

Bye Laws of the Irish Veteran Cyclists Association Ltd.: Racing Rules 2010

(as adopted by the members of the Association in March 2003,
and incorporating amendments passed at subsequent AGMs)

A. Race Director and Race Committee

1. A Race Director and a Deputy Race Director shall be appointed in accordance with the agreed procedures of the Irish Veteran Cyclists Association Ltd. (hereinafter referred to as “the IVCA”) to oversee the running of races and related matters.
2. A Race Committee shall be elected by the members of the IVCA at the company’s AGM each year. The Race Committee shall comprise the Race Director, the Deputy Race Director, a Time Trial Handicap Secretary and such number of other members to ensure that each of the Ability Categories (see Section C below) is represented. (Oct. 2003)
3. The purpose of the Race Committee shall be to:
 - (a) set out and implement the race calendar each year;
 - (b) endeavour to ensure that all competitors are treated fairly in implementing the handicapping systems adopted for the running of IVCA races;
 - (c) decide where each competitor should be in the Matrix (see Section C below);
 - (d) decide on any other matters which arise relating to racing issues.
4. The Race Committee shall monitor the implementation of the racing rules throughout each season and report to the Board of Directors of the IVCA on the implementation of those rules at regular intervals throughout the year.
5. The Race Committee shall be responsible for co-opting new members if some of the existing members cannot or do not wish to remain on the Committee.
6. The Race Committee shall endeavour to reach decisions by consensus. Where it is not possible to reach a decision by consensus, the decision shall be made on the basis of a simple majority of members voting, including the Race Director. If the votes cast are equal in number, the Race Director shall have a second or casting vote.
7. Any rider who has a grievance in relation to a racing matter should bring the issue to the attention of the Race Committee for consideration.

B. Racing Licenses

8. A racing license shall be issued to any IVCA member wishing to take part in races, upon application and payment of the appropriate fee agreed annually. The fee shall cover participation in all racing events organised by the IVCA in a calendar year.
9. Members 66 years of age and over with 10 years unbroken membership and who have served on any IVCA Committee shall be entitled to free racing fees.¹ (Nov. 2009)

¹ Members over 66 years of age who were entitled to free IVCA membership in 2009 or earlier also qualify for free racing fees, regardless of serving on a Committee.

10. All members (including those entitled to free racing fees) who wish to participate in IVCA races must hold Personal Insurance which covers them while racing.
11. Each member wishing to participate in racing events shall undertake marshalling duties throughout the year, as rostered. In this context, a Marshals calendar will be put in place to complement the Racing calendar. (Nov. 2007)

A rider who fails to meet a marshalling commitment will not be permitted to race again until he/she has fulfilled his/her commitment. Substitution/swapping of marshalling duties will be permitted only with other members holding racing licenses and with the advance agreement of the Race Director. All riders and marshals must sign the Race Sign On sheet. (Oct. 2003)
12. The IVCA may enter arrangements with other cycling organisations to entitle the holders of race license(s) issued by those organisations to compete in races organised by the IVCA. A race entry fee shall be charged to such competitors.
13. All riders competing in IVCA races shall have regard to the rules of the road, the safety of other riders and road users, and the instructions of those marshalling the event. The Race Committee may impose sanctions on riders not observing this rule. Those sanctions may involve de-classification in race results, forfeiture of points in Ability League events, or suspension from racing, depending on the nature and severity of the offence.
14. The wearing of a suitable Safety Helmet in all cycling events (including time trials) organised by the IVCA is compulsory.

