

FIFE CYCLING ASSOCIATION

Rules Updated 20th November 2015

CONSTITUTION AND RULES

1. The association shall be called the Fife Cycling Association.
2. Objectives :-
 - a) To create friendly relationships between the cycling clubs in Fife and the surrounding district.
 - b) To promote and encourage cycling.
 - c) To check and verify the authenticity of claims to the best road performances on record, accomplished by eligible cyclists within the district.
 - d) To look after the interests in general, of its members.
 - e) To promote a Open Long Distance Best - All - Rounder competition.
 - f) To promote a Open Middle Distance Championship.
 - g) To promote a Men's Road Race Championship.
 - h) To promote a Open Hill climb Championship.
 - i) To promote a Open Mountain Bike Championship.
 - j) To promote a Junior Best - All - Rounder competition.
 - k) To promote a Junior Road Race Championship.
 - l) To promote a Junior Hill climb Championship.
 - m) To promote a Junior Mountain Bike Championship.
 - n) To promote a Youth Best - All - Rounder competition.
 - o) To promote a Youth Road Race Championship.
 - p) To promote a Youth Hill climb Championship.
 - q) To promote a Youth Mountain Bike Championship.
 - r) To represent Scottish Cycling (SC) within the area defined by that body.
 - s) To promote a Women BAR Championship.
 - t) To promote a Women Hill climb Championship
 - u) To promote a Women's RR Championship
3. Constitution :-

All cycling clubs joining the Association operating within the area defined by SC.
4. Annual Subscription :-

The subscription to the association shall be £80.00 per annum. for each affiliated club, payable on or before December 31st, in advance, for the ensuing year. Clubs that promote Scottish Cycling calendar events, wither on behalf of the Fife CA or themselves should receive a £50 discount. Youth Cycling Clubs should receive the discount without any obligation to promote events.
5. New Clubs :-

All applications for membership shall be considered by the management committee. Annual subscriptions shall become due on election and must be paid within 31 days of the date of election.
6. Delegates :-

Each affiliated club shall be entitled to three delegates.
7. Management :-

The management of the association shall be undertaken by a committee consisting of the Chairman and three delegates from each affiliated club which can include the Vice Chairman, General Secretary, Championship Secretary ,Treasurer and Safety Officer.
8. Office Bearers :-

The office bearers of the association shall consist of the Chairman, Vice Chairman, General Secretary, Treasurer , Championship Secretary and Safety Officer. All Fife Cycling Association committee members who do not race will receive a silver British Cycling Membership paid for by the centre.
9. Auditors :-

Two auditors shall be elected at the Annual General Meeting and shall audit the accounts of the association for the ensuing year.
10. Meetings :-
 - a) The management committee shall meet as often as business demands. Five days notice must be given by the secretary, unless agreed at the previous meeting, to each club's secretary (at least one delegate from each club), and to the Chairman, Vice Chairman and Treasurer of the association.
 - b) The quorum for a management committee meeting shall be 25% of the full committee, with representation from a minimum of 75% of affiliated clubs (more than one club).

