

## **Introduction**

The “Nestor Cup” is a voluntary, non - sanctioned, team - based Series of training rides for the purpose of improving the safety awareness and skills 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 local community who volunteer to maximize the safety of each event.

## **Terms and Conditions for Participation** (“the Rules”)

These are current through 3/14/10 and are updated annually following open forum and agreements with those persons interested. They are compiled in the strict interest of promoting safety first and provide a framework for organization.

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## **General Rules**

- A.* Prior to any participation ALL 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 when on their bicycle including warming up and warming down.
- E.* All participants must be courteous to other participants, volunteers, other road users and members of the public. Abusive language, unreasonable behaviour or unsportsmanlike conduct by any participant will result in instant disqualification and possible removal from the entire Series.
- F.* Riders must ensure their equipment is mechanically sound so as not to be a safety concern to themselves or others. Riders must wear recognised cycling clothing including jerseys with sleeves.
- G.* The designated Team Captain coordinates the team functions, ensures the riders sign in/sign out and adhere to all the Rules and takes an active role in the immediate grievance procedures after each ride. The Team Captain is the main point of contact for each team and organizes one stage throughout the season with his team. Riders channel all grievances through this Team Captain.
- H.* Riders can only start 10 out of the 12 events in any one season.
- I.* Littering, public urination and disrespect towards local communities by any individual where ride events are staged will result in instant disqualification of the person immediately and possible removal from the entire Series.
- J.* 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 applicable to the area and in the vicinity of the event.
- K.* Blocking or preventing other riders from properly moving to the front of any group is dangerous and unnecessary. Participants should respect other riders' requests wanting to move to the front.
- L.* If jersey numbers are provided to riders for the series, they must be worn to receive points for events. If lost, a fee may be charged for a replacement.

## Specific Rules

### **1. Teams**

1. There are three groups, designated A, B, and C. 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 a change to a different group. Special rules concerning C group events are presented in section 9.
2. Teams must be submitted to Savannah Wheelmen for approval by the **31<sup>st</sup> March** in any given training year to be eligible. Solo riders can join at any time through the training year.
3. There are 5 riders to a team. No reserves. Each Team Captain is asked to include 2 riders who are of lesser experience. This is to encourage the development and increase the knowledge of those riders in line with the purpose of the Series.
4. Changes to teams must be requested prior to the start of the third mass start event. Changes are subject to approval.
5. Riders who change teams 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 and manage 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. Team Captains are responsible for the organization of the volunteers.
7. Team jerseys **MUST** be worn. Each team must have a unique jersey. A rider not wearing a team jersey can ride but will not receive points. Special exceptions must be heard by the Grievance Committee. Solo riders can wear a cycling jersey of their choice.

### **2. Volunteering**

20. Volunteers should ensure their names & cell #'s are listed on the Volunteer Schedule via email to the Series Coordinator. This schedule will be updated on the website when Team Captains have established which event their team will be managing.
21. 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 work together with the A volunteers and all of the volunteers manage both rides/all riders. Team captains are the points of contact.

22. 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.
23. 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 help maximize the safety of each ride.
24. 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.
25. Gas expenses are reimbursable for those volunteers who are not registered in the Series. This applies to vehicles in road events only where there is a necessity for their vehicle to lead or follow the A or B group. Amount payable is \$25 per vehicle for any road event. There is a maximum of \$100 (4 vehicles) for each road event.
26. The volunteer must request payment from the organizing volunteer Team Captain who in turn organizes payment from the Savannah Wheelmen treasurer.

### 3. **Points Distribution**

30. Points are awarded for road and circuit rides from 11 for first place to 2 for tenth place. All other riders completing the course receive 1 point.
31. There are three places awarded for a mid sprint in road and circuit rides. The sprint line will be marked at approximately mid distance. Points distribution is 3 for 1<sup>st</sup>, 2 for 2<sup>nd</sup> and 1 for 3<sup>rd</sup>. These points are separate from the event finishing points.
32. Any infraction of safety or courtesy rules will result in riders forfeiting points regardless of their placing or finishing position.
33. In the event of a tie in the final overall points standings between individuals, the final order will be decided by the order of placings in the final event.
34. In the event of a team tie in the final overall standings, the team accruing the highest points in the final event will be placed highest.
35. Individual timetrial points are awarded from 11 for first down to 2 for tenth. Other riders completing the course will receive 1 point.
36. Team timetrial points are awarded from 11 for first down to 2 for tenth. Other teams completing the course or riders completing the course who have failed to stay with their team will receive 1 point.

#### 4. Individual Time Trial Rules

40. 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.
41. 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 the 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.
42. 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.
43. Purposely drafting or pacing from any form of vehicle is not allowed and will result in immediate disqualification.
44. 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.
45. All riders who complete the course receive points therefore riders are encouraged to fix mechanicals, with assistance if necessary, and continue. An assistance received must be while the rider is stationary.
46. Points distribution is explained in **Rule 3.35**.