C. The Matrix (revised to 6 Groups, Oct. 2006)

15. All racing members shall be entered into the Six Ability Category Matrix based on their ability. The six Ability Categories shall be identified by alphabetical titles, A to F. Within each Category, riders shall be rated on ability.
16. A rider whose ability is unknown may (a) be required to ride in an event or events prior to being placed within the Matrix, or (b) be assigned to a Category by the Race Director and/or Race Committee while his/her ability level is assessed.
 - 16a. In the initial composition of the Matrix (i.e. prior to the commencement of the race season), all groups within the Matrix, save Group X [competitors racing with the license of another cycling organization in accordance with Rule 12] shall be assigned an equal number of members. (Oct. 2006)
 - 16b. The Race Committee shall endeavour to maintain equality in the number of active racing members within each Group in the Matrix throughout the season. (Oct. 2006)
17. The Race Director, in consultation with the Race Committee, shall be empowered to reclassify any rider during the season based on that rider's current performance and ability.
18. No rider over 60 years of age shall be placed in the Scratch Group, unless he/she volunteers for such a posting.

- 18a. For ability handicap purposes, riders in their 65th year or over will be placed in the six group Matrix according to ability, but no further back than 3 groups behind the Limit group (i.e. a rider 65 years of age or older will not be placed in a group faster in ability than Group D). (Oct. 2006)
- 18b. For ability handicap purposes, riders in their 70th year or over will be placed in the six group Matrix according to ability, but no further back than 2 groups behind the Limit group (i.e. a rider 70 years of age or older will not be placed in a group faster in ability than Group C). (Oct. 2006)
- 18c. Notwithstanding Rules 18, 18a and 18b, any rider, irrespective of age, who wins two races in the Ability Handicap leagues during the year, excluding time trials, will be moved back one group in the Matrix (i.e. to a faster Ability Category) and will be moved back a further group for each two additional road races won. Riders affected by this rule in the 60 plus age bracket will be re-placed in the Matrix in accordance with the relevant rules regarding age at the start of the following year. (Nov. 07; underlined clarifications Nov. 08)
19. A rider shall have the right to request a review of his/her position within the Matrix by the Race Committee, whose decision on the matter shall be final.
20. The Matrix shall form the basis for the Sign On Sheet at races.
21. Each member entered onto the Matrix will be given (1) a Category coloured race number and (2) a bicycle frame race number. Both numbers must be displayed in all races, otherwise the rider will not be classified in the race results and will not be awarded points in Ability League events. The frame number must be placed at the junction of the top tube, down tube and head tube of the bicycle. For the purposes of time trials only, alternative race number arrangements may be put in place by the Race Director. (Oct. 2003)

D. Types of Events

22. The IVCA Race calendar shall incorporate the following types of Road Races and Time Trials:
- (a) Six Ability Group CPs
 - (b) Age Standard CPs
 - (c) Ability Related Divided Mass Starts (DMSs)
 - (d) Age Related DMSs
 - (e) Ability Handicapped Time Trials.
 - (f) Age Standard Time Trials
- 22a. In road races, wherever possible, results will be decided on the basis of a photo-finish camera. The practice of riders agreeing to finish in a tie will not be allowed. (Nov. 08)

E. Six Ability Group CPs (Oct. 2006)

23. Each rider shall be assigned to one of the six Ability Categories within the Matrix at the start of the season. In Ability CPs, based on the Sign On Sheet, six race groups will be formed. Where practical, the number of riders in each group will be equalised. Thus, a rider from one Category may have to start with riders of an adjacent Category, but he/she will always compete for points in his/her own Ability Category.
24. Ability CPs will comprise one or two separate races, based on the number of riders who sign on. Safety considerations, such as the particular course, the weather, etc., will dictate exactly how many riders shall comprise a race. (Oct. 2003)

Adjusting Time Gaps

25. The time-gaps between the six Categories for the first race each season shall be as follows:

Group F:	Scratch.
Group E:	5 seconds per mile (3 secs per Km) of race distance.
Group D:	8 seconds per mile (5 secs per Km) of race distance.
Group C:	13 seconds per mile (8 secs per Km) of race distance.
Group B:	20 seconds per mile (13 secs per Km) of race distance.
Group A:	35 seconds per mile (22 secs per Km) of race distance.

