



Introduction

At Port Macquarie Cycle Club, we're proud of our Club, and of the hard work of our volunteers.

What you may not know is that literally hours of planning and preparation go into developing sponsor relationships, preparing traffic management plans, seeking road occupancy approvals, cleaning the roads, planning the program and setting up signage, marshaling, commissaires and handicapping before the racing season begins.

We love to see our members enjoy what our volunteers create. In return, we ask for support for our Club, and for the rules that not only keep things safe and organised, but promote our Club to new members, and raise funds for our ongoing work.

If you have any feedback about our rules or guidelines below, please speak to your club Captain Paul Hammerlock President Bree McDonald, or Handicapper, Wayne Castle & Paul Hamerlok.

Grading

Port Macquarie Cycling Club in 2020 will have road racing both on the road and the Criterium track. All riders at the beginning of each season will be required to provide the club with a copy of their valid CA licence or produce a copy at sign on each week, (as per cycling NSW regulations and standard race protocols).

All riders will begin the road season as per the list following this document.

U6-U11 riders will race as close to NSW cycling regulations race length on the Criterium track if deemed safe to do so. These races will start at 1.30pm. Sign on by 1.15pm. These riders will race between 4-6 kms. Current U/13 and older Junior riders new to the club may progress to a Shadow ride on the road at the discretion of the Club Captain and Club Coach/es in consultation with rider parents/guardians.

All junior riders will need to display riding competence, road sense and bike skills before they will be allowed to ride on the road. They are to have lights front and back on their bike, and will be shadowed by a Port Macquarie Club Rider 18 years or Older. These races will start at 2pm, sign on at 1.45pm.

PMCC Road Racing Rules 2020



This year we will endeavour to stick to the race calendar schedule rides and aim for the following race lengths if deemed safe to do so within E, D, C, B, A grades, except for ITT races.

A grade 70- 45 kms
D Grade 35- 15 kms

B Grade 60- 40 kms
E grade 15- 10 kms

C Grade 50- 30 kms
Shadow 10- 3 kms

Sign on for all participants is online
via the [Buncheur online system](#)

Junior racing starts at 1:30pm.

Senior Race briefing will be at the south driveway at 2.20pm
Rollout for Senior Racing will be at 2.30pm.

Different Grades will be identified by different colour numbers and matching helmet colours, issued at Sign on.

The Challenge/ Social ride grade is for new riders to come and try Port Macquarie Cycle Club Racing. They will start after the Shadow riders. They must ride single file stay to the left and give way to racing riders. They must sign on on sign off with the commissionaires. This will enable riders to experience what racing would be like within a controlled road environment, without the pressure of racing and enable them to participate at Port Macquarie Cycling club, (just like a Gran Fondo Division). They will be required to wear a number and helmet colour cap also. All riders must have a valid race membership, but this can be a 2 month come and try race membership. Sign on is at 1.45pm for a 2pm start. This will only be a short opportunity to ride. All riders must be off the road by 2.20pm.

The Handicappers will be responsible for movement up or down through Grades. Points from one grade will carry through to a new grade.

The cost to race per week is \$5/ rider or \$10 for families of 3 or more Racers.

TRAFFIC CONTROL

Traffic management plan sign set up will need to be completed by 1pm.

Traffic management briefing with Commissionaires will be at 1.20pm

All Traffic Controllers are required to have a valid CA licence.

All traffic Control personal will need to be at their designated control point in PPE by 1.50pm, ready for the 2pm Shadow ride (this may be altered depending on shadow rider numbers).

All traffic control personel will need to have a mobile phone for communication. Traffic control will remain in placed until the last rider is home safe.



Points System

1. We encourage all members to show their support of our sponsors by wearing the current club kit when racing and representing Port Macquarie Cycle Club. This will award you 5 points each race. Should you choose to race away in NSW Sanctioned events including the Perivcal Property Junior Tour you are required to wear the current NSW cycling sanctioned jersey. This is the Black and Yellow Jersey.

We encourage all members to show their support by wearing club kit when racing and representing the Port Macquarie Cycling Club. To be eligible for points in Port Macquarie Cycle Club, riders must be wearing: Approved club kit, or Approved sponsor kit, or Plain (non-sponsored/non-branded) kit.

A grace period of leniency will be given to riders new to racing to allow time to obtain appropriate kit. After that time, if you are not wearing one of the above you will still be allowed to race, but you will not be eligible for points. The decision of the Race Director or Chief Commissaire is final.

2. Points will be awarded as follows: 1st Place – 5 Points
 - a. 2nd Place – 3 Points
 - b. 3rd Place – 2 Points 4th Place – 1 Point
 - c. Participation – 2 Points (in addition to points awarded above).

In the event of a “dead heat” points will be awarded to both riders.

