

## **Introduction**

**The “Nestor Cup” is a voluntary, non - sanctioned, team - based program of training rides for the purpose of improving the skills and safety awareness of cyclists who are looking to further their more competitive ambitions elsewhere. The rides are organized by the Savannah Wheelmen, the registered riders and other members of the community who volunteer to maximize the safety and enjoyment of each event and are willing to promote local cycling awareness.**

**The following are the recognised “Terms and Conditions for Participation”. These are current through 8.11.08 and will be updated at the end of each season.**

They comprise,

- **General Terms, A – I**
  
- **Specific Terms**
  - **Teams, 1 – 7**
  
  - **Volunteering, 8 – 12**
  
  - **Points distribution, 13 – 18**
  
  - **Individual Time Trial Rules, 19 – 24**
  
  - **Team Time Trial Rules, 25 – 29**
  
  - **Road Event Rules, 30 – 36**
  
  - **Circuit Event Rules, 37 – 43**
  
  - **Grievance Procedures, 44 - 46**

## **General Terms**

- A. Prior to any participation riders **MUST** sign the official Savannah Wheelmen waiver.
- B. Riders, by participating, understand that cycling is an inherently dangerous sport and are fully responsible for their own safety and well being of others.
- C. The rides do not take place on closed roads or closed circuits and participants are therefore subject to the same safety risks as normal everyday cycling on public roads. Riders need to be aware of the open road conditions and at all times be courteous to other road users.
- D. Riders **MUST** wear an approved properly secured helmet at all times including warming up and warming down.
- E. All participants must be courteous to other participants, other road users and members of the public. Abusive language, unreasonable behaviour or unsportsmanlike conduct by any participant will result in instant removal from the entire program.
- F. Riders must ensure their equipment is mechanically sound so as not to be a safety concern to others.
- G. Riders must wear recognised cycling clothing including jerseys with sleeves.
- H. Littering, public urination and disrespect towards local communities where ride events are staged will result in instant removal from the entire program.
- I. The yellow line or centerline of any roadway must **NEVER** be crossed unless it is absolutely necessary in an emergency situation. Infringement will result in immediate removal of the participant. Participants must conform to **ALL** traffic regulations in the area of the event.

## **Specific Terms**

### **1. Teams**

1. There are two groups, designated A and B. Riders are placed in a group depending upon their ability, experience and knowledge of cycling safety. Riders will be assessed continually and may be asked to change groups. Riders can voluntarily request assessment.
2. Teams must register by the 31<sup>st</sup> March in any given training year to be eligible. Exceptions to be agreed by the Savannah Wheelmen Committee only. Solo riders can join at any time through the year.
3. There are 5 riders to a team. No reserves.
4. The designated Team Captain coordinates the team functions, ensures the riders adhere to all safety, courtesy and sign in/sign out rules and takes an active role in the grievance procedures. The captain is the main point of contact for each team.
5. It is preferred there are no changes to teams after June 1<sup>st</sup> of any training year. Changes must be approved. Riders who change prior to this do not take their earned points to the new team. The points remain with the team with which they were earned. The points do, however, remain counted for that riders individual position in the overall standings.
6. All riders of each team agree to volunteer for one event in the Series. All riders volunteer, if they are able, and no riders from the team will enter that particular event. Teams may combine to provide more volunteers.
7. Team jerseys MUST be worn. A rider not wearing a team jersey can ride but will not receive points. Exceptions must be heard by the Wheelmen committee. Solo riders can wear a cycling jersey of their choice.

### **2. Volunteering**

8. In road rides, there has to be commitment from the B teams to assist solely with the B rides. Similarly the A teams are to assist solely with the A rides. This is essential for the road stages. In the circuit rides and time trials, the B volunteers report to the leader of the A volunteers and all of the volunteers manage both rides/all riders.
9. There are a total of 12 training rides through the year. Riders may only start up to a total of 10 of these rides. On the days that riders opt out from starting, it is hoped the riders will volunteer in some manner.

10. Volunteers are there to help, maximize safety and warn riders of danger. Volunteers have no power to stop traffic or prevent traffic from entering a highway. **Riders must STOP when signaled to do so by a volunteer.** Applying the rule that any vehicular traffic always has the right of way will assist in maximizing the safety of each ride.
11. Volunteers are to report to their team captain or the ride organizer 30 minutes prior to the start so their duties can be established. They must have cell phones. Any gas expenses are reimbursable.
12. Volunteers are to ensure their names & #'s are listed on the Volunteer Schedule.

