



## GENERAL RULES AND REGULATION FOR THE PARTICIPATION IN THE PRO CLASSIC SERIES

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The Pro Classic Series is run by Cycle Lab (CL), on behalf of the Pedal Power Association (PPA). The rules set out in this document together with any subsequent amendments effected by PPA and CL in respect thereof will govern participation in all Pro Classic Series events.

**1. Conditions for Pro Classic Series acceptance**

You need to be -

- (a) a fully paid-up **PPA member**; (temporary PPA membership is available for out-of-town riders)
- (b) registered as a **CSA Member** ([www.cyclingsa.com](http://www.cyclingsa.com))
- (c) hold the required **PPA seeding** (see point 4)

**2. Entry and Registration procedures**

- Log on to **[www.proclassicseries.co.za](http://www.proclassicseries.co.za)** and follow the link to the online entry page.  
**Note:** All entries must be completed online regardless of the form of payment. Payments can be done either by credit card through the online facility or by EFT. **Please complete the online entry form up to the point that you are prompted for payment – proceed if you are going to pay via credit card or log out should you choose to do an EFT.**
- Please note you will not be able to proceed with the online entry should you fail to complete your medical history or emergency contacts. This measure is for your own safety.
- **EFT payments:** Please use the following banking details and your Initials + Surname + Category as a reference number. (E, SV, V, L, M, ST, U16, U12/14)

**Melody Street Trading 18 (Pty) Ltd**  
**FNB**  
**Generic FNB Branch Code 250655**  
**A/c 622 843 81672**

Please send proof of payment to [maritza@cyclelab.com](mailto:maritza@cyclelab.com) or fax (086) 241 5378.

**The Pro Classic Series Administrator will receive your details via the online database and confirm that your entry has been accepted as soon as proof of payment is received.**

**3. Registration fees (Individuals)**

**a) Individual Riders**

<b>Category</b>	<b>Registration fee</b>
Elites & Junior Men	
Sub Vets	
Vet Men & Ladies	
Masters	
Stars in Training	R 1 055 (includes your 7 race entry fees)
U/16	R 980 (includes your 7 race entry fees)
U/12 & 14 Boys	
U16 Girls	R 785 (includes your 6 race entry fees)

**PLEASE NOTE:**

- **YOUR PRO CLASSIC SERIES REGISTRATION FEE INCLUDES THE ENTRY FEES FOR ALL INDIVIDUAL FUNRIDES AND OTHER EVENTS LISTED ON THE PCS CALENDAR.**
- **RIDERS ONLY HAVE TO SIGN-ON AT EACH EVENT.**
- **NO ADDITIONAL EVENT ENTRIES ARE REQUIRED.**

#### **4. Pro Classic Series Categories (Definitions and Criteria)**

##### **PLEASE NOTE:**

- PPA members automatically hold a CSA membership license and no further license is required for them. Visiting riders must take out PPA membership for the day, and must show a valid CSA membership or racing license at registration.
- All categories mentioned below require a minimum of 30 riders entered for the series to have their own start group. If the minimum entries are not received for a specific category, the riders will be grouped with the applicable age group as decided by the PCS Organisers and PPA, but will still qualify for their own GC and prize money.

##### **Elite & Junior Men**

Male cyclists (born 1993 or earlier) and Junior Men (born 1994 – 1995) with a current **PPA seeding of A-C**. Gear restrictions applicable to Junior Men.

Note 1: The Elites and Junior Men will be racing together in one racing category, however Junior Men will be given separate recognition for Junior podium places at a Pro Classic event. If one of the Junior Men finishes within the overall top three podium places on the day, he will receive both elite and junior men podium recognition. There will be a single GC for this group, thus no separate leader's jerseys for the Junior Men throughout the series. At the end of the series the three top Junior Men and top three Elites will be awarded medals, trophies and prize money in their specific age category.