Thereafter, the time gaps between the groups shall be adjusted at the discretion of the Race Director. However, the time gap between the Scratch group and the next Group will not exceed 5 seconds per mile/3 seconds per kilometre of distance (e.g. 2 minutes in a 40Km event, or 4 minutes in an 80Km event). (Nov. 2007)

F. Age Standard CPs

26. In Age Standard CPs, groups shall be formed on the basis of age (i.e. five-year age categories). The time gaps between the age categories shall be as shown on the table below for a race of 50 miles. Time gaps shall be adjusted on a pro-rata basis for longer or shorter race distances:

(1)	80 years and upwards at go.	0 mins.
(2)	75 - 79 at 10 minutes,	= + 10 mins.
(3)	70 - 74 at 20 minutes,	= + 10 mins.
(4)	65 - 69 at 30 minutes,	= + 10 mins.
(5)	60 - 64 at 35 minutes,	= + 5 mins.
(6)	55 - 59 at 40 minutes,	= + 5 mins.
(7)	50 - 54 at 45 minutes	= + 5 mins.
(8)	45 - 49 at 47 mins 30secs.	= + 2 min. 30 secs.
(9)	40 - 44 at 50 minutes	= + 2 min. 30 secs.

27. In Age Standard CPs, the time gaps shall not be adjustable based on results. Neither shall it be possible to equalise the number of riders in each group. Some age groups may therefore contain only a few riders while other groups may be very large.
28. The annual Road Race Championship and the Founders 50 events shall be run as Age Standard CPs.
29. A Women's Championship shall be incorporated into the Age Standard Road Race Championship, provided there is a minimum of 5 women starters in the event.

G. Ability Related Divided Mass Starts (DMSs)

- ~~30. Ability Related DMSs will comprise two, three or four separate races, based on the number of riders who sign on. Safety considerations, such as the particular course, the weather, etc., will dictate exactly how many riders shall comprise a race. Note: Rule 30 is superseded by Rule 30a which was adopted at the AGM in November 2007.~~
- 30a Ability Related DMSs will comprise three separate races, irrespective of the number of riders that may turn up to race. (Nov. 2007)

3 Races

- ~~31. In general, riders in categories E and F will compete in Race 1, riders in categories C and D will compete in Race 2, and riders in categories A and B will compete in Race 3. However, to facilitate fairness of handicapping, the Race Director may move categories between races. Superseded by Rule 30a~~

~~4 Races~~

32. ~~The largest grouping of riders (based on ability) occurs in the centre of the Matrix. To avoid moving riders from this area up into a faster race, or down into a slower race, this grouping of relatively equal ability riders may be split into two races. Superseded by Rule 30a~~

H. Age Related DMSs

33. Age Related DMSs shall comprise separate races for each 10-year age group (i.e. 40² to 49; 50 to 59; 60 to 69; 70 upwards).
34. Age Related Road Race Championships will be held each year for these categories. A minimum of 5 starters shall be required in any category for the race to qualify as a Championship.
35. The Age Related Road Race Championships for riders 70 years and over shall not exceed 40 miles.

I. Ability Handicapped Time Trials (substantially revised Oct. 2006)

36. Ability Handicapped Time Trials shall comprise a performance-related system where a rider's actual time is compared to his/her Ability Handicap time for the distance being raced. The Ability Handicap time shall be calculated as set out below.
37. At the start of 2007, each rider will be given an Ability Handicap time for each of the 10, 25 and 50 mile distances. The handicap time will be the rider's fastest time recorded over the relevant distance in the previous two years. The handicap times will be published so that each rider will know his/her handicap(s) at the beginning of the year.
38. A rider who has not posted a time over one of the time trial distances in the two years prior to 2007 (including new racing members from 1 Jan. 2007) will be required to establish a handicap time by riding:
- two races over the distance in the case of 10 and 25 mile time trials, and
 - one race over the distance in the case of the 50 mile time trial.

In the case of the 10 and 25 mile distances, the qualifying times must be recorded within two years – i.e. the times can be recorded in one racing season or over two racing seasons, but not more than two seasons [*this is to ease the problem of keeping track of times over a longer number of years*].

