 15, and U17 racers	0h45m
Sport Youth	U17 Sport and experienced U13 and U15 racers	0h45m
Novice	Junior Novice, Senior Novice, Master Novice, Master 40+ Novice	1h00m
Sport	U17 Expert, Junior Sport, Senior Sport, Master Sport, Master 40+ Sport	1h00m
Expert	Junior Expert, Senior Expert, Master Expert, Master 40+ Expert	1h30m
Elite	Elite	2h15m
*Master 30+	Master Novice, Master 40+ Novice, Master Sport, Master 40+Sport, Master Expert, Master 40+ Expert	1h30m

Optimum Winning Times – deviations + or - 15 minutes are allowed
 Each rider’s license will reflect one of the Canadian Cycling Association (“CCA”) XC categories.

*Master 30+ is an age based category. No ability based upgrades are permitted.

2.2 Road Categories

Organizers of road races may host events for either Ability categories, or Age-Group categories and Maximum distances, as described below.

Category	Entry Level Ability Category	Maximum RR Distance	Maximum ITT Distance
Ability			
Category 1-2		180 km	80 km
Category 3		140 km	40 km
Category 4		120 km	40 km
Category 5		80 km	40 km
Women A		120 km	40 km
Women B		120 km	40 km
Age-Group			
U17 Women	Women B	60 km	15 km
Junior Women	Women B	80 km	15 km
U17 Men	Category 5	60 km	15 km
Junior Men	Category 5	140 km	30 km
Espoir* Men	Category 5	180 km	40 km
Elite Men	Category 5	200 km	80 km
Elite Women	Category 5	140 km	40 km
Master Men A	Category 5	150 km	40 km
Master Men B	Category 5	120 km	40 km
Master Men C	Category 5	80 km	40 km
Master Men D	Category 5	50 km	40 km
Master Men E	Category 5	50 km	40 km
Master Women A	Women B	120 km	40 km
Master Women B	Women B	120 km	40 km
Master Women C	Women B	80 km	40 km
Master Women D	Women B	50 km	40 km

Master Women E	Women B	50 km	40 km
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* *Espoir Men* not an ABA-recognized category

Distances for age-group categories are set according to CCA regulations, exceptions designated by italics

2.2.1 Ability categories

Upon licensing, riders will be placed in a provincial road category referred to as the Ability Category. Provincial Ability Categories include Categories 1/2, 3, 4, 5, Women A, and Women B. Entry-level categories, or the category a rider will be placed in upon first-time purchase of a racing license are as follows:

All Men	Category 5
All Women	Women B/Category 5

(All women will be given the *National category* designation of Category 1.)

The ABA category “Open Women” shall be divided into Women “A” and Women “B”. Races may be contested in a single group. In cases where the “A” and “B” categories are combined, prizes will be awarded to riders in both categories as per the ABA prize policy; Alberta Road Series points, however, will be awarded only to the top-placing riders, without regard to ability-designation.

2.2.2 Acceptable Ability category combinations (Road)

The following categories may be combined in Road races;

- Category 1/2 and Category 3
- Category 3 and Category 4
- Women A and Women B
- Category 5 may not be combined with another category.

When categories are combined, the distance requirement of the lower category shall be observed. Should Ability categories be combined, Alberta Road Series points and prizes shall be awarded without regard to a rider’s Ability category, with the exception of Women “A” and “B”. In the case of Women “A” and “B”, ARC points will be awarded without regard for ability category designation and prizes will be awarded to riders in both categories.

Organizers wishing to combine Ability categories with Age-Group categories must receive permission from the Racing Committee. Categories may not be combined in a Points Race format Criteriums.

2.3 UCI/Championship Categories

All UCI categories shall be used with the exception of U13 and U15 Men. Upon licensing, such riders will be placed in the U17 Men's category, and must adhere to the Regulations of this category.

The CCA/UCI category "Master Women" will be broken down as follows for ABA events:

Master A Women	30 – 39 years
Master B Women	40 – 49 years
Master C Women	50 – 59 years
Master D Women	60 – 69 years
Master E Women	70 – 79 years

In addition to CCA/UCI Master Men categories A, B, C, and D, the following categories will be recognized at ABA events:

Master E Men 70 – 79 years

In instances in which age-group categories are combined, the lesser maximum distance shall be observed. In instances in which age-group categories are combined, prizes shall be awarded to competitors in each category, regardless of the number of riders entered.

2.24 Track Categories

The following categories may be offered at non-Championship Journal Cup Provincial Track events:

A- Category 1 / 2 / 3	
B- Category 4 / Women A	
C- Category 5 / Women B	
Paralympic Men	Paralympic Women
Tandem Men	Tandem Women

2.25 Cyclo-cross Categories (non-Championship)

Riders begin competing in the Cyclo-cross category corresponding to their respective Road or Mountain Bike category whichever is higher.

