

Cyclocross Technical Guide

Manitoba Cyclocross Cup Race Categories

Kids

U11, and U9; male and female

* U13 riders with limited experience who are not comfortable racing in the C race can race in the kids' race

C Race (Cat 4/5)

The C race is for cat 4/5 male and female riders, those participating in their first cyclocross race, and youth racers (age 13 – 18) who have moved up from the U11/U13 category.

B Race (Cat 3)

The B race is for Cat 3/4 male and Cat 2/3/4 female riders who have won a C race or who have been moved up from C by the Cyclocross Director or the Chief Commissaire.

A Race (Cat 1/2)

The A race is for Cat 1/2 male riders who have won a B race or who have been moved up from B by the Cyclocross Director or the Chief Commissaire.

Seeding (Start Line Placement)

In the A, B, and C races, the race participants will be seeded 8 across (where courses permit) and 24 deep, according to cup points, regardless of gender. If you are late for the call-up up you will lose your seeding position and you will be moved to the back of the pack.

Cyclocross Series

Throughout the cyclocross season, racers accumulate points. These points are updated after each race. The winner in each category is determined by the highest accumulation of points.

POINTS BREAKDOWN (All Races):

| Finish | Points | Finish | Points | Finish | Points | Finish | Points | |
|--------|--------|--------|--------|--------|--------|--------|--------|--|
| 1 | 50 | 11 | 33 | 21 | 23 | 31 | 13 | |
| 2 | 45 | 12 | 32 | 22 | 22 | 32 | 12 | |
| 3 | 42 | 13 | 31 | 23 | 21 | 33 | 11 | |
| 4 | 40 | 14 | 30 | 24 | 20 | 34 | 10 | |
| 5 | 39 | 15 | 29 | 25 | 19 | 35 | 9 | |
| 6 | 38 | 16 | 28 | 26 | 18 | 36 | 8 | |
| 7 | 37 | 17 | 27 | 27 | 17 | 37 | 7 | |
| 8 | 36 | 18 | 26 | 28 | 16 | 38 | 6 | |
| 9 | 35 | 19 | 25 | 29 | 15 | 39 | 5 | |
| 10 | 34 | 20 | 24 | 30 | 14 | 40 | 4 | |

The first race of each season uses the points accumulated from the previous season to determine the start list. After the first race of the season, seeding will be done based on your accumulated points from the current race season.

Note: for riders who finish lower than 40th at a race, you will receive 1 race point.

No points are accumulated at the Provincial Cyclocross Championships

Eligibility

Athletes must be members of the MCA in good standing and must hold a valid MCA/CCA racing license to be eligible for MB Cup points.

Reviewing Results

It is the athlete's responsibility to review the results as soon as they are posted on-site and to immediately inform the Chief Commissaire for Cross events of any discrepancy in regards to results. Results will be posted on-site, and athletes/coaches will have 15 minutes in which to appeal. After 15 minutes with no appeals, the results become official and will be posted on the MCA website for the remainder of the calendar year.

Tiebreaker

If two or more athletes receive the same time for a particular race, the athletes will share the points allocated to that shared position. If two or more athletes receive the same amount of total points as calculated at the end of the season, the athletes' times in the same races they competed in will be used to determine a final score for each athlete.

Racers who move up a Category

MOVE-UPS

In an effort to keep the races safe and competitive, the Cyclocross Director and the Chief Commissaire reserve the right to move up racers. Move-ups are based on average lap times. If your average lap times would have placed you in the top 20 of the faster category at the same event, at the discretion of the Cyclocross Director and the Chief Commissaire, you may be moved up to that faster category for the remainder of the season.

Caveat: If you are a racer involved in the Manitoba Cycling Provincial Program, you must also get approval from the Provincial Cycling Coach before you will be moved up.

Racers moving up categories will receive 50% of the points they earned for their results in their previous category, plus 100% of the points they earned in their new category. In the case of a tie in points, the highest placing from the most recent race will be used.

Bike Specifications

Racers in the A and B race (Cat 1/2 and 3) categories are required to ride a regulation cyclocross or gravel bike. This means you must have a drop bar bike with tires that do not exceed 33 mm width for 700cc wheels.

