



( Français au verso)

**2010**

## Regulations and rider notices

### Article 1      **SANCTION**

La Coupe des Amériques 2010 is an amateur stage race organized by Coupe des Amériques Inc. under the authority of La Fédération Québécoise des Sports Cyclistes (F.Q.S.C.), the Canadian Cycling Association (C.C.A.), and the International Cycling Union (U.C.I.).

#### Article 1.1      **REGULATIONS**

In addition to the following regulations of the race, those of the U.C.I., the C.C.A., and of the F.Q.S.C. also prevail. In the event of interpretation differences between the French and the English versions, the French version will have precedence.

All participants shall acquaint himself or herself with the regulations before the beginning of the race. The fact that he or she has enrolled shall imply that he or she knows the regulations and accepts the provisions thereof.

The breaking of these rules will be penalized according to the importance of the fault which will be evaluated by the commissaires.

### Article 2      **ADMINISTRATION**

Coupe des Amériques Inc. is governed by:

- A board of directors
- A general manager
- A race director
- Service directors

The sporting and technical regulating of the event is the responsibility of the College of Commissaires composed of:

- The president of the College of Commissaires and the jury
- Two (2) members of the jury of Commissaires
- Four assistant commissaires.

The panel has full authority in regards to disciplinary measures and the sportsmanship in the running of the race.

## Article 2.1     **AUTHORITY AND JURISDICTION**

The chief commissaire (President of the jury) and the members of the jury have the power to interpret and apply the rules of the U.C.I., the C.C.A., and the F.Q.S.C. and to make a decision on any point not mentioned in the following rules.

The jury of commissaires decision is final and without appeal.

## Article 3     **REGISTRATION**

La Coupe des Amériques is an individual's stage race and is open to all veterans of the Pan-American Confederation road championship affiliated with the U.C.I.

All riders should be in possession of a valid license issued by the U.C.I. affiliated national federation. Veterans are those who are 30 years old or born in 1980 or prior. Riders will be classified according to their ages:

Veterans A: Riders from age 30 to 39

Veterans B: Riders from age 40 to 49

Veterans C: Riders from age 50 to 59

Veterans D: Riders from age 60 and up

Veterans Women E: from age 30 to 39

Veterans Women F: age 40 and up

At any time, a veteran rider may choose to race in a category with an age inferior to his own category (i.e. a vet C may ride with the vets A or vets B). A rider deciding to do so for La Coupe des Amériques will have to race all stages in the same category.

All unsigned licenses will be refused upon registration and licenses without a picture must be accompanied of an ID with a photo.

The commissaires will hold the licenses for the duration of the event.

## Article 4     **NUMBERS AND PLATE**

All riders shall use the numbers and the plate provided by the organization. The riders may not cut, reduce, fold or mutilate the number in any manner. 1<sup>st</sup> offense: \$30, 2<sup>nd</sup> offense: \$50, 3<sup>rd</sup> offense: disqualification.

The **numbers** will have to be placed according to the finishing judge's specifications: on the right-hand side for all the stages.

A rider may be refused at the start if his number is not visible or is not on the correct side. Any rider coming to the finish line with a misplaced, unpinned, torn, or covered number will be placed at the end of the group with which he arrived.

The **plate** will have to be fixed on the bicycle.

## Article 5      **HELMETS AND JERSEYS**

At all times, when riding a bike, during preparation or during the race, a rigid bicycling helmet must be worn and attached. The helmet must be one of the following standards :

- US DOT standard helmet for bicycling,
- ANSI standard Z90.4,
- SNELL Memorial Foundation Standard series “B” or “N”,
- ASTM standard F-1447,
- CSA standard CAN/CSI-D113.2-M,
- US CPSC standard helmet for bicycling,
- Or their equivalent.

The racer must bear on him/her the proof that the helmet meets one of these standards if asked by a commissaire.

Each rider is also obliged to wear his team jersey except those in possession of a given title. A world, continental, national, provincial, state, or regional champion may wear the jersey of his official title.

The world road race champion and the national road race champion must wear their winner jersey in all road races, except in one-day time trials. (1.3.063-1.3.069)

If a racers holds many leader jerseys, the leaders’s jersey by stage has priority (1.3.071).

International rules allow advertising on sporting clothes such as jerseys, helmets, and shorts, but they must be in accordance with international rules.

## Article 7      **PLACINGS**

Each registration sub-category will be given a specific placing based on the General Individual Placing by Time.

### Article 7.1      **GENERAL INDIVIDUAL PLACING BY TIME**

This is determined by adding the times registered at each stage taking into account bonuses and penalties.

If two riders have equal time after the final compilation of all results, fractions of seconds of the individual time trials will be taken into account to determine which rider will finish first. If there is still equality, a tally will be made using the placing at each stage; lastly, if still equal, the placing during the last stage will be used as a tiebreaker to determine the winner of the overall classifications.

## Article 8      **COMPLAINTS**

A complaint concerning ranking must be filed no later than 1 hour before the start of the next stage. For the final classification, no later than 30 minutes after the posting of the final results. No rewards will be given before the time allowed for complaints has expired. The prize presentation will be delayed until the complaint has been resolved.