The following categories will be recognized at all Alberta Cup events with the exclusion of the Provincial Cyclo-cross Championship:

<u>Category</u>	<u>Corresponding Road</u>	<u>MTB category</u>
Expert	Category 3	Expert
Sport	Category 4 and 5	Novice and Sport
Open Women	N/A	N/A
Elite Men	Category 1/2	Elite

Once a rider has begun racing a Cyclo-cross category, they may only upgrade based on Cyclo-cross results, regardless of upgrades in Road or MTB categories

Cyclo-cross bicycles must be used in the Expert and Open Men's categories. The use of mountain bikes is permitted in the other categories.

3.0 Events Policy

Races sanctioned by the ABA may be divided into two categories:

1. Club races: Club races are intended to provide new riders with an introduction to the sport of cycling, in addition to training opportunities for experienced riders. These races are often contested on weekday evenings, and are open to all members of ABA-affiliated clubs *and* UCI license-holders.
2. Provincial Races: Provincial races are open only to holders of UCI-license, some of which may be in the form of *Day Licenses*.

3.1 Club Races:

Club races must be run under ABA/CCA/UCI Rules and Regulations. To receive sanctioning for club races the following are required to be submitted:

- ABA Race Sanction Application Form,
- Compliance with the conditions set forth under terms of the sanction.
- Require that all participating riders be members of an ABA-affiliated club, or holders of a UCI license.

These races will not have a Technical Director or Commissaire(s) assigned. Organizers are strongly encouraged to have an ABA Commissaire present for their events.

3.2 Provincial Races:

Club races must be run under ABA/CCA/UCI Rules and Regulations. To receive sanctioning for club races the following are required to be submitted:

- ABA Race Sanction Application Form,
- Cash Deposit
- Compliance with the conditions set forth under terms of the sanction.
- Require that all participating riders be members of an ABA-affiliated club, or holders of a UCI license.
- Require that all participating racers be holders of a UCI racing license, occasionally in the form of a *day license*.

These races will have an assigned ABA Technical Delegate and ABA Commissaires.

3.3 Provincial Race Sanction Process

A sanction is the official permission given an organizer by the Racing Committee to hold an event. The sanction recognizes the Organizer and protects him or her under ABA insurance.

Sanctioning is a two-part process:

1. Race Sanction Application Forms are due each year as set by the ABA and must be accompanied by a cash deposit.
2. Receipt of *Sanctioning form and Technical Guide.

A Sanction can be withdrawn if, in the opinion of the Racing Committee, the sanction holder does not respect the responsibilities and conditions as set out in the Sanction, or takes actions considered contrary to the interests of the development of cycling in Alberta. The Event Sanction cannot be finally approved until, on the day of the race, the Technical Delegate and Event Chief Commissaire are satisfied that all conditions are met as per the Sanction Form.

*Sanction Forms shall be due *six weeks* prior an event.

3.3.1 Organizers

Organizers of ABA-sanctioned events must be members of the Alberta Bicycle Association, and must hold an Organizer's license. Organizers of sanctioned events must print the ABA logo, with the words "sanctioned by the Alberta Bicycle Association" on race posters and other advertising.

3.3.2 Commissaires

The ABA shall determine the number of Commissaires required for an event, and name one Commissaire to be the Chief Commissaire. The Provincial Chief Commissaire shall, on an annual basis, determine Provincial Commissaire upgrades according to the following criteria:

Technical Assistant:	Complete Introductory Commissaire Course.
Provincial Commissaire "C"	Has worked at least two events as a Technical Assistant.
Provincial Commissaire "B"	Has worked at least five events as a Level C.
Provincial Commissaire "A"	Has worked at least five events as a Level B.
Provincial Commissaire "Chief"	Complete Chief Commissaire Course and has worked at least 2 events as a Chief.

The ABA will pay the daily honorarium of assigned Commissaires as follows:

Marathon MTB race (per day):	Chief - \$115, other Commissaires - \$90
Track Meet (per day):	Chief - \$115, other Commissaires - \$90
Other events (per stage):	Chief - \$75, other Commissaires - \$60

Commissaires will receive payment at the event.

Race Organizers are obliged to pay the expenses of Commissaires working their events as follows:

Transportation:	\$0.45 per kilometre
Meals:	\$36 per day (\$8 breakfast, \$10 lunch, \$18 dinner) or provided by the organizer.
Accommodation:	Organizer responsible for arranging accommodation for traveling.

3.3.4 First Aid and Medical Care

The provision of proper medical care is mandatory for competitive cycling events. Organizers are obliged to submit an Emergency Action Plan, as part of the sanction form. An Emergency Action Plan Coordinator must be identified and medical support personnel must be capable of contacting emergency ambulance services.