Note 2: First year Junior Men (born in 1995) can register for this group if they have a PPA seeding of A- E. This exception applies only to those U16 riders upgrading to the Junior Men Category. No U16 allowed.

##### **Sub-Veterans**

Male cyclists with a **PPA seeding of A-D** (Born 1982 – or earlier)

##### **Veteran Men & Racing Ladies**

Veterans: Male cyclists with a **PPA seeding of A-E** (Born 1972 – or earlier)

Racing Ladies: Female cyclists with a **PPA seeding of A-G** (Born 1994 or earlier)

##### **Masters**

Male cyclists with a **PPA seeding of A-I**. (Born 1962 or earlier)

##### **NEW! Stars in Training**

**All male or female PPA members** who want to improve and develop their racing skills as well as PPA seeding. These cyclists must have a **PPA Seeding D – I**. This group will start after the PPA (A – E) groups has started but before the official PPA F start group. The group will not have a Commissaire but only a Think Bike Marshal to keep an eye on the group.

The top three places will receive podium recognition at the PCS events, however no leaders jerseys will be handed out for the Series.

##### **Senior Scholars – U/16 Boys**

Male cyclists born 1996 – 1997. No specific PPA seeding is required. Gear restrictions apply.

No prize money will be paid out to this group due to new CSA regulations, however recognition will be given to the top 3 riders on event day and for the series overall. Maximum racing distance of 80km will be applied as per CSA regulations.

##### **Junior Scholars – U14 & U/12 Boys and U/16 Girls**

Male cyclists born 1998 – 1999 (U14) or 2000 -2001(U12), and female cyclist born 1996 - 1997. No specific PPA seeding is required. Gear Restrictions apply.

No prize money will be paid out to this group due to new CSA regulations, however recognition will be given to the top 3 riders on event day and for the series overall. Maximum racing distance will be applied as per CSA regulations.

## 5. Gear restrictions

Gear restrictions will be enforced as follows:

Junior Men	Born 1994 & 1995	52/14	7.930 meter
U/16	Born 1996 & 1997	52/16	6.897 meter
U/14	Born 1998 & 1999	52/17	6.626meters
U/12	Born 2000 & 2001	52/18	6.227meters

## 6. Gear check

Junior Men, U.16 and U/14&12's are required to report to the Commissaires at their starting pens for gears check before lining up to start the race. Please insure that you allow yourself enough time in order to start with your group.

**Cyclists who fail to report for gear check will be disqualified.**

## 7. Pro Classic Series Race Numbers

On entering the Pro Classic Series, participants will be given **two back numbers** which must be worn at the **bottom on the far left and far right side of the pockets** of his/her racing shirt, at all times of racing. **These numbers must be clearly visible from the back of the cyclist while racing.**

Participants will also be provided with a **frame number, which must be affixed vertically to the seat post, in a manner that will leave the number clearly visible.**

**Participants agree to use all numbers as provided and will not cut, fold or deface or otherwise modify any of the numbers and accept that he/she will not be placed on the event results if he/she does so.**

**No / Modified Numbers = No Result  
See point 18 for lost numbers**

## 8. Event entry procedures on the day

On the morning of the event, each rider must **sign on at the Pro Classic Series tables**. No other entry is necessary as the Pro Classic Series organizer will pay across your funride entry fee to the race organizer out of your series registration fees. Pro Classic Series riders will therefore not be required to receive helmet stickers, as participation is verified through the sign-on procedure. Please note that Pro Classic Series **sign-on will close 20 minutes before the start of each route (short, medium, long).**

## 9. Pro Classic Series Results & General Classification for Individuals

**The Pro Classic Series results will be run on a Points Base System, administrated by RaceTec.**

Riders will receive points according to their finishing position over the **timing mats**. It is the riders responsibility to keep their positions over the line until they cross the timing mats.

The Commissaires, Line and Chief Judges, will take down only the **top 5 riders' numbers** as they cross the finish line, with assistance of finish line photography and video camera footage, provided that riders wear their Pro Classic Series numbers correctly. The PCS Administrator will then communicate this to the RaceTec staff on duty for results purposes.