The rider's Ability Handicap time will become his/her fastest time so recorded for each distance. In the meantime, he/she will ride off ~~his/her Age Standard handicap~~ Scratch (i.e. his/her time will be compared to the fastest time recorded in the relevant event on the day). (Nov. 2007)

39. Thereafter, a rider's Ability Handicap time for each distance will be reduced to a faster time if he/she improves upon his/her time, or increased by the appropriate Age increment at the end of the year if he/she has ridden a time trial over the relevant distance in the course of the year and has not improved on his/her handicap time.
40. A rider with an Ability Handicap time who does not ride a time trial over a particular distance in any given year will carry his/her handicap time forward to the subsequent year(s) without any adjustment. However,

² 35-49 in the case of women.

the rider may opt to re-establish an Ability Handicap time in accordance with the provisions of Rule 38 above.³

41. In Ability Handicapped Time Trials, individual performance against age standard shall also be recorded, even though no award or prize may apply. The individual's age standard for this purpose shall be their age standard for the nearest standard distance of 10, 25 or 50 miles. (for example, in the case of a 24 miles mountain time trial, the individual's age standard for 25 miles would be used). In the rare cases where the distance of the event is very different to the nearest standard distance (such as a 2 mile hill-climb), age standards may be proportionately adjusted at the discretion of the Race Committee. (Oct. 2003)

J. Age Standard Time Trials

42. Age Standard Time Trials shall be based on a rider's actual time compared to his/her Age Standard Handicap time for the appropriate race distance. See Appendix 1 for Age Standard Handicap times.
- 42a. To obtain the Age Standard for a woman competitor, 5 years shall be added to her age when using the Age Standard tables. (Oct. 2005)
43. Age Standard Time Trial Championships shall be held over distances of 10, 25, and 50 miles each year.
44. Women's Championships shall be incorporated into the Age Standard Time Trial Championships over 10, 25 and 50 miles, provided there is a minimum of 5 women starters in the relevant event.

K. Other Time Trial Matters

45. League and Championship time trial events (with the exception of the Mountain Time Trial) shall be run over exact distances of 10, 25 and 50 miles. If this is not possible, all courses will be precisely measured and times standardised to 10, 25 or 50 miles.
46. A Fastest All Rounder (FAR) competition shall be held each year, based on each rider's best actual times in time trials held over distances of 10, 25 and 50 miles in the year. The competition will be won by the rider with the lowest aggregate time for the three distances.
47. A Best All Rounder (BAR) competition shall also be held each year, based on each rider's best performances against their Age Standard over distances of 10, 25 and 50 miles. The competition will be won by the rider with the best aggregate performance for the three distances against his/her Age Standard.
- 47a. All riders participating in IVCA time trials shall be subject to the Guidelines for the Conduct of IVCA Road Time Trials appended to these Rules. (Nov. 08)

L. The IVCA Standard Calendar

48. The Standard Calendar shall include two Ability Leagues:
 - (a) a Sunday League, and
 - (b) a Midweek League.
- ~~49. Both Leagues shall be confined to Ability CPs, Ability Related DMSs and Ability Handicapped Time Trials. Note: Rule 49 is superseded by Rule 53a which was adopted at the AGM in October 2006.~~

³ On a once-off basis, in 2010 a rider may request a recalibration of his/her Ability Handicap time(s). In such circumstances, the rider's new Ability Handicap time will be calculated as the average of his/her fastest times for the relevant distance over 2008 and 2009. (Nov. 2009)

50. The combined Leagues shall provide for a minimum of 22 Road Races and 12 Time Trials.
- ~~51. The Age Standard Time Trial Championships shall be incorporated into Ability League events. Other trophy events may also be incorporated into League events. Note: Rule 51 is superseded by Rule 53a which was adopted at the AGM in October 2006.~~
52. The Standard Calendar shall also include:
- Two Age Standard CPs (Founders 50 and Road Race Championship),
 - One Age Related DMS (Age Related Championships: four separate races based on age groupings),
 - An IVCA Track Championship (Nov. 2007)
53. Thereafter, the Race Committee may add other Road Races and Time Trials to the Calendar (such as the Multi Stage Event, 2 Up Time Trial, Sonny Cullen event, Hill Climb event).
- 53a. All races prior to the Sonny Cullen CP, with the exception of Age-Related and Age-Standard events, but including the Multi Stage event (overall G.C.) will be included in the Ability Leagues. (Oct. 2006, amended in Nov 2007 to exclude Age-Related and Age-Standard events)
- 53b. The published distances for all IVCA events shall be given in kilometres. Standard time trial distances will also be given in miles. (Oct. 2006)