3.3.5 Day Licenses

On occasion, the ABA offers opportunities for unlicensed riders to purchase a “Day License”, providing such riders an opportunity to compete with holders of UCI licenses at specified events. Riders competing with a “Day License” share the same responsibilities and duties as other licensed competitors in regard to knowledge of the Regulations.

In addition the following regulations apply to Day licences:

- Riders may compete with a Day License at a maximum of two events in any one calendar year.
- Day Licenses may not be offered at any Stage Race, mass-start Road Race, or Provincial Championship Event.
- Riders competing with Day Licenses at Track Meets may race only individual timed events.

Riders purchasing Day Licenses may compete in the following categories:

Road:	Respective entry-level category, or Age-Group category
Mountain Bike:	Respective entry-level category, or Sport
Cyclo-cross:	Respective Entry level
Track:	<i>Day License</i> category

3.3.6 No-License Policy

Licensed ABA racers who wish to sign-on for an ABA-sanctioned event, but are not in possession of their license:

1. May compete upon payment of a \$10 fine to the ABA Technical Delegate, provided such a rider appears as a currently license-holder in the ABA database.
2. Riders upgraded within 30-days of an event will not be levied this fine.

3.4 Maximum Entry Fees

The ABA does not impose a maximum race entry fee.

A “late fee”, not to exceed \$10, may be levied for any late entry. A late entry is defined as an entry which is received later than 4 days prior to an event. Organizers wishing to exceed entry fees as outlined above must receive prior written consent of the Racing Committee.

Organizers are strongly urged to offer reduced entry fees to riders of Junior-age and younger.

3.5 Prize policy

While it is recognized cash and merchandise available for prizes will depend on a number of factors, organizers are required to adhere to the following policies:

Prize distribution

Number of racers	Depth of prize-giving
4 or fewer*	<i>(at least) 2 places*</i>
5 – 15	<i>(at least) 3 places,</i>
16 – 25	<i>(at least) 3 places, recommended to 8</i>
26 – 50	<i>(at least) 3 places, recommended to 8</i>
50+	<i>(at least) 3 places, recommended to 10</i>

*Provincial Championships excluded; medals awarded to first three finishers regardless of number of entries.

Prize Equity

Prizes awarded to male and female riders in congruent categories should be of equal value for equal placing. The depth of prize giving, however, should reflect the table above.

Elite Category Prizes

Race organizers may present medals, or similar symbolic prizes, to racers in all categories other than Elite or Open. Prizes awarded to Elite or Open riders must be cash; in some circumstances merchandise prizes may be awarded at the discretion of the Racing Committee.

This policy applies to the following categories:

<i>Mountain Bike:</i>	<i>Elite Men, Elite Women</i>
<i>Road:</i>	<i>Open Women or Women "A", Open Men or Category 1-2</i>
<i>Track:</i>	<i>Open Women or Women "A", Open Men or Category 1-2</i>
<i>Cyclo-cross</i>	<i>Open Men, Open Women</i>

Provincial Championship events are excluded from this policy.

3.8 CCA-Sanctioned Events

- a) The ABA shall consider all Alberta bids for nationally-sanctioned events, and choose to support, or not support, such bids. In the case of more than one Organizer bidding on a common event, the Racing Committee shall rank the bids.
- b) The ABA shall pay the daily honoraria of ABA-assigned Commissaires to CCA-sanctioned events occurring in Alberta.

4.0 Provincial Championship Policy

Provincial Championship events fall into three categories: Open (open to all license-holders); Master (open to holders of Masters' licenses); and Youth (open to holders of youth-category licenses). Open Provincial Championship Events may be contested according to either Ability categories, Age-group categories, or a combination thereof (refers to ability-based events offering Open Men's and Open Women's categories). In several instances Open and Age-group events are held concurrently, and at the same venue.

4.1 Provincial Championship Medals

Gold, silver, and bronze medals will be awarded in all Provincial Championship Categories regardless of the number of entrants. Organizers are required to purchase medals from the ABA.

4.2 Provincial Championship Jerseys

Alberta Provincial Champion jerseys will be awarded to the top-placed rider holding an ABA license at the following events, in the following categories:

Open Provincial Championship Road Race:
Women A-B/Open Women Category 1/2/Open Men

Open Provincial Championship MTB Cross Country:

Elite Women

Elite Men

Open Provincial Track Championships:

Elite Women – Sprint

Elite Men – Sprint

Elite Women – Endurance

Elite Men – Endurance

Open Provincial Cyclo-cross Championships:

Open Women

Open Men

The jersey may be worn only in the discipline and category in which it was earned up to, but not including, the next Provincial Championship event.