ALL volunteers and riders who do not race but assist with racing either as a commissioner or Traffic Control will receive Maximum Points (12 points).

Riders must participate in 60% of the 2020 Port Macquarie Cycle Club seasons races to be eligible to win a Club Division or Championship. The Best and Fairest Senior Rider will be awarded and wear the Number 1 race bib for the following 12 month period, the Best and Fairest Junior Rider racing on the Road with correct gearing (U/17 - U/13 Aged athletes) will wear the number 2 race blb for the following 12 months.

3. In the event riders finish on equal points at the end of the season, the rider with the most race wins will be awarded the relevant position being contested (i.e. if two riders finish equal second on points, the rider with the most wins will be awarded second place). If the number of wins is equal, the number of second place finishes will be assessed, and if required the number of third place finishes. If the riders can still not be separated, any relevant prize money will be shared evenly (i.e. in the above example, prize money for second and third would be combined and split evenly).
4. Any rider judged by the Chief Commissaire to have committed an indiscretion that is deemed to have affected the outcome of the race will be relegated to last place for that race and will be ineligible for points (other than points for participating).
5. Final race results will be the responsibility of the Chief Commissaire on the day. His/her decision will be final.
6. The awarding of final Points Premiership placings will be the responsibility of the Racing Coordinator and Committee. Any protests must be done in accordance with NSW cycling regulations.



Racing Indiscretions / offences

The following are classed as racing indiscretions/offences and will be penalised as appropriate by the Commissaire:

1. Behaving in a manner inconsistent with the Port Macquarie Cycle Club, Cycling NSW and Cycling Australia Codes of Conduct.
2. Failure to present a current relevant Cycling Australia or UCI competitive license, or purchase a day license or 3- day race license, or club receipt or email confirmation of on-line renewals at the registration desk every race.
3. Presentation of a bicycle not in conformity with the cycling NSW regulations or in an unsafe condition. Bicycle Gearing must be appropriate for a Riders age division as per the NSW Cycling regulations.
4. Wearing inappropriate, unsafe or offensive race attire, Jerseys must have sleeves as per the Cycling NSW regulations.
5. Failure to comply with directions given by officials, Commissaires and support personnel assisting or conducting events.
6. Failure to follow directions from course marshals and race officials without question or delay.
7. Riding in a dangerous, aggressive, erratic or unpredictable manner which does or could result in other competitors having to take evasive action or crash.
8. Failure to maintain a straight course where possible.
9. Failure to keep to the left side of the circuit unless overtaking a slower bunch.
10. Deviating from the line when the back wheel is not clear of the front wheel of riders following behind or to either side – i.e. you must not cut another rider off when overtaking or attacking.
11. Leaving the racing circuit proper and improving position within the bunch.
12. Failure to keep both hands on the handlebars, unless a rider is taking a drink.
13. Failing to report incidents or near misses to the Commissaire or entry table officials to have the details of their accident recorded, regardless of whether they require first aid treatment.
14. Riding or about to ride without a helmet within the Port Macquarie Cycling Club Precinct. Helmets must have an Australian Safety Standards Sticker.
15. Failing to allow faster bunches to overtake without taking pace from or obstructing them.
16. In a sprint deviating from selected line and endangering other riders.
17. Failing to pass a slower bunch on the right.
18. Failure to observe the centre line rule on open road circuits.
19. Pulling, pushing or obstructing another rider.

PMCC Road Racing Rules 2020



- 20. Insults, threats, obscene, unseemly behaviour, language or gestures, acts of violence.
- 21. Using a mobile phone, music device of any kind or radio during a race.

[Link to Cycling NSW Technical Regulations](#)

[Link to Cycling Australia Technical Regulations](#)

2020 Road season Grade Start List Week 1

A Grade	B Grade	C Grade	D GRade	E Grade	Juniors
Sign-on closes 2pm Race briefing 2.15pm	Sign-on closes 2pm Race briefing 2.15pm	Sign-on closes 2pm Race briefing 2.15pm	Sign-on closes 2pm Race briefing 2.15pm	Sign-on closes 1.45pm Racing 2pm Shadow ride	Sign-on closes 1.15pm Racing 1.30pm on Crit track
Kev H Justin McK Brandon C	Josh B Deb H David O'B Will O Craig R Ashley S STuart J Miren D Paul H Scott P Nick M Cameron T	Wayne C Mel C Gareth D Brendan LÁ 'Matt O Michael P Brad S Jarvis P Alistair P Geoff S Lachlan Mcd Oscar J Todd C ALani C Jasper S Jodie B Malcolm D	Gary A Richard R Christy J Fiona W Cassie P	Zac D Eli K Jazz J CHarlie H	Zara S Thomas S Mia D Sandy D Pepjin N Wolf N Luca K James C Ewen McA