**Only the top 5 riders in each start group will receive points according to their finishing position over the timing mats. The rest of the field will receive points according to the bunch they finish in and not their position within their bunch.**

**Points will be scored in 2 parts.** The **top 5 riders** will receive "Position Points" for their actual position in the bunch (see table below). In addition **all riders receive "Bunch Points" according to**

**which bunch they finish in.** Bunch points are shared equally between all riders that finish in the same bunch.

Riders finishing in a bunch (less than 5s gap between consecutive riders) share the points for that bunch. Fractions always round up. So for example, if the front group consists of 8 riders, they will share the  $25+24+23+22+21+20+19+18 = 172$  bunch points available meaning they each score 22 points (21.5 rounded up). That is all that positions 6, 7 and 8 will score, but positions 1-5 will score the additional points for their finishing positions being 25, 18, 12, 7 and 3 respectively.

So overall the winner will score 47 points ( $25+\underline{22}(\text{bunch split})$ ) down to 5<sup>th</sup> place who will score  $3 + \underline{22}(\text{bunch split}) = 25$  points.

### **Points Scoring**

<b><u>Position</u></b>	<b><u>PositionPoints</u></b>	<b><u>BunchPoints</u></b>
1	25	25
2	18	24
3	12	23
4	7	22
5	3	21
6	0	20
7	0	19
8	0	18
9	0	17
10	0	16
11-14	0	15
15-18	0	14
19-22	0	13
23-26	0	12
27-30	0	11
31-34	0	10
35-38	0	9
39-42	0	8
43-46	0	7
47-50	0	6
51-60	0	5
61-70	0	4
71-80	0	3
81-90	0	2
91-100	0	1

The points will accumulate from event to event during the series and will determine the overall leader per category. The rider which accumulates the most points during the course of the series will be the overall winner of the series. In the event of a tie between any number of riders in the overall standings

at the end of a season, the rider with the most amount of highest positions achieved (within the top 5) during the course of the season will be declared the winner.

#### **10. Publishing of Race Results & Result Queries**

The results of the provisional points per event will be available on the **Pro Classic Series Website** ([www.proclassicseries.co.za](http://www.proclassicseries.co.za)) by the **Monday 12:00 following the event**.

**Result Queries:** Queries (other than podium positions and timing) have **until the Tuesday 16h00 following the event to query the results**. Queries will NOT be entertained after that.

All queries MUST BE DONE IN WRITING ONLY and must be emailed to [queries@racetec.co.za](mailto:queries@racetec.co.za) (for queries on podium positions, please refer to point 10).

The **General Classifications Point Standings** will be available on the Wednesday afternoon 17h00 following an event on the **Pro Classic Series Website**.

(If there are any further queries with regards to the GC that was sent out on the Wed. afternoon, riders will have **24 hours** to submit it in writing to the email address mentioned above. Thereafter the results will be final and no further adjustments will be made).

#### **11. Race Tec Results and Timing chips**

All riders must wear a personal Race tec transponder and cross over the timing mats at both the start and the finish of each event.

The onus is on the rider to ensure that she/he crosses the start/finish mat in such a way that the transponder chip is registered, and to reach the finishing mats in the order in which they crossed the finish line.

**Please note:** Queries related to “starting / going over the timing mats with the wrong start group, or not going over **the race tec mats at the start or finish of a race, or not wearing his/her race tec chip will NOT be entertained**.”

#### **12. Prize giving procedures**

Final podium positions will be displayed on a notice board at the Pro Classic Series hospitality area, **as soon as possible after the event and at least 20 min before prize giving**. Pro Classic Series participants must verify their final positions and lodge any appeals on the day with the President Commissaire as soon as final positioning is displayed or within the 20 min prior to the prize giving. This rule does not apply to disputes regarding disqualifications, which is dealt with separately below.