Eligibility

Out-of-province riders may contest Provincial Championship events, but are not eligible to receive medals; nor may out-of-province riders claim the title of “*Provincial Champion*”, or any medal, trophy, or jersey associated with such title. Out-of-province riders may receive cash or other prizes. A rider may contest, and be eligible for prizes and records, only one category at the following Provincial Championship events, in which Master and Open events may be held concurrently:

Mountain Bike Cross-Country

Mountain Bike Downhill

Individual Time Trial

Hill Climb

Cyclo-cross

Track

4.3 Provincial Mountain Bike Championships

Medals will be awarded in the following events at the Provincial Mountain Bike Championships: Cross-Country, and Downhill. Medals will be awarded in accordance with National (CCA) categories at the Provincial MTB XC Championship.

4.4 Provincial Cyclo-cross Championships

Medals will be awarded in the following National categories at the Provincial Championship Cyclo-cross:

U17 Men

U17 Women

Junior Men

Junior Women

Elite Men

Open Women

Master Men 30-39

Master Women 30-39

Master Men 40-49

Master Women 40+

Master Men 50+

Note: CCA categories and UCI Regulations for Cyclo-cross place riders in their respective category for the *following year*, as the international Cyclo-cross calendar comprises two calendar years.

Cyclo-cross bicycles must be used in the Open Men and Master Men categories. The use of mountain bikes is permitted in other categories.

Provincial Championship Road and Track Events – Open and Master

Open Provincial Championship Road Race

a) Organizers are required to host the following medal categories at the Open Provincial Championship Road Race:

Open Women/Women A	Women B
Open Men/Category 1/2	Category 3
Category 4	Category 5

4.5 Masters' Provincial Championship Road Race, Individual Time Trial

a) Organizers are required to host the following medal categories at the Masters' Provincial Championship Road Race and Individual Time Trial:

Master Men 30-39	Master Women 30-39
Master Men 40-49	Master Women 40-49
Master Men 50-59	Master Women 50-59
Master Men 60-69	Master Women 60-69
Master Men 70-79	Master Women 70-79

Categories may be combined for racing purposes. Medals, however, will be awarded to riders in each of the above categories where applicable.

4.6.3 Youth Provincial Championship Road Race, Criterium, Individual Time Trial, Track Meet

a) Organizers are required to host the following medal categories at the Youth Provincial Championship Road Race, Criterium, Individual Time Trial and Track Meet:

U15 Men	U15 Women
U17 Men	U17 Women
Junior Men	Junior Women

Categories may be combined for racing purposes. Medals, however, will be awarded to riders in each of the above categories where applicable.

4.6.4 Open Provincial Championship Criterium

a) Organizers are required to host the following medal categories at the Open Provincial Championship Criterium:

Women A Category 3	Women B Category 4	Category 1/2 Category 5	U17 Men U17 Women
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4.6.5 Open Provincial Championship Hill Climb

Organizers are required to host the following medal categories at the Open Provincial Championship Hill Climb:

U17 Women	U17 Men
Junior Women	Junior Men
Open Men/Category 1/2	Category 3
Category 4	Category 5
Paralympic Women	Paralympic Men
Open Women/Women A	Women B
Master Men 30-39	Master Women 30-39
Master Men 40-49	Master Women 40-49
Master Men 50-59	Master Women 50-59
Master Men 60-69	Master Women 60-69
Master Men 70-79	Master Women 70-79

4.6.6 Open Provincial Track Championships

Organizers are required to host the following medal categories at the Open Provincial Track Championships:

Elite Women – Sprint Elite	Elite Women – Endurance
Elite Men – Sprint	Elite Men – Endurance
Master Men 30-39	Master Men 40+
Master Women	

b) Sprint events will include: Match Sprint, 500m/Kilometre Time Trial, Keirin;
Endurance events will include: Individual Pursuit, Scratch Race, Points Race.
Medals shall be awarded according to Omnium placing only in the above categories, and not to top-3 finishers in individual events.

Omnium points shall be awarded to 6th position: 10, 7, 5, 3, 2, 1.
Omnium ties shall be broken in the following manner:

1. Number of first place finishes. If still tied;
2. Number of second place finishes. If still tied;
3. Number of third place finishes. If still tied;
4. Number of fourth place finishes. If still tied;
5. Number of fifth place finishes. If still tied;
6. Result versus tied opponent in the final event in which both riders competed.

5.0 Alberta Cup (Road, Mountain Bike, Cyclo-cross)

The Alberta Cup (ARC) is a system of points-accumulation recognizing performance and commitment to racing at the provincial level. The Alberta Cup provides the ABA with a vehicle for rider upgrading, talent identification, Provincial Team selection, and rider recognition. All ABA Road, Track, Mountain Bike, and Cyclo-cross events, with the exception of those events utilizing Age-group, combined Ability and Age-group, or otherwise non-standard categories, will be included in the Alberta Cup. Points will be allocated to all categories at Alberta Cup events.

The Racing Committee reserves the right to limit points opportunities at Stage Races; in some instances a rider's best stage result and general classification only will be included in the Alberta Cup standings.

