

Nordic Cycling.

Cooperation body for cycling in Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Norway and Sweden.

Nordic Championship Road Amateur and Masters. NCRAM

1. General

1.1. Complementary regulations

Nordic Championships Road Amateur and Masters is open for National teams and club riders from, Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Norway and Sweden.

1.2. Classification

Age groups are defined by riders' age on December 31st of the year of the NCRAM. Medals and titles will be awarded for men and women as soon as 1 rider are registered in the respective 5-year age category. The age categories for men and women of the Nordic Amateur and Masters Road Championships are: 19-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

1.3. National competition

The points scale is 7-5-4-3-2-1 for every age category.

1.4. Time of Championship

The time of the NCRAM is determined by the organizing nation in cooperation with the Nordic Masters commission, usually the last weekend in July or the first weekend in August.

1.5. Time schedule

The time Schedule is as follow:

Friday evening: Team leader meeting ahead of Time Trial

Saturday: Time Trial

Saturday afternoon: Team leader meeting ahead of Road race Saturday evening: Banquet with award ceremony

Sunday: Road Race Sunday afternoon: Award ceremony for the Road Races shall be completed no later than 4 p.m.

1.6. Assignment

The assignment of organizing NCRAM is transferred to the relevant national federation in Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Norway and Sweden, who can transfer the assignment, but not the responsibility, to an affiliated club or organization.

1.7. Commitment

The obligation to organize NCRAM means that the competitions are arranged in accordance with Nordic Cycling and UCI's international competition regulations.

1.8. Responsibility

Nordic Cycling does not have any responsibility for a competition.

2. Competition

2.1. Preparations The organizer shall, at the latest three (3) months before the NCRAM, submit to the technical delegate the most complete course descriptions for approval.

2.2. Invitation

Written invitation to participate in the NCRAM shall be sent to the national federations no later than three (3) months before the first day of competition. The invitation shall give as full information as possible about the races and be accompanied by course descriptions. The NC contest regulation for the NCRAM shall be included in the organizing association's information for the contestants.

2.3. The Courses

The start and finish area must be arranged so that the greatest possible security is prepared for both contestants and spectators. The competitions must be arranged without any public traffic. The course and the marking of the course must be in accordance with the UCI International competition regulations. The course shall be marked, at the latest, the day before the race day.

One (1) km to the finish shall be marked with red pennant hanging over the road or with a clearly visible sign with the text "1 km" on the right side of the road.

2.4. Distance

The distance of the Time Trial course can be about 30 km. The distance of the Road course:

Women's age categories 60 - 80 km

Men 19-49 years of age 120 - 150 km

Men 50-59 years of age 90 - 110 km

Men 60-64 years of age 80 - 100 km

Men 65 years older 60 - 80 km

The Commissaires jury can give dispense for the distance.

2.5. Commissaires jury (panel)

The Nordic Commissaire Commission appoint the Commissaires jury to consist of a chief commissaires from different countries than organizer. The PCP of commissaires panel should, if possible, have been in the last years jury

The country that sends commissaires to the commissaires panel are responsible for transport to the closest airport/train station with a direct connection from the commissaires country.

The organizer is responsible for accommodation and commissaire fee according to the local fees.

The Nordic Cycling Masters Commission appoint a technical delegate for the competition, who is responsible for the preparation and contact person for the organizer until the official training begins and the responsibility for the competition passes to the commissaires jury. The organizer should consult the technical delegate on questions, which have to do with the competitions and competition preparations.

The commissaires jury shall ensure that the competition is organized regularly and in accordance with the program and decide questions, which cannot be regulated in existing regulations. The jury's decisions cannot be appealed.

The organizing nation is responsible for the costs of jury members and the technical delegate.

2.6. Doping control

Doping control is carried out according to the respective National Anti-doping Agency. The competition organizer is responsible for the costs.

2.7. Technical delegate

The Technical Delegate (TD) shall be a commissaire and whose first task is to approve the courses proposed by the organizer. The TD shall, by means of appropriate measures, contribute to secure roads and as soon as possible report any observations on violations of competition regulations to the commissaires jury. It is incumbent on the TD to respond to any time have control on the courses at railway crossings, traffic signal and other such obstructions.

2.8. Vehicles

The organizer shall have an inspection vehicle lead the race to point out any possible obstacles and intervene if necessary.

Only one vehicle per nation will be permitted to circulate at Road Race level. Any vehicle which having access to the racecourse shall bear a distinctive sign.

All the vehicles accompanying the race are restricted to a maximum height of 1.66 m (not including roof bars).

Before the start of the race, the organizer must provide the Chief commissaires' jury with a list of followers in the race convoy. This list must include the contact details of the followers as well as their national license number and UCI ID.

2.9. Starting order

Time Trial

In each age category, the starting order is determined by seeding and drawn lots.

Group 1: Seeding, The first 5 riders from the previous year. The winner starts last.

Group 2: Draw lots, Time Trial National Champions

Group 3: Draw lots, other cyclists representing national teams.