All participants who are eligible for prizes must be at the prize giving to receive their prizes. A rider's prize money will be forfeited in case of not attending the prize giving ceremony. The Pro Classic Series Prize Giving will take place as soon as possible after the last Pro Classic Group has finished, or as advertised. The top 3 positions in each category (as explain in point no.4) are required to attend the Prize Giving ceremony on the day. All riders must present themselves in full cycling clothing for the presentations.

#### **13. Event prize money allocation**

Prize money will only be paid out if there are enough starters in a particular Pro Classic Series race,

as follows:-

<b>Pro Classic Category</b>	<b>Prize money allocations</b>
10 or more participants	All 3 positions will be awarded
6-9 starters	1 <sup>st</sup> and 2 <sup>nd</sup> positions only will be awarded
4-5 starters	1 <sup>st</sup> position only will be awarded
3 participants and less	No positions will be awarded

- *This is not applicable for the Masters and Ladies categories*

#### **14. Prize Money**

Prize money earnings will be paid out in Cycle Lab Gift Vouchers to all riders. The Overall prize money allocation will be announced at the end of the series.

#### **15. Leader's jersey presentation (General Classifications)**

The wearer of the leader's jersey will be presented with his/her jersey at the start of the next event. It is the jersey holder's responsibility to collect the jersey at the sign-on table. CL undertakes to liaise with the holder in this regard prior to the event.

#### **16. Team Competition**

##### **16.1 Team Entry Fees**

A minimum of three (3) teams per category must be entered for the team competition to take place. All team members have to first enter individually and then complete one team entry form per team. All riders must be riding in the same kit for identification purposes.

Please download a Team entry form from the Pro Classic Website, [www.proclassicseries.co.za](http://www.proclassicseries.co.za). Once entry form is complete please mail [maritza@cyclelab.com](mailto:maritza@cyclelab.com) or fax it back to 086 241 5378 with you proof of payment.

<b>Category</b>	<b>Registration fee</b>
Cat.1: Elite, Junior Men	R1 500 per team
Cat.1: Sub-Vets (30-39 Men)	R1 000 per team
Cat. 2: Veterans (40-49 Men)	R 500 per team
Cat. 2: Masters (50+ Men)	R 500 per team

##### **16.2 Team General Classification**

The **team competition** will be run on the same points scoring system earned by individuals. The Top 3 members of each team that finish will receive points for their team.

The points will accumulate from event to event during the series, and the team which accumulates the most amounts of points during the series will be the winner. In the event of a tie between any teams in the overall standings at the end of a season, the team with the most amounts of highest positions achieved during the course of the season will be declared the winner.

##### **16.3 Team and Support Vehicles**

**ONLY Elite Men teams** registered as a team for the Pro Classic Series will be allowed a team vehicle provided the team vehicle is driven by a qualified team manager who holds a valid CSA manager's license. **The team captains or driver of the vehicle needs to collect vehicle signage at each event as only Elite team cars with the official signage will be allowed to follow the race. Vehicle signage needs to be placed on the right top corner of the windscreen.**

**One neutral support MOTORCYCLE** will be allowed in the **Sub Vets and Vets** team competition respectively. Teams will have to liaise between each other with regards to whose vehicle will be used

for each event, provided the team vehicle is driven by a qualified team manager who holds a valid CSA manager's license.

**The driver of the vehicle needs to collect vehicle signage at each event as only team cars with the official signage will be allowed to follow the race. Vehicle signage needs to be placed on the right top corner of the windscreen.**

Riders and/or teams will be disqualified summarily should any support vehicles other than the above be found on the race route during the course of the event.

#### **16.4 Team Radios**

The use of team radios and electronic devices / ear-pieces are strictly prohibited as from January 2010.

#### **16.5 Team Winner Prize Money**

The amount of prize money paid out will be determined by the amount of teams entered per category. Prize Money will be calculated as follow: 40% of total entry fees will be allocated to 1<sup>st</sup> place, 30% to 2<sup>nd</sup> place and 20% to 3<sup>rd</sup> place.

