



Sanctioned by the  
Ontario Cycling Association

## Midweek Tuesday Race Etiquette and Rules:

Let's all remember this is a training race and we all have to get-up and go to work the next day. Please be safe out there, talk to your neighbours and don't be sketchy.

All participants MUST sign-in every week, even Seasons' Pass holders and Midweek members.

All participants must have either a UCI Licence or a OCA Citizen's Permit. Out of province riders must also sign a waiver. Out of country riders must produce a letter of permission from their federation (Except US riders, who also may not use US Domestic Permits)

Race course is between the pylons and the inner right hand curb. The outer lane is for cars exiting the circuit so anyone caught out there is off course and may be disqualified (Yellow Line Rule).

Car drivers can be inconsiderate, keep your head up and be prepared.

Please put your garbage into the containers beside the bus stops.

Participants are requested to NOT sprint up the curb to the finish. Why? Because you usually get cut off by someone further up the pack than you. While legal, if the lane is clear, from a practical sense it too often causes crashes. Please resist the temptation!

When sprinting, sprint in a straight line. Save the drifting, cutting off techniques to pro races.

Later race riders warming up are to stay within the double yellow lines, leave a gap between the early racers and yourselves so the early racers know where the back of their race is.

Later race participants please do not participate in the early race in any significant way. That means no blocking, no lead-outs, no acting like a rabbit, no giving a friend or teammate an unfair advantage etc.

What if you are dropped? Rejoin from the top of the hill on the next lap. You can do this as often as you need to. If you take a lap off you should exit the race safely from the back before the bell lap and not finish the race.

First race participants trying to teach their legs how to go faster by taking laps with the late race are asked to not interfere with late racers and the dynamics of the race.

**Tired riders have slower reflexes; they cause crashes!** If you are tired, please withdraw and enjoy watching the finish.

**NUMBERS:** Every participant is given a timing chip and a body number when they first register. Don't forget them. We use them for scoring and calculating the series points.

Body numbers for this series they go on your RIGHT side parallel to the ground so they can be read from the curb side. The timing chip should be attached to your seat post as described at registration. You must have these at every race.

If you forget/lose your numbers you can purchase a replacement set for \$10. **Riders MAY NOT START without a number and chip.** Those found riding in without signing in or without both their number and chip will be asked to leave the premises immediately and will receive a month long suspension from the series. Repeat offenders will no longer be welcome at Midweek events

All participants are required to follow the instructions of race officials, commissaires, and course marshalls. Failure to do so will result in being asked to leave the event and a possible series suspension.

Midweek Tuesday Race Series is an OCA sanctioned race. Commissaires are present.

NO FEEDING. No swearing - children may be present

Critierium FREE lap rule applies for flats and approved mechanical difficulties. Midweek keeps spare tubes and pump at registration if you need one during the race or to get home. It works on an honour system, you take one, you replace it.

Unless otherwise stipulated, riders breaking any of the above rules will be warned only once. Further incidents may result in suspension.

### Lapping the Field Rules:

On the Time White Board will be posted two times:

Top time: time gap between break away and peloton

Bottom time: time gap between back of peloton and first breakaway rider(s)

If a break-away touches the back and re-enters the peloton the field is considered "lapped" and the lap count will drop by one for the group and the riders from the breakaway will be awarded 10 pts for their efforts. All riders are considered to be on the same lap and are all able to contest the finish sprint.

Riders may attempt to lap the field as many time as they want, but will only receive points for their first successful attempt. Subsequent attempts only receive the benefit of a good workout; lapping the field twice will not improve your race position.

### Finish Sprint/Series Points:

All riders in the field who have not lost laps on the peloton are able to contest the finish sprint (including riders that have successfully lapped the field). If you fell off or sat out a few laps, please safely exit the race from the back before the bell lap.

Series points are awarded to the top finishers in each race:

EARLY RACE		LATE RACE	
1st	- 8	1st	- 15
2nd	- 5	2nd	- 12
3rd	- 3	3rd	- 10
4th	- 2	4th	- 8
5th	- 1	5th	- 6
		6th	- 5
		7th	- 4
		8th	- 3
		9th	- 2
		10th	- 1

All signed-in participants receive at least 1 point. Point structure subject to change without notice during the season.

Points will be tallied and reported each week for individual riders and collectively for teams. Independant riders that join teams later in the season bring their points with them.

At the last race of the season, medals are awarded to the top three individual points winners in both the early and late races. The top placed riders will have their names inscribed on the Series Trophy and may request to hold on to it over the winter season. The top placed team in both the early and late race will recive a team trophy.