5.1 Alberta Cup Team Standings

- a) Team standings will be maintained for the Alberta Cup in the disciplines of Road, Track, Mountain Bike, and Cyclo-cross, and the Journal Cup for Track. In all instances, the Team Standings will be calculated according to the combined points of a team's top 3 riders in each category.
- b) Team Time Trial Events will award points in the Team Standings only, and not to individuals. The team, regardless of size, will receive points as per the point schedules outlined in 5.2.

5.2 Point Schedules

The following point schedules will apply to the Alberta Cup series:

<u>Schedule A</u>	<u>Schedule B</u>
1 st 25	20
2 nd 20	15
3 rd 15	12
4 th 12	10

5 th	10	8
6 th	8	6
7 th	6	4
8 th	4	2
9 th	2	-
10 th	1	-

5.2.1 Assignment of Point Schedules to Events

The Racing Committee shall evaluate events on an annual basis, and assign schedule status accordingly.

5.3 Alberta Mountain Bike Cup

Categories

All provincially-recognized categories, as outlined in Section 2.1, shall be recognized for the Alberta Mountain Bike Cup.

Tie-breaking procedure

Any ties occurring in the Alberta Mountain Bike Cup shall be broken by performance at the final race of the series.

Alberta Road Cup

Categories

The following are Alberta Road Cup recognized categories:

Women A	Women B	Category 1/2
Category 3	Category 4	Category 5

Points will be allocated to competitors in the Women’s races without regard for such riders’ “A” or “B” sub-category classification.

Doug Grieder Memorial Cup

The Category 1/2 competition of the Alberta Road Cup shall be referred to as the “Doug Grieder Memorial Cup”.

Tie-breaking procedure

Any ties occurring in the Alberta Road Cup shall be broken by performance at the Provincial Championship Individual Time Trial.

5.5 Alberta Cyclo-cross Cup

5.5.1 Categories

The following are Alberta Cyclo-cross Cup recognized categories, and their respective optimal winning times:

Sport	40 minutes	Expert	50 minutes
Open Women	40 minutes	Elite Men	60 minutes

Tie-breaking procedure

Any ties occurring in the Cyclo-cross Cup shall be broken by performance in the final event of the Series.

5.6 The Alberta Track Cup

The Journal Cup recognizes participation and excellence in ABA-sanctioned provincial track racing.

Points Tabulation

The Journal Cup is calculated according to a rider's total number of Omnium points accumulated at provincially-sanctioned Track Meets through the season.

Categories

The following are Journal Cup recognized categories-(equivalents):

A – Cat 1, 2, 3

B – 4, Women A

C- Women B / Cat 5

Tie-breaking procedure

Any ties occurring in the Journal Cup shall be broken by performance in the final event of the Series. Further ties shall be broken according to the ABA Omnium tie-breaking procedure, described in 4.6.6 (e).

6.0 Rider Upgrading

6.1 Road Upgrading

In most instances, riders will be upgraded upon achieving a specified number of Alberta Cup points. Riders in Categories 3, 4, 5, and Women B will be upgraded according to Alberta Cup points accumulated over the course of two seasons. Alberta Cup points may

neither be transferred from one discipline to another, nor may they be carried from one category to another within a discipline.

- a) The Racing Committee may designate races as part of the ABA calendar as points from “out-of-province” events where points will be automatically included in the upgrade points.
- b) Riders may ask that other out of province events be included in their points for upgrading purposes only. If results are available, the ABA will grant upgrade points to a maximum of 10 points per category upgrade (with stage races counting as 1 race, using GC points) based on the ABA 'B' points schedule.
- c) Upgrades for riders lacking sufficient points or results will be considered only in exceptional circumstances; riders wishing such an upgrade may apply in writing to the Racing Committee, and are asked to provide supporting documentation with their request. Such upgrades are made at the sole discretion of the Racing Committee.
- d) On occasion, the Racing Committee may grant temporary upgrades or downgrades to riders in order that they may compete for positions on the Alberta Provincial Team.
- e) A rider wishing to compete in a category other than that listed on his or her license must obtain prior written permission from the Racing Committee. (Does not apply to riders aged 18-years and older competing in “Open” events.)
- f) Category 5 riders may present no more than 15 points gained in Time Trials (Individual or Team) for upgrading; for riders in other categories, no more than 20 Time Trial points may be claimed for upgrading.
- g) Riders in Category 5 will be upgraded upon accumulating 30 Alberta Cup points.
- h) Riders in Categories 4 and Women B will be upgraded upon accumulating 50 Alberta Cup points.
- i) Riders in Category 3 will be upgraded upon accumulating 60 Alberta Cup points.
- j) Master riders retain the option of declining an upgrade, provided they have not earned the required number of points in one season, in which case such riders are obliged to upgrade. Upgraded Master riders, aged 40 or greater, may revert to their original category the following season.
- k) Riders in Category 2 will not be upgraded to Category 1 according to Alberta Cup points. Rather, such riders will be upgraded to Category 1 according to the policy described in *Item 6.11*.
- l) U17 and Junior riders will not be upgraded through the Ability categories based on points accumulated; rather, such riders will be upgraded at the discretion of the Racing Committee.
- m) Woman A applying to the racing committee to race in Men's categories must fulfill one the following criteria:
 - *Member of the Canadian Senior Road or Track national team.
 - *Winner of ARC in previous season.
 - *Accumulated at least 100 points over two seasons.