### **17. Visiting Riders**

Visiting riders and non-PPA members may contact the PCS administrator, ([maritza@cyclelab.com](mailto:maritza@cyclelab.com)) no later than two full working days before the event in which they intend to participate, to enquire about joining the Pro Classic Series and PPA for a specific event only, provided all other requirements are met. (Please see point 4 for Pro Classic Series Criteria)

If applicable, visiting riders (who have duly pre-registered for a specific Pro Classic Series event) will receive podium places and prize money for the event.

#### Entry fees:

**PPA Members:** Race Entry Fee + R150.00 (admin fee per event) + R100.00 (race number deposit).

**Non-PPA members:** Race entry fee + R50 PPA membership + R150.00 (admin fee per event) + R100.00 (race number deposit).

**Note:** Riders will only be allowed to participate in a **maximum of 3 events**

### **18. Lost back and frame numbers**

Please contact [maritza@cyclelab.com](mailto:maritza@cyclelab.com) before 15:00 on the Thursday prior to a Pro Classic Series event should you have lost **any** of your numbers. A set of replacement numbers will be issued at a cost of R20.

If a rider fails to obtain a replacement number prior to an event, he/she may still participate in that event provided that

- (a) The rider reports the missing back/frame number to the Pro Classic Series sign-on table; where a set of temporary numbers will be given to the cyclist and he/she has to race with the new set of numbers. Temporary number will be charged for (R20) if not returned to the sign-on area after the race.
- (b) A rider may not line up for a Pro Classic Series wearing his/her PPA seeded number.

### **19. Pro Classic Series Officials**

Each Pro Classic Series category will have at least one **Commissaire and/or Think Bike marshal and/or other official duly appointed by PPA and CL** (hereafter jointly and severally referred to as the "officials") following the main group.

Pro Classic Series riders are at all times under the guidance of the officials. It is the responsibility of the officials to, should a Pro Classic Series group catch a non-Pro Classic Series group (or vice versa), instruct the Pro Classic Series group to pass the non-Pro Classic Series group (or vice versa)

as soon as it is safe to do so. Pro Classic Series riders who are still in the main group may not pass until they have been so instructed and only while the instruction stands.

## **20. Pro Classic Series Specific Race Rules**

- **Centre line/ “Do not cross the white line”**

If a section of a course is not specifically closed to traffic and all participants specifically informed thereof prior to the start of the event, all competitors must keep to the left of the centre (median) line at all times. Failure to do so will result in immediate disqualification from the event.

Pro Classic Series events will NOT BE CLOSED TO TRAFFIC, other possibly than the finish straight. Unless specifically informed, participants must accept that the full course is open to traffic and that they need to stay left of the median line, irrespective of which way the wind is blowing.

- **Mixing of different racing Pro Classic Series/groups**

Racing groups may not combine unless two categories start at the same time. If it so happens that cyclist(s) come into contact with a group that is not part of their specific racing category, the cyclist must either ride past or stay 20 meters behind the group. Should it happen that a cyclist(s) passes the league group; the commissaire will instruct the group to let the cyclist(s) go past. No participant is allowed to fall into the slip of a cyclist(s) that is not part of their particular racing group. This rule holds true for both other Pro Classic Series groups and funride groups.

Cyclists infringing on this rule may be disqualified, penalized or both.

- **Feeding**

No feeding is allowed, unless specifically pre-approved by the race commissaires and officials, in which case cyclists will be informed specifically prior to the race. If feeding was approved, cyclists may only receive water bottles from stationary helpers within 50m of an official water point. If allowed, cyclists receiving water at water points need to move to the back of the peloton in order to receive their water bottles. Any cyclist receiving assistance from a moving vehicle will be summarily disqualified.