The Multi Stage Event

54. The Multi Stage event shall be decided on handicap time. All stages in the event must be ridden.
55. The Prologue Time Trial shall not be longer than 5 miles.

Track Championship

- 55a. The IVCA Track Championship will be run on Masters Age Related principles. Categories will be decided on an annual basis. The Track Championship will be a stand-alone event and will not count towards the Ability Leagues.

Optional Events

56. These may include special or sponsored events such as a Two-Up Time Trial, Australian Time Trial, etc. Normally such events shall be approved, where feasible, in advance at the Annual General Meeting of the IVCA.

M. Ability League Points

57. The first five riders overall in all Ability League ~~events~~ Road Races (revised consequent to Rule 57a) will score **10, 9, 8, 7, and 6** points respectively (these riders shall not count as Category winners). Thereafter, the first three riders in each Ability Category will score **5, 4, and 3** points respectively. All other starters and marshals shall receive **2** points each. (Oct. 2003)
- 57a. In Ability Handicapped Time Trials, the first eight riders overall on handicap will score **10, 9, 8, 7, 6, 5, 4 and 3** points respectively. All other starters and marshals shall receive **2** points each. No Ability Category points will be awarded in Ability Handicapped time trials. (Nov. 2007)
58. ~~In time trials forming part of the Ability Leagues, points equivalent to half of those awardable to the top [five] placed riders overall on handicap shall be awardable to the equivalent number of top placed riders ranked by fastest time. A rider may be awarded points for handicap or fastest time only, i.e. riders may not~~

~~accumulate points for speed and handicap in the same event. Group points shall be awarded for handicap only.~~ Note: Rule 58 was deleted on a Resolution passed at the AGM in October 2004.

59. Overall League and Ability Category places will be decided on the basis of the points awarded to each rider in respect of his/her best placings in the Sunday League and the Midweek League respectively. ~~subject to the maximum number of races counting towards the aggregation of points being three less than the total number of races scheduled in each League.~~ There will be no cap on the maximum number of races counting towards the aggregation of points. (Final sentence added Nov. 08)
60. Competitors racing with the license of another cycling organisation in accordance with Rule 12, shall be assigned to one of the six Ability Categories, at the discretion of the Race Director. These competitors will not be awarded points within that Ability Category, but may be awarded points in a separate categorisation.

N. Standard IVCA Trophies

61. The following trophies will be competed for each year:

Road Race Trophies	Time Trial Trophies
Founders 50 (Age Standard CP)	Fred Smith Cup (Ability H'Cap)
Road Race Championships (Age Standard CP)	Kelly Cup (Ability H'Cap)
Age Championships (Age Related DMSs)	Alfresco Shield (Ability H'Cap)
Memorial D.M.Ss (Ability Related DMSs)	Oliver Bright Cup (Ability H'Cap)
Millennium Cup (Ability CP)	TT Championships -10, 25, 50 mile (Age Std.)
Sunday League Champion (Ability based events)	Denis Goody Best All Rounder (Age Standard)
Tuesday League Champion (Ability based events)	Fastest All Rounder (Fastest)
Ability Categories winners (Sunday & Tuesday Leagues)	