FIFE CYCLING ASSOCIATION

Rules Updated 20th November 2015

- c) The General Secretary shall call a Special General Meeting at any time, on a requisition setting out the motion to be proposed and signed by at least 25% of the management committee. At least 14 days notice must be given for such a meeting, and no other business shall be transacted at the meeting, except that on the notice calling the meeting. A fee of £5.00 shall accompany the requisition and the meeting shall decide whether or not this fee is returnable.
 - d) The Chairman, or in his absence, the Vice Chairman, shall officiate at association meetings. In the absence of both the Chairman and the Vice Chairman, a chairman shall be appointed temporarily from the voting members present.
The Chairman at each meeting shall have the power to use a casting vote.
 - e) Delegates representing affiliated clubs will each have a vote representing their club's view. Club delegates must vote in block agreement and should not differ in their response. The number of votes will be dependant on the number of club delegates attending, allowing a maximum of 3 and a minimum of Nil.
 - f) Member(s) of a club, acting as substitutes for the delegate(s) of their club, must notify the meeting at which they are acting as substitutes, before having any voice in the affairs of the meeting or voting rights.
 - g) The Annual General Meeting of the Association shall be held in November, before the annual general meeting of SC, and a financial statement, duly audited for that year, shall be submitted by the Treasurer.
 - h) Motions from clubs to the Annual General Meeting shall be in the hands of the General Secretary four weeks before the Annual General Meeting, and the contents of these motions intimated to other clubs, not less than fourteen days before the same Annual General Meeting.
11. Extra powers of the committee :-
The committee shall have the powers to settle any matters, not provided for in the foregoing rules, or subsequent amendments / alterations duly approved and passed, and shall be guided where practicable, by the Rules and Regulations of SC.
12. Promotions :-
- a) The management committee shall approve the distribution of duties for the FCA promotions and clubs shall be notified of their duties at least two weeks before the event.
 - b) If a club is unable to provide it's full quota of officials or marshals, no rider of that club will be eligible to compete in that event. Riders should be aware of their club's marshalling commitments, so that they can fill vacant points in an emergency.
 - c) Clubs failing in their duties will be liable to disciplinary action from the management committee of the Fife Cycling Association.
13. Eligibility for Fife Championships :-
- i) All categories except Youths.

Riders shall be eligible for the Fife Championships if they are first claim members of an affiliated Fife club and have been registered as such by the club with the Fife CA Championship secretary prior to competing for that club in any Fife CA Championship or Championship counting event.
 - ii) Youths:

To be eligible for the FCA Championships, Youth riders must be:-
 - a) a first claim members of a FCA affiliated club or
 - b) a second claim member of a FCA affiliated club AND be domiciled in the FCA catchment area, and have been registered as such by the club with the Fife CA Championship secretary prior to competing for that club in any Fife CA Championship or Championship counting event.
Only results obtained by the 2nd claim member in an Midweek Series Event, will count for the FCA Championship.
 - iii) Clubs will register their members at the start of the season and update the names on a monthly basis.
14. Alterations and Additions to Rules :-
A new rule shall not be added or any existing rule repealed or altered, except at the Annual General Meeting, or at a Special General Meeting called for the purpose.

FIFE CYCLING ASSOCIATION

Rules Updated 20th November 2015

COMPETITION RULES

The competitions shall be open to eligible members of affiliated clubs only.

Riders changing their club during the season may not count for team purposes for either old or new club for that season, but will remain eligible for an individual award.

1. Open Long Distance Best All Rounder Competition :-
 - a) The competition shall be decided by an average miles per hour, over 25 miles, 50 miles and 100 miles. In order to arrive at the average best all round speed of each rider, the average speed of the best performance at 25 miles, 50 miles and 100 miles will be added together and divided by three.
 - b) All events at these distances, promoted by Scottish Cycling affiliated clubs shall be eligible for inclusion in the competition. In the event of there being insufficient promotions at any distance, the committee shall be empowered to nominate additional events that they may deem necessary.
 - c) Awards shall be made as follows :
1st - Custody of the Rudge Whitworth Cup for one year.
Certificates to the first 12 fastest or to those riders who exceed 20mph whichever be the lesser.
1st Team - Custody of the John Bull Shield for one year.
2nd Team - Certificates only.

2. Open Middle Distance Best All Rounder Competition :-
 - a) The competition shall be decided by an average miles per hour, over 10 miles, 25 miles and 50 miles. In order to arrive at the best all round average speed of each rider, the average speed of the best performance at 10 miles, 25 miles and 50 miles will be added together and divided by three.
 - b) All events at these distances, promoted by Scottish Cycling affiliated clubs shall be eligible for inclusion in the competition. In the event of there being insufficient promotions at any distance, the committee shall be empowered to nominate additional events which they deem necessary.
 - c) Awards shall be decided by the association.

3. Junior Best All Rounder Competition :-
 - a) A junior competitor is one defined as such by SCU rules.
 - b) The competition shall be decided over 25 and 50 miles, in events promoted by Scottish Cycling or affiliated clubs.
In order to arrive at the best all round average speed of each rider, the average speed of the best performance at 25 miles and 50 miles will be added together and divided by two.
 - c) Awards shall be decided by the association.

