

2022 CCAP Junior Cyclocross Series Rules

General Rules:

1. A junior racer must be registered with a CCAP regional or school team for the respective session: spring – MTB, summer – road, fall – cyclocross (CX), to participate in the CCAP Junior Cycling Leagues.
2. All racers must wear helmets while riding bikes, at the race venue and on the race course, whether pre-riding or racing, at all CCAP junior series events.
3. Bikes must be powered by human pedal power only. No e-bikes, electric motors or any other type of power-assisted bikes of any type are permitted.
4. Headphones and personal listening devices are prohibited on race course.
5. Regional races results from all races EXCEPT ONE count towards individual series standings. Results from the lowest scoring race will be “dropped” from the calculation of the overall individual series standings. Team series points calculation will include ALL races. See Points Tables in Appendix A.
6. To be eligible for final individual series podiums, racers must complete at least 50% of the series races.
7. Starting times and staging procedures for categories will be at the discretion of each race director.
8. There will be no pre-riding or warming up on the course during any race in progress. Racers on the course during another category’s race are subject to disqualification from their race with no refund.
9. Racing numbers must be placed as prescribed by Race Director or officials and be fully visible when rider is in racing position. Numbers shall be attached securely at least at four corners, and no accessory or hair may obstruct a clear view of the number. Numbers may not be folded, trimmed, or otherwise defaced.
10. It is each racer’s responsibility to be aware of and understand these rules.
11. Violation of any of the CCAP Series rules may result in disqualification.

Team Structure:

12. CCAP junior racers cannot be registered on multiple CCAP regional teams or on multiple CCAP school teams during the season. Racers can be registered on a regional team and a school team in the same season.
13. CCAP junior racers cannot change regional teams midway through the season, unless an exception is granted by CCAP due to extenuating circumstances. If a junior racer is approved to change teams, any points earned will remain with the team the racer initially registered with.
14. Racers registered on a CCAP regional team will be scored only in regional team series races, and racers registered on a CCAP school team will only be scored in the CCAP school race series. If a racer is registered on both a regional team and a school team, the points earned in a race will count only towards the series that race is a part of; points earned in a single race cannot be counted towards both series.
15. Each CCAP junior racer must ensure that his/her respective CCAP team name is correct in Bikereg profile and individual series race registration records, otherwise he/she will not earn any individual or team series points. See CCAP team names in Appendix B.

Race Age/Category/Upgrade rules:

16. A racer's race age for the cyclocross series is your age as of December 31, 2023 - not age on the day of the race. CCAP junior racers must be between "race age" 9 and 18 as of December 31, 2023 to participate in the 2022 CCAP Cyclocross Junior and School series races.
17. AGE EXCEPTION: A CCAP junior racer with a "race age" older than 18 may participate in the Junior/High School 15-18 series category of a race only if he/she is a high school student, is registered on a CCAP regional or CCAP high school cycling team/club, is registered for the race in the Junior/High School category as member of such team, and is wearing such team/club's jersey during the race.
18. Any CCAP junior racer older than "race age" 9 may compete in his/her age category based on racing age, or "race up" in next age category (such as a 11-year old racing in Cat 3 13-14), or "cat up" and race in a higher category (Cat 2 instead of Cat 3, or Cat 1 instead of Cat 2). A CCAP racer racing in an age category below his/her race age will not earn any individual or team series points.
19. Series winners from the previous year must move up to the next USA Cycling category. In certain cases of small junior categories, exceptions might be made by CCAP.
20. If a racer upgrades or downgrades category at any point during the season, his/her individual series points will not transfer to the new category with the category change. The points earned will however count towards his/her team points.
21. All racers in the school series races must attend grades 5-12, and register for those respective race categories, regardless of their chronological or racing age.
22. High school club racers compete in Junior Varsity and Varsity categories solely based on the determination by their school club coach/advisor, not based on grade or age.