Upon a successful application to race in Men's categories, all women will be placed into Category 4 for ARC points, prizing, and future upgrading.

All category changes (Women A-> Cat 4) will only be done once per season, with the exception of the Banff Bike Fest and Provincials.

6.11 Category 1 Upgrade (Road)

Road riders, having met one of the following criteria, will be eligible for a Category 1 license:

Espoir riders will be eligible for a Category 1 road license if they have:

- earned selection to a **CCA Trade Team** (or higher-level Trade Team)
- finished amongst the top-5 riders in the National Championship Road Race
- finished amongst the top-3 riders in the National Championship Time Trial
- earned selection to the Canadian National Road Team

Elite riders will be eligible for a Category 1 license if they have:

- earned selection to a **CCA Trade Team** (or higher-level Trade Team)
- finished amongst the top-5 riders in the National Championship Road Race
- finished amongst the top-3 riders in the National Championship Time Trial
- earned selection to the Canadian National Road Team

In addition, the **winner of the Doug Grieder Memorial Cup (Alberta Road Cup Category 1/2)** will be eligible for a Category 1 license.

6.2 Mountain Bike Upgrading – Cross-Country

6.2.1. Cross-Country Upgrading – Senior Men

Riders in the Senior Men's categories, with the exception of Expert, will be upgraded based on Alberta Cup points:

- a) Senior Novice Men may upgrade to Sport at their own discretion. An upgrade from Novice to Sport will be mandatory for any Senior Novice Male who accumulates 30 Alberta Cup points over the course of two seasons.
- b) Senior Sport Men will be upgraded upon earning 40 Alberta Cup points.
- c) Senior Expert Men will be upgraded based on top-3 performances and average speed.

Riders must meet both of the following criteria:

1. A combination of:
 - i. 2 wins
 - ii. 1 win plus 2 other top-3 placing
 - iii. 5 top-3 placing

2. Riders must demonstrate competitive ability in the higher category by achieving, on at least two occasions, an average speed that would place them amongst the top two-thirds of finishers in the Elite category.
- d) Riders graduating from Junior Expert will be placed directly into Senior Elite if over the course of their final Junior season they have achieved one of the following:
- i. Selection to the Canadian National MTB Team
 - ii. Top-3 result at a Canada Cup in Junior Expert
 - iii. Top-5 result at National MTB Cross-Country Championship in Junior Expert

Otherwise, the top 3 Junior Expert riders on Alberta Cup points will be placed in Senior Expert. Other graduating juniors will be placed in Senior Sport.

6.2.2 Cross-Country Upgrading – Women

- a) Riders in the Senior **Women's** categories will be upgraded based on top-3 performances and average speed. Riders must meet both of the following criteria:
- 1) One of the following combinations of results:
 - a) 2 wins
 - b) 1 win plus 2 other top-3 placing
 - c) 5 top-3 placing

Senior Novice Women may upgrade to Sport at their own discretion. An upgrade from Novice to Sport will be mandatory for any Senior Novice Female who achieves the above criteria over the course of two seasons.

- 2) Riders must demonstrate competitive ability in the higher category by achieving, on at least two occasions, an average speed that would place them amongst the top three-quarters of finishers in the next higher category.
 - b) Riders in the Junior and Masters categories will be automatically upgraded based on the above criteria. Riders in these categories may also request an upgrade or downgrade from the Racing Committee.
- c) Graduating Junior Expert female riders will be placed directly in Senior Elite if, over the course of their final junior season they have achieved one of the following criteria:
 - i. Top-3 result at a Canada Cup in Junior Expert
 - ii. Top-5 result at the Canadian National Cross-Country Championships in Junior Expert

iii. Selection to the Canadian National MTB Team

Such riders must also demonstrate competitive ability by achieving, on at least two occasions:

- i. An average speed or lap time that would place them amongst the top half of finishers in the Senior Elite category.
- ii. Otherwise, the top-3 Junior Expert riders in the Alberta Cup, over the course of their final junior season, will be placed in Expert. Other graduating junior riders will be placed in Senior Sport.