4. Youth Best All Rounder Competition :-
 - a) A youth competitor is one defined as such by the SC rules.
 - b) In order to arrive at the best all round average speed of each rider, the average speed of the best two average performances at 5 miles and at 10 miles will be added together and divided by four.

5. Road Race Championships
Men: The championship will be decided on a selected event, but in case the selected event is not run, then the rider with most points, as given in the BC listings, will win. The event will be selected after the racing calendar is issued.

Women: The championship will be decided on a selected event, but in the case the selected event is not run, then the rider with most points, as given in the BC listings, will win. The event will be selected after the racing calendar is issued.

Junior: The championship will be decided on a selected event, but in the case the selected event is not run, then the rider with most points, as given in the BC listings, will win. The event will be selected after the racing calendar is issued.

Youth: The championship will be decided on a selected event, but in the case the selected event is not run, then the rider with most points, as given in the BC listings, will win. The event will be selected after the racing calendar is issued.

6. Mountain Bike Championship
The championships will be decided on a selected event, but in case the selected event is not run, then the rider with most points, as given in the BC listings, will win. The event will be selected after the racing calendar is issued.

FIFE CYCLING ASSOCIATION

Rules Updated 20th November 2015

7. Mid-week Series Rules

INTRODUCTION

- 7.1.1 The reason the midweek series began was to encourage Fife riders to participate in a greater number of events.
- 7.1.2 In line with this aim there was seen a need to structure the series awards to encourage and reward those riders riding greater number of events.
- 7.1.3 It was also recognised that it was impractical to expect participants to complete all events due to personal commitments or their requirement to assist in their club run events.
- 7.1.4 In order to distribute the prizes over the differing levels of ability, but still encourage competition, a Category system will be employed to split competitors into similar ability groups.

RULES

7.2.0 **SAFETY**

- 7.2.1 **In the interest of rider's safety, all riders competing in the Midweek Events Series must have a visible working rear light. Riders not complying with this rule will be refused a start.**

7.3.0 **POINTS**

- 7.3.1 **For each event points will be awarded as follows**

1st – 80 points

2nd – 79 points

3rd – 78 points and so on down to 60th - 1 point

- 7.3.2 **Points for each rider in the 2up Hilly TT shall be**

1st team – 80 points each

2nd team – 78 points each

3rd team - 76 points each and so on down to 30th - 2 points .

- 7.3.3 Named officials and marshals - 1 point
(competition competing riders assisting at club run event).

7.4.0 EVENTS

- 7.4.1 For the purpose of points leadership a riders 12 best events will count.
However for purpose of the overall series positions all events in the series completed by a rider will count for their overall position, subject to the maximum counting total being three (3) less than the total number of events run. **NB now four (4) as Monifieth event is optional.**

For example: A rider who completes 20 of 24 events will receive points based on their 12 best events multiplied by the total number of events participated in subject to a maximum of 21 events.

Points total for the best 12 events = 65

Multiplied by total events competed in (limited to a maximum of 21)

= 65 X 21 = 1365 points

- 7.4.2 Any rider who officiates at his club run event will be entitled to have that event included in his total events.
(Only those competitors present and recorded on the result sheet as a named organiser, commissaire, timekeeper, recorder or marshal will be eligible).
- 7.4.3 After the final event of the Time Trial series participating riders who have been actively involved in organising, marshalling or helping at events, shall have each of their one point(s), (up to a maximum of 4) increased to equal the average value of their total competitive points scored (ie total competitive points/competitive rides)
- 7.4.4 Team Time Trials - Only those teams competing with the correct number of riders (e.g. 2) will be eligible for points towards the competition. The organiser can allow, at his discretion, other non-competition point rides on the night.

FIFE CYCLING ASSOCIATION

Rules Updated 20th November 2015

7.4.5 Competitors will only be able to have ONE ride per event. Any misfortune, including those not specifically attributed to the rider, WILL NOT be cause for a restart or additional ride.