- **Service vehicles**

**Only Elite Men teams** registered as a team for the Pro Classic Series will be allowed a service/team vehicle provided the vehicle is driven by a qualified team manager who holds a valid CSA manager's license.

**One neutral support MOTORCYCLE** will be allowed in the **Sub Vets and Vets** team competition respectively. Teams will have to liaise between each other with regards to whose vehicle will be used for each event, provided the team vehicle is driven by a qualified team manager who holds a valid CSA manager's license.

**The driver of the vehicle needs to collect vehicle signage at each event as only team cars with the official signage will be allowed to follow the race. Vehicle signage needs to be placed on the right top corner of the windscreen.**

- **Drafting of vehicles**

Riders will summarily be disqualified for **drafting vehicles or receiving any assistance from a vehicle**, other than elite team riders receiving a replacement wheel from their authorised team service vehicle while both are stationary. **Note that team vehicles may not pace dropped riders back to the peloton.** Cyclists who have been dropped from the race due to a mechanical or other problem may be paced back to the peloton only by team riders riding in the same racing league. .

**In addition, all traffic and general PPA funride rules apply.**

## **21. Warning system, penalties and disqualifications procedures**

- a. **Yellow and Red card warning system**
  - i. **Yellow Card** – First & Final warning - Indicates that you have transgressed a rule;
  - ii. **Red Card** - Indicates that you have been disqualified;
  - iii. Cyclists will receive **only one yellow card/final warning** per transgression, up to a maximum of two yellow cards (for different transgressions) per event;
- b. Should a cyclist transgress a rule, the following procedure will be followed;
  - i. the official will show the cyclist a **Yellow** card as a warning to indicate that he has broken the rule;
  - ii. The cyclist's number will be noted;
  - iii. Should the cyclist re-transgress the rule he will receive a **RED** card as an indication that he has been DQ'ed.
  - iv. The cyclist must then put up his hand and leave the bunch he was riding in immediately and may no longer compete in the race.
  - v. The rider may fall back to the commissaire's car to confirm(only for confirmation) his DQ if he wants to – NO discussions allowed;
- c. **A Red card will automatically** be issued for the following transgressions:
  - i. Crossing the center line on a blind rise, in order to advance one's position or;
  - ii. Crossing a "double solid center line" anywhere;
  - iii. Receiving assistance from a vehicle. (i.e. towing/drafting and or feeding)

- **Reporting of disqualified participants:**

Where it has not been possible for the official to communicate a disqualification to the participant during the event, the PCS disqualified participant's number will be displayed at the Pro Classic Hospitality area and will be communicated on the first working day after the event via email.

**No discussions or appeals will be entertained for riders who were reported by officials, for crossing the median line, drafting or receiving unauthorised assistance.**

- **Written Appeals**

Riders and, in respect of licensed teams, their managers, may obtain an appeal form from PPA or CL and submit a written appeal within one business day of the provisional results of the event being published. Appeals will be dealt with by the PPA disciplinary sub-committee in accordance with the PPA Constitution and funride rules. The PPA disciplinary sub-committee will decide, in their sole discretion, whether any appeal can be dealt with by email or whether a formal hearing will be required to determine the outcome of the appeal. This communication will be sent back to the riders within 48 hours of the appeal being lodged;

**Note:** These appeals are only for DQ's other than: crossing the median line, drafting or receiving unauthorised assistance.

The results for the purposes of the event prize-giving will be determined on the day of the event by the officials. The results will be amended, if necessary, after any decisions have been set aside on appeal and any points and/or prize monies awarded prior to the appeal will be reallocated pursuant to the outcome of any successful appeal if so required by the PPA disciplinary sub-committee. The decision of the PPA disciplinary sub-committee will be final and binding on all participants and teams.

## **22. Traffic laws**

All traffic laws must be strictly adhered to, including stopping at traffic intersections if the rider is not

specifically waved through by a traffic official. Please note that traffic officials may at any point stop riders in order to allow traffic to take precedence. The rider's times will not be adjusted should this be the case. Should any rider endanger him/herself or any other rider in the race, he/she will be liable to either a fine or immediate disqualification. Please also see points 21 and 28.