Appendix 1
IVCA Age Standards 2010

Year of Birth	Age	10 Mls	25 Miles	50 Miles	RR 50 mls.
1970	40	24.06	1.02.30	2.10.00	SCRATCH
1969	41	24.14	1.02.50	2.10.40	SCRATCH
1968	42	24.22	1.03.10	2.11.20	SCRATCH
1967	43	24.30	1.03.30	2.12.00	SCRATCH
1966	44	24.38	1.03.50	2.12.40	SCRATCH
1965	45	24.46	1.04.10	2.13.20	2.30
1964	46	24.54	1.04.30	2.14.00	2.30
1963	47	25.02	1.04.50	2.14.40	2.30
1962	48	25.10	1.05.10	2.15.20	2.30
1961	49	25.18	1.05.30	2.16.00	2.30
1960	50	25.28	1.05.55	2.16.52	5.00
1959	51	25.38	1.06.20	2.17.44	5.00
1958	52	25.48	1.06.45	2.18.36	5.00
1957	53	25.58	1.07.10	2.19.28	5.00
1956	54	26.08	1.07.35	2.20.20	5.00
1955	55	26.20	1.08.05	2.21.22	10.00
1954	56	26.32	1.08.35	2.22.24	10.00
1953	57	26.44	1.09.05	2.23.26	10.00
1952	58	26.56	1.09.35	2.24.28	10.00
1951	59	27.08	1.10.05	2.25.30	10.00
1950	60	27.22	1.10.40	2.26.42	15.00
1949	61	27.36	1.11.15	2.27.54	15.00
1948	62	27.50	1.11.50	2.29.06	15.00
1947	63	28.04	1.12.25	2.30.18	15.00
1946	64	28.18	1.13.00	2.31.30	15.00
1945	65	28.34	1.13.40	2.32.53	20.00
1944	66	28.50	1.14.20	2.34.16	20.00
1943	67	29.06	1.15.00	2.35.39	20.00
1942	68	29.22	1.15.40	2.37.02	20.00
1941	69	29.38	1.16.20	2.38.25	20.00
1940	70	29.58	1.17.10	2.40.08	30.00
1939	71	30.18	1.18.00	2.41.51	30.00
1938	72	30.38	1.18.50	2.43.34	30.00
1937	73	30.58	1.19.40	2.45.17	30.00
1936	74	31.18	1.20.30	2.47.00	30.00
1935	75	31.42	1.21.30	2.49.03	30.00
1934	76	32.06	1.22.30	2.51.06	40.00
1933	77	32.30	1.23.30	2.53.09	40.00
1932	78	32.54	1.24.30	2.55.12	40.00
1931	79	33.18	1.25.30	2.57.15	40.00
1930	80	33.48	1.26.45	2.59.49	50.00

Appendix 2

Guidelines for the Conduct of IVCA Road Time Trials

Competitors' Machines

Every competitor is responsible for ensuring that their machine is roadworthy and capable of being ridden on the public highway in safety.

Protective Helmets

All competitors must wear an approved hard shell helmet meeting approved standard.

Completing the course

It is the rider's responsibility to correctly complete the course. If dismounted for any portion of the course, the rider must wheel or carry his own machine. No assistance shall be accepted.

Observance of the Rules of the Road

All competitors in, or in the vicinity of the event must observe the Rules of the Road. In particular competitors must:

- Ride on the left hand side of the road, except for safe overtaking or to make right hand turns.
- Obey all traffic signals and signs.
- In making any turn to left or right, it is the rider's responsibility to ensure his/her own safety.
- Competitors must at all times ride in a manner which is safe to both themselves and any other road user.

In the event an accident caused by a competitor's failure to comply with the any of the above, that competitor shall be liable to suspension from racing.

Paced and Company Riding

Competitors shall ride entirely alone and unassisted and not ride in the company of, or take shelter from, any other rider or vehicle.

When overtaking another rider, a competitor must pass without taking or giving shelter.

The onus of avoiding company riding or taking pace is the responsibility of the overtaken rider who should allow a gap to open immediately to a distance of a minimum of 25 metres.

No competitor shall be preceded, accompanied or followed by, or in any way receive assistance from, any person in/on a motor vehicle.

These are strict rules of time trialling, contravention of which will result in disqualification from the event. A subsequent offence will result in suspension from time trials.

IVCA Race Committee 2008.