Group 4: Draw lots, Club riders

Time Trial Race running order W80+, W75, W70, W65, W60, W55, W50, W45, W40, W35, W30, then M80+, M75, M70, M65, M60, M55, M50, M45, M40, M35, M19-34

The starting interval must be one (1) minute. All riders must present themselves for checks on their bicycles no later than 15 minutes before their start time. Before the start, an additional check can be done. The rider shall start from a stationary position. The cyclist shall be held and then released, without being pushed, by a holder. The same holder shall perform the task for each rider.

2.10. Restart

Starter has the right to order a restart at the Time Trial in case of a crash, puncture, or mechanical failure of a substantial part of the bicycle, occurring during the first 30 meters. The rider has the right to request a restart at the above-mentioned problem.

2.11. 25-Meter rules

In the time trial the 25-meter rule applies.

2.12. Start order.

Road Race

Multiple classes can be run at the same time, or with a smaller interval. Setup to start is approved by the commissaires jury, considering the number of participants per age category. Riders shall be at the start no later than 15 minutes before the scheduled start time, and then be at the marked line 100 meters behind the finish line. The rider must sign a list of participants before the start.

2.13. Feeding zone

The organizer shall provide a propiate feeding zone with a sufficient length to allow supply operations to proceed smoothly. The feeding zone will be signposted. Feeding from a vehicle is prohibited.

Each feeding zone should be accompanied by a zone for waste situated just before and just after the feeding zone where riders can get rid of their waste.

2.14. Mechanical Service

Each nation has the right to participate with one (1) service vehicle per start. The service vehicle must be registered at the Team leader meeting. The order of the national cars is drawn at the Team leader meeting. No neutral service is provided by the organizer. Service vehicle is not applied at the Time Trial.

2.15. Radio tour

The organizer shall provide a «radio-tour» information service from the car of the president of the commissaires' panel. He shall require all vehicles to be equipped with a receiver so that they can continually pick up «radio-tour».

2.16. Result Lists

The unofficial result lists shall be posted as soon as possible after the respective age category finish. The official result list shall be signed with date and the signature of the Chief Commissaire.

Note! point 3.10 Right to protest. The organizer shall send without any delay the results lists to the national federations and the Nordic Cycling.

2.17. Award ceremony

Riders must take part in the official award ceremony based on the various classifications approved by the Commissaires jury. Riders shall participate in the award ceremony with the jersey it represents and are registered in the NCRAM. The riders who do not participate with his national or club jersey they represent and participate at the award ceremony with another jersey, shall pay a penalty of Euro 50. Penalty can only be done with a signed permission from the Chief Commissaire.

3. Participation

3.1. Participation permit

Riders who want to participate in the NCRAM must have a valid UCI license issued by the National Federation. One-time license is not valid. Registration and distribution of start numbers must be completed by the evening before the first start. A valid UCI license must be presented when retrieving the starting

number. Riders who entered another competition, during the current year and have conquered UCI points, are not eligible to start in the NCRAM.

3.2. Registration

The registration period expires 14 days before the opening of the NCRAM. National federations have the right to replace riders who have been prevented with another rider until the team leader meeting.

Club riders who are prevented from participating can be replaced with other riders from the same club until the team leader meeting.

3.3. Registration fee

In connection with registration to NCRAM, the registration fee set by Nordic Cycling at Euro 60 per participant per distance must be paid to the organizer.

3.4. Participations

Each National Federation can participate with 5 riders in each age category, and Club riders is free to registered. Nation participants shall wear the national jersey, participants representing the club shall wear club jersey.

3.5. Responsibility

Participation in the competition is at its own risk. The organizer is not responsible for any damage caused by the contestant or suffered by any contestants. Participants have the responsible to read and understand the competition regulation and get acquainted with the courses. He must not use any unfair means to gain an advantage over his competitors. The commissaires jury has the right to withdraw riders from the competition when it's necessary. These riders will be included in the results list without time in the order they have been withdrawal from the competition.

3.6. Helmet

During training and competition, an approved helmet must be worn.

3.7. Bib number

Riders shall bear the assigned bib number in accordance with the UCI General Road Competition regulations. Starts multiple age categories in the same start field, the riders must be separated by color codes on the bib number. The color code applies only to the background color and must have different colors for the different age categories.

3.8. Doping

All use of doping is prohibited. The UCI and the National Anti-Doping Agency draw up lists of prohibited drugs and methods published annually. Participants in NCRAM shall be familiar with this list and of the Anti-Doping Rules and their application.

3.9 First aid

First aid must be on the competition site during official training and competition. In addition to first aid, there must also be medical transport and a doctor at the competition site.

3.10 Right to protest

The right to protest belongs to contestants or official team leaders.

3.11. Protest Submission

Protests must be submitted written to the commissaires jury.

- a) Protest against a competitor's right to participate in the competition must be submitted no later than one (1) hour before the start of the competition.
- b) Protest against contestants for violation of the competition regulation must be submitted no later than 15 minutes after their own finish.
- c) Protest against results must be submitted no later than 15 minutes after the unofficial results list has been published.

3.12 Protest fee

Protest fee must be accompanied by NC /UCI set protest fee, which currently is 50 Euro. The protest fee is refunded if the protest is approved. If the protest is not approved, the fee will accrue to NC /UCI.

3.13 Protest handling

The commissaires jury shall give the concerned parties an opportunity to explain and shall announce its decision prior to the award ceremony.

3.14 Appeal

The Commissaires jury's decision cannot be appealed.