**23. Clothing**

There are no clothing restrictions.

**24. Race routes**

The onus is on the rider to make sure that he/she knows the race route and knows where the finish line is.

No appeals will be entertained regarding any rider having ridden the incorrect route, unless the route was changed by the organisers on the day due to the original route having been closed for reasons of safety.

**25. Helmets**

Riders must wear an accredited hard shell helmet throughout all stages of the race, including the warm-up and warm-down.

**26. Payment of fines**

All fines issued must be paid directly to Cycle Lab Events who will issue a receipt thereof. Riders must insist on a receipt as proof of payment.

If a fine has not been paid, then the rider concerned will not be permitted to ride in any further Pro Classic Series rides until the fine has been paid.

**27. Race Cancellations & Date Changes**

No entry fees will be refunded for any race cancellations and/or date changes of event beyond the Pro Classic organizers and PPA control, including acts of God, weather conditions, government regulations/restrictions, security alerts or any other unforeseen circumstances.

**28. PPA Funride Rules**

Participants are also bound by the PPA funride rules when participating in any Pro Classic Series event.

**29. Official Pro Classic Series Website address**

Please log on to: [www.proclassicseries.co.za](http://www.proclassicseries.co.za)

**30. Acceptance of these rules**

By entering and participating in this Pro Classic Series, participants acknowledge that they have read and understood all of the rules and regulations laid out above, and are consenting to being bound by them for the duration of participation in the Pro Classic Series.

**PLEASE NOTE: The Rules & Regulations may change or be updated at any time. You will be notified by email should this occur.**

**APPENDIX A: PPA Road funride rules**

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1. The PPA, event organisers and their employees, volunteers and assistants shall not be liable to any cyclist or other person claiming on behalf of a cyclist, for damage to property, personal injury or death caused before, during or after the funride, whether such damage to property, personal injury or death was caused with the negligence or gross negligence of the PPA, organisers and their employees, volunteers and assistants, and shall not be liable for any claim for contribution or indemnification in this regard.
2. Every cyclist shall ride carefully and with due regard to the safety of other cyclists and other road users.
3. Every cyclist, except cyclists of recumbent cycles where it is impractical to do so, shall wear a bicycle helmet with the strap securely fastened under his/her chin.
4. Every cyclist shall comply with all road traffic regulations except under certain conditions
  - 4.1 When it would be dangerous to do so;
  - 4.2 When directed otherwise by a course marshal or traffic officer;
  - 4.3 A cyclist shall stop at all traffic lights and stop streets and yield at yield signs unless directed otherwise by a course marshal or traffic officer;
  - 4.4 Cyclists may ride two or more abreast during funrides, provided that they do not impede the flow of traffic unreasonably.
5. Every cyclist shall immediately comply with the instructions of a PPA marshal, a course marshal and/or a traffic officer.
6. Every cyclist shall provide any information requested by any PPA marshal or PPA official immediately.
7. Every cyclist shall keep as far to the left of the road surface as is safe, having regard to the circumstances and conditions, including the need to take a lane when appropriate.
8. A cyclist shall not cross the median (whether the median is marked or not) of any road unless the road is specifically closed to other traffic.
9. A cyclist shall not unnecessarily impede the flow of traffic.
10. Every cyclist shall at all-time display his or her race number legibly on his or her back and display other identification to indicate participation in the funride.
11. Every cyclist shall identify him or herself and provide his or her address on request to a PPA marshal and to any other cyclist requesting such information after a collision or race incident.
12. A cyclist shall not ride a bicycle fitted with triathlon, time trial or Spinachi-type bars. Mountain bike bars are allowed.
13. Every cyclist shall ride the full course entered for and shall not cross the timing mats if he or she failed to ride the full course, or neglected to enter the event. ***If a cyclist starts out on the longer or medium route and then decides to change to the shorter route, they must not go over the timing mats.***
14. A cyclist may not use a personal music system or a radio communication device, including a cellular phone or sunglasses with a built in music device during the event.
15. A cyclist shall not receive any assistance from a seconding motor vehicle on the course; shall not arrange for a seconding motor vehicle to follow the course and may not slipstream behind any vehicle for any length of time.
16. A cyclist shall not ride with another person's number or timing identification transponder.
17. The finishing time of a cyclist shall not be adjusted due to any action or inaction of any person involved in the organization of the race, another cyclist or any other person.