## Article 9      **FINES**

Fines imposed to the riders must be paid to the President of the Jury at least one hour before the start of the next stage and/or before purses are given.

## Article 10      **SIGNATURE CHECKING**

Riders must sign the control sheet before each stage, except for the time trial. When signing, they must be dressed in racing gear (over-garments permitted).

Time checkpoints are the following:

- Open 1 hour before start time
- Closed 15 minutes before start time

For the time trial, riders shall present themselves at the checkpoint at least ten (10) minutes before their start time.

## Article 11      **ITINERARY**

Riders must know the itinerary of the race and always follow the official route. A rider is solely responsible for his routing errors; unless ordered so by a representative of the public authorities, a rider may not deviate from the prescribed route; no complaints on this matter will be considered regardless of the reasons given.

Taking any shortcut and any attempt to be classified without having done the whole race on bike shall be severely penalized. (Disqualification and \$100 fine).

Should an incident or accident occur which might interfere with the proper running of the race, the jury of commissaires, with the agreement of the organization, can consider a stage as "not run" and cancel its results.

## Article 12      **ROAD RESTRICTION**

All riders must ride on the right hand side of the road only. Any infringement of this regulation shall entail the following penalties:

- 1<sup>st</sup> offense: warning
- 2<sup>nd</sup> offense: 30 seconds
- 3<sup>rd</sup> offense: 1 minute
- 4<sup>th</sup> offense: disqualification

## Article 13      **BREAKDOWN SERVICE**

Regardless of a rider's position in a stage, his servicing is authorized only when stopped and at the rear of his pack, on the extreme right side of the road. For each category, at least two neutral service vehicles will be available for the road race. Riders shall be responsible for supplying the necessary mechanics and wheels for neutral service; wheels shall be recovered immediately after the race.

All non-authorized vehicles will be forced to quit the race immediately at the request of a commissaire. Fine from \$50 to \$300 to any licensed person.

#### Article 14     **FEEDING**

Only liquid feeding will be authorized during the races in the manner and places described by the commissaire. No feeding during the first stage, time trial or criterium. Feeding must always be done from the right side of the road.

#### Article 15     **DROP-OUTS**

A rider unable to complete a stage or finishing after the deadline will be eliminated from La Coupe des Amériques. Unless seriously injured or gravely sick, no rider can board another vehicle than the sag wagon. Dropouts must not pass the finish line, riders who have dropped out must remove their numbers and hand them over to a commissaire as soon as possible.

#### Article 16     **TIME LIMIT**

A time limit will be calculated on the winner's time plus 20%. This percentage could exceptionally be increased if this limit would eliminate more than 10% of the riders. There is no time limit in the time trial.

The commissaire may also give an extra chance to one or more riders eliminated by unusual circumstances or obvious bad luck. This regulation can be modified at the discretion of the jury of commissaire's.

#### Article 17     **FINISHES**

A rider may cross the finish line on foot provided that he carries or pushes his bicycle.

In the event of a fall or accident (including punctures) within the last three kilometer of a stage, the riders involved will be given the time of the last rider in which company they were at the moment of the incident, provided that the incident is duly noted by a commissaire. The crossing of the finish line is still necessary. His placing will be that of the crossing of the line. **This does not apply for the time trial and any hill climb finishes.** All riders crossing the finish line a second time in the direction of the race will be accounted for the second passage at the general classification.

#### Article 18     **BICYCLES**

Bicycles should be according to U.C.I. rules 1.3.006 to 1.3.025 inclusive. Riders will be authorized to use three-spoke wheels (or similar). U.C.I. regulations don't forbid this equipment.

## Article 19    **AWARDS**

For the prologue, the awards will be presented past the finish line, near the refreshment stand on Friday after the stage.

For the time trial, the awards will be presented on Saturday morning before the Criterium.

For the criterium, the awards will be presented on Sunday morning before the road race near the start line.

For the road race and the Championship, the awards will be presented during the banquet at Mont Sutton.

In order to respect the cyclists and the members of the organization, the winners should present themselves at the podium for the awards ceremony. In the case of an absence not authorized by the head commissaire the racer will forfeit his purse for that stage.

## **CRITERIUM**

CATEGORY VETS A, B, C, D, E, F

The criterium will be held according to the regular principle:

15 laps for categories D

20 laps for category C, E, F

25 laps for category B

30 laps for category A

30 laps for Elite categories 1, 2, 3

In order to be allowed to be at the start line the next day, the racers must complete the stage.

A bell will be rung before the last lap.

- No free laps during the last 3 laps of the race.
- All riders lapped by the pack will finish the race three laps before the end of the race. A racer that neglects to do this will be disqualified. A race time will be calculated manually for the purpose of the combined results.

### Time Bonuses for the Criterium

The first three of each category will be awarded the following time bonuses in the individual overall standing :

First :            10 seconds

Second :        8 seconds

Third :           6 seconds

### Strickly forbidden

Racers must not ride on the course during another categorie's race. A warm-up period will be afforded in between categories.