6.2.3 Downhill Upgrading - Men

Male Downhill riders will be upgraded by the number of Alberta Cup points earned, (points may also be earned from BC Cup races) in addition to achieving two podium finishes (Senior Sport and Senior Expert riders), over the course of two consecutive seasons:

- a) Riders in the Sport categories (Junior, Senior) will be upgraded upon earning 40 Alberta Cup points over the course of two seasons.
- b) Riders in the Senior Expert category will be upgraded upon earning 50 Alberta Cup points over the course of two seasons.
- c) In order to earn an upgrade, riders in the Senior Sport and Senior Expert categories must, in addition to earning sufficient points, demonstrate competitive ability by achieving at least two podium finishes; such podium results need not be separate performances from those performances included in earning the requisite number of points.
- d) Riders graduating from Junior Expert will be placed directly into Senior Elite if, over the course of their final Junior season, they have achieved one of the following:
 - i. Selection to the Canadian National MTB Team
 - ii. Top-5 result at a Canada Cup in Junior Expert
 - iii. On more than 2 occasions post a finish time faster than the 3rd place Elite male at an Alberta or BC Cup race.

7.1.4 Downhill Upgrading – Women

Female Downhill riders will not be upgraded according to Alberta Cup points accrued; rather, such riders will be upgraded on the basis of Top-3 performances and average

speed (or finish time). To be eligible for an upgrade, Sport and Expert riders must, over the course of two consecutive seasons, meet criteria identified in (a):

a) Riders in the Sport and Expert categories (Junior, Senior, or Master) must demonstrate competitive ability in the higher category by achieving, on at least two occasions:

A finish time that would place them amongst the top half of finishers in the next higher category.

b) Graduating Junior Expert female riders will be placed directly in Senior Elite if, over the course of their final junior season they have achieved one of the following criteria:

- i. Top-3 result at a Canada Cup in Junior Expert
- ii. Top-5 result at the Canadian National DH Championships in Junior Expert
- iii. Selection to the Canadian National MTB Team

Such riders must also demonstrate competitive ability by achieving, on at least two occasions:

An average time that would place them amongst the top half of finishers in the Senior Elite category.

7.1.5 Other Downhill Upgrading Policies

Results from out-of-province races may be used for upgrading, pending verification. All Canada Cups and BC Cups count for Schedule “B” upgrade points. It is incumbent on the rider to provide supporting documentation of these results to the ABA.

Upgrades for riders lacking sufficient points/results will be considered only in exceptional circumstances; riders wishing such upgrades may apply in writing to the Racing Committee, and are asked to provide supporting documentation with their request. Such upgrades are made at the sole discretion of the Racing Committee.

Riders wishing to downgrade may apply in writing to the Racing Committee. On occasion, the racing Committee may grant riders temporary upgrades or downgrades in order to compete for positions on the Alberta Provincial Team.

7.3 Track Upgrading

Track riders are upgraded according to the number of Journal Cup points gained over the course of two seasons. Details are as follows:

Riders in Categories C are upgraded upon accumulating 50 Alberta Cup points. Riders in Categories B are upgraded upon accumulating 60 Alberta Cup points.

Results from out-of-province races may be used for upgrading, provided official results can be obtained. Placing will be translated, according to the Journal Cup Track schedule, into upgrading points.

Master riders may decline an upgrade to a higher category, provided they have not accumulated the requisite number of points over the course of one season, in which case they are obliged to upgrade. A rider wishing to compete in a category other than the category listed on his/her license must obtain written permission from the Racing Committee.

Riders who wish a category upgrade but lack sufficient points, or wish to downgrade, may apply in writing to the Racing Committee. Such decisions will be at the sole discretion of the Committee.

*Track Points Schedule:

1 st	10	4 th	3
2 nd	7	5 th	2
3 rd	5	6 th	1

*Points schedule based on a minimum of 6 riders per race.

Five or fewer racers lead to an elimination of top points.

E.g. Five riders, points schedule 7, 5, 3, 2, 1. Four riders: 5, 3, 2, 1.

Category 1 Upgrade (Track)

Elite Track riders, having met one of the following criteria, will be eligible for a Category 1 license:

- Won the title of National Track Champion in any event
- Gained selection to the Canadian National Track Team

7.4 Cyclo-cross Upgrading

Riders in the **Sport** category will be upgraded to the Expert category upon accumulating, over the course of two seasons, 40 Alberta Cyclo-cross Cup points.

Riders in the **Expert** category will be upgraded to the Elite category on the basis of top-3 performances. One of the following combinations of results must be achieved over the course of two seasons: 2 wins; 1 win plus 2 other top-3 placings; or 5 top-3 placings. Master riders retain the option of declining an upgrade provided they have not met either of the above criteria over the course of **one** season. Upgraded Master riders, aged 40 or greater, may revert to their original category the following season. Once a rider has begun racing in a Cyclo-Cross Category, they may only upgrade based on Cyclo-cross results regardless of upgrades in Road or MTB categories.

8.0 Provincial Time Trial Series (Road)

The Provincial Time Trial Series was initiated to recognize the importance of the Time Trial discipline, and promote participation in a province-wide series. Category winners will have their names inscribed on the Alberta Bicycle Association – Time Trial Series trophy.