18. A child cyclist under the age of 10 years shall ride with an accompanying adult at all times.
19. No cyclist shall carry a child on a bicycle on a route over 7 km, except where the child is the stoker on a tandem or on a trailer bike.
20. A cyclist shall not use foul language.
21. No cyclist shall dispose of any litter along the course except in refuse bins.
22. No cyclist shall smoke at the start chutes. Cyclists may not urinate in any public area.
23. No cyclist may start or attempt to start before his or her designated start. The instructions of the start line marshals, crew and officials shall at all times be obeyed, including any and all instructions on the resizing of groups.
24. A cyclist shall complete the course with his or her own effort and shall not receive any assistance in this regard other than drafting behind another cyclist who is also participating in the funride, or receiving mechanical assistance from another cyclist participating in the event.
25. Every cyclist shall provide reasonable assistance to any other cyclist involved in an accident.
26. Every cyclist shall be responsible to other cyclists for the proper control of his or her bicycle.
27. A cyclist may not participate whilst under the influence of alcohol or any drug or medication that prevents or might prevent a cyclist from properly controlling his or her bicycle.
28. A cyclist may not use performance enhancing drugs. A cyclist (other than a licensed cyclist) is not subject to anti-doping regulations.
29. In addition to these rules, licensed cyclists shall also comply with CSA and UCI regulations insofar as these regulations do not conflict with these PPA rules.
30. Any cyclist who is informed by a person who may summarily disqualify him or her that he or she is disqualified, shall immediately slow down and cease riding with the group that he or she was riding with.
31. Every cyclist entering a funride consents to his name and/or number being publicly displayed and publicized (including on the internet) in the event that he or she is disqualified.
32. A cyclist may be disqualified summarily without a hearing, or without providing physical evidence, by any one of the following persons:
  - 32.1 A PPA marshal;
  - 32.2 A member of the PPA Executive Committee;
  - 32.3 The PPA funride co-ordinator;
  - 32.4 The PPA General Manager;
  - 32.5 Any other person so authorized by the PPA.
33. Such disqualification shall be done within one week of the event having taken place.
34. In the event that a person is aggrieved by a summary disqualification, he or she may request in writing to the PPA within 24 hours of the completion of the race notification of the disqualification to be reinstated. Such a person may supplement such a request for reinstatement in the event of he or she receiving further information at a later time. Any such request for reinstatement shall be considered by a tribunal appointed for that purpose who may:
  - 34.1 Take no action;
  - 34.2 Reinstatement the person;
  - 34.3 Order that further information be obtained;
  - 34.4 Impose additional or alternative penalties as provided for in the PPA Constitution.
35. Whether or not a cyclist has been summarily disqualified, the tribunal appointed in terms of the

PPA Constitution may, on notice to a cyclist by e-mail or other means of communication, call a hearing to determine whether a cyclist should be disqualified, a disqualification should be confirmed and whether another or additional penalty be imposed for a breach of the rules.

36. The tribunal shall afford a cyclist an opportunity to make representation either in writing or orally (as determined by the tribunal) before imposing any penalty other than disqualification.

37. A cyclist shall not be entitled to legal representation at such a hearing, except with the permission of the chairman of the tribunal. The procedures and penalties provided for in the Constitution of the Pedal Power Association shall be applicable, whether or not the cyclist is a member of the Association.