With the popularity of gravel and a move to wider rims, we are aware that a tire that says 33mm on the side might mount and measure wider than 33mm. For this reason, we apply the “Spirit of the Rule” when measuring. If your tires say 33mm on the side but measure at 35, that will be fine. But for tires that are listed as being 35, 38, or wider, race officials will make a note of this during pre-race inspection.

It is important to note that you will be allowed to race with tires that are wider than regulation. We don't want to stop people from participating in the sport we all love; however, after a first warning, racers whose tires are not compliant will not receive any points from a race and will start at the back of the field for each race.

Tires

Maximum 33mm width for 700c
No spikes or studs allowed

Wheels

Wheels shall have a minimum of 12 metal spokes

Handlebars

Must be road style (drop bars)
Max width 50cm

Brakes

Must have functional front and rear brakes

Gears

No fixed-gear bikes

Bike

Must weigh greater than 6.8kg

Bike Style

No mountain bikes allowed

C race (Cat 4/5)

The C race is our introductory race category. This field is often made up of less experienced riders and those looking to give the sport a try. For that reason, we allow mountain bikes to be used by racers. E-bikes are not permitted in any Manitoba Cyclocross race.

Tires

There is no maximum wheel size for the C race, as Mountain bikes are permitted in this race. No spikes or studs allowed

Wheels

Wheels shall have a minimum of 12 metal spokes

Handlebars

May be either mountain bike or road style.

If you are using a mountain bike, your bars must have bar ends. You will not be allowed to start a race on a bike that is deemed unsafe.

Brakes

Must have functional front and rear brakes

Gears

No fixed-gear bikes

Bike

Must weigh greater than 6.8kg

Bike Style

Mountain bikes are allowed

Racing Rules:

These are the general rules for racing in Manitoba. To see the full rules of racing, please visit the UCI (<http://www.uci.ch/>) CCA (<http://www.canadian-cycling.com/>) for full explanations.

1. Pre-riding may only be done during the designated times for your category.
2. Everyone riding on the course during the scheduled pre-ride/training times MUST have a current MCA general membership (or Race Licence). Non-members are not permitted to operate a bicycle on the course during scheduled event times.
3. All races must operate a bicycle with both front and rear working brakes.
4. All races must wear an approved cycling helmet with a current best-before date.
5. Racers shall act with caution and respect and be responsible for accidents they may cause.
6. Races must present their licence at the registration table.
7. It is a racer's responsibility to know the race course and the race duration before the race starts.
8. A racer must act in a sporting manner and allow a faster rider to overtake her/him without obstructing.
9. If a rider exits a course for any reason, he/she must re-enter the course at the exact location of exit. You may not travel in any manner in the opposite direction of the race. If you have a mechanical issue during a race, you must continue in the direction of the race on the course until you reach the designated service pit area, where you can deal with the mechanical issue. If you decide to abandon the race at any point, you must leave the course immediately and notify the race commissaire immediately.
10. Music players and recording devices are not allowed to be worn by a racer during an event.
11. Sleeveless jerseys are not permitted.
12. You may only wear a jersey of a club to which you currently belong. Do not wear a pro team jersey unless you are a member of the said team.
13. Handlebars must have end caps, and water bottle holders must be secured in the frame.

Event & Spectator Rules:

Only registered racers are allowed on the course during the race and while pre-riding. All spectators must remain on the sides of the course during the race. Spectators must not assist or interfere with racers in any way during the race. Please remember that the pit zones are NOT intended for spectators,

and all dogs must remain on a leash at ALL TIMES at race events. No alcohol handups are permitted to any racer.

Categories for Provincial Championships:

The Provincial Championship race uses the standard CCA set of Categories for adults shown below.

Adult / Kid Categories

Male and Female

- 60+ race in the 40-minute race
- 50+ race in the 40-minute race
- 40+ race in the 40-minute race
- 30+ female racers in the 40-minute race
- 30+ male racers in the 60-minute race
- Elite (24-29) female race in the 40-minute race
- Elite (24-29) male race in the 60-minute race
- U23 female race in the 40-minute race
- U23 male race in the 60-minute race
- U17 race in the 40-minute race
- U 15 race in the 30-minute race
- U13 race in the 30-minute race
- U11 race in the 20-minute race

Note: Because in many parts of the world cyclocross is a winter discipline that spans calendar years, your “racing age”, for the purposes of determining which category you are in, is your age at the end of the following year (so, for races held in the fall, your “racing age” is your age as of December 31, of the next calendar year).