7.4.6 Unattached riders may enter the event but will not be eligible to compete in the League competition.

7.5.0 PRIZES

7.5.1 The prize value will be determined by the income from the events and will be decided at the FCA meeting prior to the last event of the series.

7.5.2 OPEN COMPETITION

CAT A - 1st to 5th Fastest

CAT B - 1st to 5th Fastest

CAT C - 1st to 5th Fastest

CAT D - 1st to 5th Fastest

7.5.3 FIFE COMPETITION

a) Individuals

1st - Gold medal and Trophy

2nd - Silver medal

3rd - Bronze medal

b) Team

Team points will be scored by, up to, the first 3 riders from each club at each round. Points will be as awarded in the main league.

No multiplier and no events dropped from the total in calculating scores. Results from the Team Time Trial would NOT count towards the team TT league

7.5.3.1 All Fife riders who complete a number of events equal to the maximum multiplier, (ie 3 less than the total number of events), will receive a Commemorative medal.
Competitors can only count a maximum of 4 events, at which they officiate, for the purpose of this award.

7.5.3.2 Only Riders from the midweek organising clubs are eligible for this competition.

7.5.3.3 (It is acknowledged that some higher placed Fife riders who have not completed 12 events will not receive a commemorative medal).

7.5.3.4 The Bob Ewing Trophy will be awarded to the best placed FCA Youth.

7.5.4 VETS COMPETITION

7.5.4.1 Only Fife Cycling Association riders are eligible.

7.5.4.2 This will be based on the same format as existing series but using VTTA Standards

7.5.4.3 All other Distance Standards would be proportional to the rider's 10 mile Standard, eg. Mile Sprint would be 1/10th of 10 mile Standard

7.5.4.4 Standards for the hill climb will be based on the previous years winners time proportioned to 22 minutes 0 seconds.

7.5.4.5 The competition results will be updated weekly and e-mailed to those addresses on the main list.

7.5.4.6 The 2up TTT does not count for the VETS competition.

7.5.4.7 Riders are responsible for ensuring that the signing on sheet is marked indicating that they are a VET.

7.5.4.8 Riders standards will be based on their age at the 30th June of the current year.

FIFE CYCLING ASSOCIATION

Rules Updated 20th November 2015

7.5.4.9 Prizes will be based on Standards:

- 1st - Gold medal
- 2nd - Silver medal
- 3rd - Bronze medal

7.5.4.10 Entry to league competition will be closed after six (6) events have taken place.

7.6.0 CATEGORIES

7.6.1 Categories will be based on a competitors fastest '10' miles, (or pro rata '5'miles), time from the previous years competition.

7.6.2 Previous years competitors will be allocated a CATEGORY, A,B,C or D based on a time band agreed at the AGM following the series.

7.6.3 As a base, for the series the Category Bands will be:

CAT A	Up to 22 mins 59 secs
CAT B	23 mins to 24 mins 59 secs
CAT C	25 mins to 26 mins 59 secs
CAT D	27 mins and Over

These will be reviewed at the end of each season when riders are allocated a category for the next season.

7.6.4 Competitors who have not competed in a '5' or '10' the previous series must compete in one such event of the current series before being allocated a Category.

7.6.5 Events completed prior to an allocation of a category will not count for the competition

7.7.0 EVENT ENTRIES

7.7.1 It is anticipated that the number of riders taking part in each event will increase.

To limit the time some riders spend riding home in the failing light it is necessary to ensure events start on time.

ALL riders must be signed on 15 minutes before the race start time. (This allows the organiser sufficient time to make up the field and the timekeeper to arrive at the start.) Organisers should be encouraged to enforce this rule at all events.

8 F.C.A. Watches :-

8.1 Rules governing the use of watches.

8.1.1 The watches shall be kept by a person delegated by the association.

8.1.2 The watches shall be used for Open events within the district and FCA confined events only.

8.1.3 A log shall be kept and the watches signed out and in on each occasion.

8.1.4 The watches are to be collected by the borrowing organiser or timekeeper not earlier than two days preceding the event and shall be returned as deemed by the custodian.