8.1 Time Trial Series Categories

Series points and prizes will be awarded to riders in the following categories:

Women A/B	Category 1/2	Category 3
Category 4	Category 5	

8.2 Points

Points will be awarded to 10th position at the Provincial Championship Individual Time Trial, as follows: 25, 20, 15, 12, 10, 8, 6, 4, 2

Points will be awarded at other Time Trial Series events to 8th position, as follows: 20, 15, 12, 10, 8, 6, 4, 2

Points will count from all Series events, and may not be transferred from one category to another.

8.3 Events

The Racing Committee will, on an annual basis, designate which events, in addition to the Provincial Championship Individual Time Trial, will comprise the Provincial Time Trial Series.

8.4 Tie-breaking

Ties will be broken by performance at the Provincial Championship Individual Time Trial.

9.0 Alberta Provincial Racing Regulations

On occasion, deviations from the CCA/UCI Regulations will be made to suit provincial racing realities. The Alberta Provincial Regulations shall be submitted, on an annual basis, to the Canadian Cycling Association for approval.

10.0 License Categories – Road

- a) All CCA age/gender categories will be used with the exception of U13 and U15 Men. Upon licensing, such riders will be placed in the U17 Men's category, and may adhere to the Regulations of this category.
- b) The CCA category Master Women will be expanded into the following categories for ABA events:

Master Women A (30 – 39 years)	Master Women B (40 – 49 years)
Master Women C (50 – 59 years)	Master Women D (60 – 69 years)
Master Women E (70 – 70 years)	

The CCA category Master Men D (60 + years) will be expanded into the following categories for ABA events:

Master Men D (60 – 69 years)	Master Men E (70 – 79 years)
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Maximum Race Distances – Road

- a) The maximum allowable Individual Time Trial distance for all Master riders, male and female, is 40 Kilometres.
- b) Maximum allowable Road Race distances for Master Women are as follows:

Master A and B Women	120 Kilometres
Master C Women	80 Kilometres
Master Women D, E	60 Kilometres

(Maximum allowable distances for other age/gender categories and events are as per the CCA Regulations.)

Equipment

- a) Riders in the categories U17 Women, U17 Men, Junior Men, and Junior Women, are not subject to gear restrictions at road events. The Racing Committee may, however, choose to enforce the gear restriction as it sees fit at specified events
- b) Communication devices: Riders may not wear more than one earpiece while competing; such an earpiece may be used for team communication purposes only. As per CCA/UCI Regulations, competitors in Mountain Bike competitions may not wear earpieces.

Littering

Riders may not litter anywhere other than identified feed zones. Such behaviour may be penalized by way of:

- a) A warning, or;
- b) A fine of CAN\$50.

Such behaviour may also be subject to penalty by local ordinance.

11.0 Appeals

The Racing Committee may consider two types of appeals:

Appeals resulting from racing incidents

- a) Race incidents committed during sanctioned events shall be judged and penalized according to the CCA Regulations wherever possible.
- b) Commissaire decisions, or Racing Committee decisions, shall not be open to appeal unless they involve either a suspension and/or a fine exceeding \$200 Canadian.
- c) Regarding incidences involving participant conduct at an event where a Commissaire deems a fine or suspension may be warranted and not set out in the CCA Regulations, the Commissaire shall forward a report to the Racing Committee within 8 days of the event.
- d) The Racing Committee shall consider the Commissaire's report within 15 days of receiving. The license holder whose conduct is being considered shall be afforded an opportunity, in a manner to be determined by the Racing Committee, to present his point of view. The decision of the Committee shall be communicated to the member affected as soon as is practicable after being rendered.
- e) An Appeal Panel shall be convened within 30 days of the appeal being received. The Appeal Panel shall consist of the ABA President (or designate), Provincial Chief Commissaire (or designate), and one other member of the Board of Directors. At such time, the appellant may present evidence and may be represented. The decision of the Appeal Panel shall be communicated within 8 days of the panel convening.
- f) No further appeal shall lie from the decision of the Appeal Panel.
- g) Rider conduct may also be subject to ABA/CCA/UCI Regulations at Club Events. A license-holder may submit a report to the Racing Committee regarding the conduct of another license-holder at a Club Event.

11.1 Appeals of Racing Committee decisions

Decisions of the Racing Committee regarding team selection, upgrading, funding, or other issues may be appealed according to the following procedure:

Upon receiving a formal written appeal, the Racing Committee shall convene in a timely fashion to consider the merits of the appeal. A response to the appellant shall be forwarded within eight days.

If the affected party remains dissatisfied after receiving the response to the appeal, he or she may request the ABA Board of Directors review the appeal. The Board of Directors shall convene in a timely fashion, and deliver a response to the appellant within eight days.