Rider Support:

23. **No handups** - Absolutely no feeding is permitted, unless specifically authorized by the USA Cycling Chief Referee, and announced during pre-race instructions.
24. **Self-Supported** - Junior CX racers are expected to be self-supported, and no assistance of any kind is permitted anywhere along the course, EXCEPT in a designated "Pit" area, where racers may only switch bikes or wheels, or make repairs with tools and parts present in the pit.
25. **Pit** – designated area on the race course. Access is restricted to only persons supporting racers, such as coaches and pit crews.
26. Racers may access the pit only via designated entrance. A rider passing the pit entrance and continuing beyond the pit exit may not enter that pit, but must continue around the course to the next pit, and must continue on the course once they pass the pit exit.
27. One pit bike per racer, must be dropped off shortly before one's race start, and removed promptly after their race finish.

Overtaking/Passing:

28. Racers who are riding have the right of way over racers pushing or carrying their bikes.
29. A racer pushing or carrying his/her bike can overtake a racer riding his/her bike, provided that he/she does not interfere with the riding racer.
30. Riders passing or lapping another rider must vocally alert that rider by using such terms as: Passing on your left (right) or Track left (right). It is the responsibility of the passing rider to overtake safely, and riders being passed must yield at the first reasonable opportunity.
31. When two riders are vying for position, the leading rider does not necessarily have to yield position to the challenging rider. However, a rider may not bodily interfere, intending to impede another rider's progress. This is considered to be highly unsporting behavior.

Discipline:

32. Cutting the course short by any rider, whether by accident or not, will lead to disqualification or relegation to last place in his/her category. The race promoter will make this decision.
33. The race director reserves the right to warn or disqualify anyone from an event for unsporting behavior (profanity towards volunteers or other riders, overly aggressive or dangerous riding, throwing one's bike etc.).
34. Any rider littering the course with food packages or waste will be disqualified.
35. **Protests can be made only by racers themselves**, and only against racers in the same category, and in most cases must be confirmed by a third-party. Protests made by parents will not be considered.
36. The race director and/or CCAP League Directors will have final decision and interpretation of rules.
37. The "Protest Period" is 15 minutes following posting of complete results for each category. It is a racer's responsibility to verify the results at the race. After the protest period is over, all results are final. Please refrain from contacting race promoters about results errors discovered after the protest period, unless it is something that was not apparent at the time the results were posted.

APPENDIX A

CCAP 2022 Junior League Cyclocross Scoring

CCAP League Place	Cat 3 Junior Points	Cat 4 Junior Points	Cat 5 Junior Points	Overall Team
1	40	30	20	40
2	38	28	18	36
3	36	26	16	32
4	34	24	14	28
5	32	22	12	24
6	30	20	10	20
7	27	18	9	16
8	24	16	8	12
9	21	14	7	10
10	18	12	6	9
11	15	10	5	8
12	12	8	4	7
13	9	6	3	6
14	6	4	2	5
15	2	2	2	4
16	2	2	2	3
17	2	2	2	2
18	2	2	2	1
19	2	2	2	1
20+	1	1	1	1

APPENDIX B

CCAP 2022 Junior Cyclocross Series Team Names

- CCAP Farmington Valley Youth Cycling Team
- CCAP Greater Hartford ERRACERS Youth Cycling Team
- CCAP Hamden-Cheshire Rail Trailers
- CCAP Team HORST Junior Squad
- CCAP TTEndurance Junior Team

CCAP 2022 Junior Cyclocross Series Races:

1. Newtown Cross - Sunday 9/25/2022 - Newtown CT
2. Mansfield Hollow CX - Sunday 10/16/2022 - Mansfield CT
3. Belltown Cross - Saturday 10/22/2022 - Portland CT
4. Cheshire Cross - Sunday 10/29/2022 - Cheshire CT
5. The Governor's Guard Rodeo - Series Finale - Saturday 12/4/2022 - Avon CT