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

50. 3, 4 or 5 riders may start. The team time is taken from the third rider crossing the line.
51. Any starting rider failing to stay with their team, but finishing the course, will receive 1 point regardless of his/her teams final position in the overall time trial results.
52. 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.
53. 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.
54. Points distribution is explained in **Rule 3.36**.
55. Riders who suffer mechanical failures are allowed assistance in fixing the mechanical only while stationary. Riders are encouraged to complete the course as they will receive 1 point.

## 6. Road Event Rules

60. Aero bars, clip on bars and solid disc wheels are not allowed.
61. 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.
62. All riders **must** sign out. Team Captains are responsible for ensuring their whole team is safely accounted for at the completion of each ride.
63. 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.
64. 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.
65. Riders can only take verbal assistance from moving vehicles. No rider is allowed take any kind of other assistance from a moving vehicle.
66. 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. This rule does not apply within 1 km of the finish line.
67. Any riders ahead of the incident with an established time gap should also stop if practicable and restart reestablishing a similar time gap only when it is safe and secure to do so in agreement with the volunteers.
68. Riders behind the incident with a time gap should stop at the incident and restart with the same time gap when it is safe and secure to do so. Restarting with the group is at the discretion of the group riders when it is safe and secure to do so.
69. Riders dropped from their group (e.g., A, B), may ride at the back of another group. They must ride in a safe manner and not act in any way that is likely to influence outcome of that group's event.

## 7. Circuit Event Rules

70. Circuit events are those taking place on routes 3.5 miles or less.
71. Groups A and B ride at separate times on the same circuit.
72. Any riders from a different group than that riding in an event must be respectful of participants and **not** ride or warm up on the same course.
73. Riders who are dropped and therefore on different laps may rejoin the main group at the rear of the main field. They are requested not to assist with the pace and **must** drop away at the final 3 laps to maximize the safety and understanding of the other participating riders.

74. No rider may drop back from the main group to assist a rider who has broken away from the front of the group.
75. 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 ride. There will be no assistance from any moving vehicle.
76. In the event of a crash or fallen rider, other participants are asked to slow and be aware of the danger on subsequent laps. Riders must obey volunteer signals at all times regardless of their position or event status.

## 8. Grievance Procedures

80. Riders can only lodge an event complaint, through their Team Captain, with the ride organizer within 30 minutes of the posting of the results at the event.
81. The event volunteers and the other Team Captains, where possible, shall meet immediately to address the complaint. A decision will be reached by the Team Captains as soon as possible under majority rule.
82. At that time if a decision is not possible by the participating Team Captains, under majority rule, then the complaint must be submitted by the Team Captain via email **to the Grievance Committee Chairperson only**, (presently, [nick@itspedaltime.com](mailto:nick@itspedaltime.com)) within 24 hours.
83. Grievances must concentrate on describing the facts relative to the complaint.
84. This special extended procedure will be reviewed by the 5 person Savannah Wheelmen Grievance Committee and a final decision will be returned to the Team Captain only via email within 48 hours.
85. Any other **non event** related grievances or sensible suggestions can be emailed, by the respective Team Captains only, to the Grievance Committee Chairperson at any time and will be answered within a reasonable time.

## 9. C Group Rules

91. C group events will be held separate from A and B events.
92. The events will be circuit events.

## 10. Further Rules for Visitors

100. All visitors **must** to report to the event organizer 30 minutes before the start. Where possible visitors must email the organizer beforehand to notify of their intended attendance. Volunteer schedule with contacts will be posted on the website.
101. Visitors must read, understand and adhere to the 'Terms & Conditions for Participation' and by signing the Savannah Wheelmen Waiver prior to the applicable event are deemed to have done so. Any questions or misunderstandings must be lodged with the organizers **before** the start.
102. Visitors are asked to limit their team to 5 riders. They may form more than one team informing the organizers accordingly prior to the start so that all other riders are aware before the start.
103. During the rides visitors are asked to respect the strategies of the preregistered riders and preregistered teams as their purposes may well differ from the visitors' purpose for riding.
104. Visiting teams **must take note and understand** specific term K which prevents blocking of any other riders at any time in any event. Any misunderstandings must be clarified with the organizers prior to the start of the applicable event.
105. Visiting individuals and teams are not subject to the specific term G which requires their team to organise/volunteer one event. However it is encouraged that they do so where practical.
106. Visitors **must** report to the organizer at the end of the ride to confirm all riders in their team(s) are safe and accounted for.
107. Visitors must check with the ride organizer on how to receive any email correspondence after the event.
108. All grievances must be directed through the visiting Team Captain only.

----- End -----

### Updates

- 2.20.07 Original rules revamped and questionnaire results added + 10 from 12 stipulation added
- 6.9.08 Team per stage volunteer stipulations added + new timetrial points distribution
- 8.11.08 Spell check + rule updates only at season end + clarification redrafts of rules concerning tied positions at season end
- 2.5.09 Changes incorporated after 2009 Open Forum decisions, for details, see website + visitor policy added + numbering re-sequenced.
- 3.8.09 Direction of all grievance procedures, if required, for all riders must be through Team Captains.
- 3.14.10 Rule L. added
  - Rule 1 amended requiring unique jerseys
  - Rule 37 removed
  - Rule 66 amended for 1 km exception
  - Rule 69 added
  - Rule 80 amended when grievance can be submitted
  - Rules 91 and 92 added