### **3. Points Distribution**

13. Points are awarded for road and circuit rides from 11 for first to 2 for tenth. All other riders completing the course receive one point.
14. There are three places awarded for mid sprints in road and circuit rides. Points distribution is 3,2,1.
15. Any infraction of safety or courtesy rules will result in riders forfeiting the relative points regardless of their finishing position.
16. Visitors participating in an event are eligible to place in any event but do not earn points. The riders below will move up a place and secure those points.
17. In the event of a tie in the standings positions, the final order will be decided by the order of placings in the final event.
18. In the event of a team tie in the standings, the team accruing the highest points in the final event will be placed highest.

### **4. Individual Time Trial Rules**

19. Riders must report their intention to start to the Starter as soon as they arrive at the course. It is the riders responsibility to know the start order.
20. All riders must assemble at the start line in the order given by the Starter. If it is impractical to move a rider to a later start than that given at time of sign up, then that riders' time will commence from their original start time. This is at the discretion of the Starter.
21. Riders who choose to warm up on any section of the course must remove themselves from the course 15 minutes before the time trial start.

22. Purposely drafting or pacing from any form of vehicle is not allowed and will result in immediate disqualification.
23. Crossing the yellow line or center line is viewed as shortening the course so as to seek an advantage. Infringement will result in immediate disqualification unless it is absolutely unavoidable in the event of an emergency.
24. Points are distributed for the fastest 15 riders only in each group. No points are awarded to the remaining riders.

#### **5. Team Time Trial Rules** *(in addition to 4. above)*

25. 3, 4 or 5 riders may start. The team time is taken from the third rider crossing the line.
26. Any starting rider failing to stay with the team, but finishing the course, will receive 5 points regardless of his/her teams final position in the overall time trial results.
27. Pushing another rider is not allowed and will result in disqualification of the WHOLE team including any riders who have failed to stay with the team during the event.
28. Crossing the yellow line or center line is viewed as shortening the course so as to seek an advantage over others. Infringement will result in immediate disqualification of the WHOLE team unless it is absolutely unavoidable in the event of an emergency.
29. Points are distributed for the fastest 15 teams only in each group. No points are awarded to the remaining teams.

#### **6. Road Event Rules**

30. Aero bars, clip on bars and solid disc wheels are not allowed.
31. All riders must sign in. This is the riders responsibility which must also be checked and confirmed by each team captain. If the rider is not signed in, then technically, he/she is not riding.
32. All riders must sign out. Team captains are responsible for signing out to ensure the whole team is safely accounted for at the completion of each ride.
33. Hand ups from moving vehicles are not allowed. Where practicable a water station will be established and bottle hand ups from stationary volunteers are allowed.
34. Riders may deposit wheels and other equipment in a follow vehicle at their own risk. Exchanging of equipment can only be carried out from a stationary vehicle.
35. No rider should take any kind of assistance from a moving vehicle.

**36.** In the event of a crash, or fallen rider, riders in the vicinity must stop to assist until all the riders in the incident are safely accounted for. Any riders ahead of the incident with a time gap should stop and restart reestablishing a similar time gap only when it is safe and secure to do so.

## **7. Circuit Event Rules**

**37.** Circuit events are those taking place on routes 3 miles or less.

**38.** Groups A and B ride at separate times on the same circuit.

**39.** A group not riding in an event must be respectful of participants and not ride or warm up on the course.

**40.** Riders on different laps may rejoin the main field. They are requested to drop away at the final 3 laps to maximize the safety and understanding of others.

**41.** No rider may drop back from the main field to assist a rider who has broken away from the field.

**42.** Riders who require mechanical assistance are asked to honor common sense timing with respect to taking laps out to fix flats or correct other problems prior to rejoining the field.

**43.** In the event of a crash or fallen rider, other participants are asked to slow and be aware of the danger on subsequent laps.

## **8. Grievance Procedures**

**44.** Riders must lodge an event complaint through within 30 minutes of the completion of the ride.

**45.** The event volunteers and the team captains, where possible, shall meet immediately to address the complaint. If a decision is not possible by the participating team captains under majority rule, then the complaint will be finally ruled upon by the end of the following day by reference to the Savannah Wheelmen committee.

**46.** Any other grievances can be lodged at any time and will be answered within a reasonable time by the Savannah Wheelmen committee.

----- End -----

Updates

6.9.08	Original
8.11.08	Spell check. + Revision stating, updates only at season end. + Clarification redraft of rules 17 & 18.