

MABRA BAR Rules and Guidelines

Calendar Year 2015

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1. Synopsis of Changes for 2015 (Based on the Annual Meeting Proposals)

1. Standard race fields:
 - a. Every BAR race must include at least one women's field.
2. Junior BAR categories
 - a. Split the two existing Junior BAR categories from 10-14 and 15-18 into four age groups and add gender parity. Boys and girls: 9-10, 11-12, 13-14, 15-16, and 17-18.
 - b. Junior gender parity
 - a. Junior BAR classes and championships should be offered for both boys and girls, instead of the current system of gender neutral awards.
3. Junior Championship jersey category
 - b. Junior BAR Champions comprise four age classes: 9-10, 11-12, 13-14, 15-16, and 17-18.

2. Definitions

- 2.1 **Event.** For the purpose of these rules, the term "event" will refer to the entire slate of races offered by a Race Director, perhaps spanning several days.
- 2.2 **Race.** The term "race" will refer to a specific competition at a given event. In this sense, only races can be BAR races; events cannot be BAR events.
- 2.3 **Class.** In this document, the term "Class" will refer to the BAR classes of Table 1.
- 2.4 **Category.** The term "Category" will refer to the USA Cycling rider category.
- 2.5 **Club.** An organization of racers. A rider's club is indicated on his/her USAC license.
- 2.6 **Team.** A sub-organization of racers within a club. Team affiliation is not considered in the BAR competition. A rider's team is indicated on his/her USAC license separately from the rider's club.
- 2.7 **Title event.** "Title" or "Championship" refers to the selected event that will host the current season's Championship races for the following:
 - 2.7.1 SENIOR Championship (Road & Criterium)
 - 2.7.2 Masters Championship (Road & Criterium)
 - 2.7.3 Time Trial Championship
 - 2.7.4 Track Championship
- 2.8 **BAR Administrator.** Refers to the BAR Coordinator.
- 2.9 **Hill Climb.** Time Trail race on a positive slope course (a large steep hill or mountain)
- 2.10 **City/Town Center.** Race location within a retail district with open hours during the race event

- 2.11 **Office Park.** Race location within a zoned office park with closed business hours during the race event

3. Location of BAR Races

- 3.1 Events held within Maryland, Delaware, District of Columbia, and Northern Virginia (per the following United States Postal Zip Codes in Virginia: 20101 to 22799 as determined in the current National Zip Code Directory) count towards the BAR.
- 3.2 Events held outside the geographic boundaries of the Mid-Atlantic Bicycle Racing Association are not eligible for BAR status except by special arrangement with the Mid-Atlantic Bicycle Racing Association Board via the BAR Administrator(s).

4. Eligible Race Directors (RD)

- 4.1 Clubs and Race Directors who maintain a current account with MABRA. Such clubs
- 4.1.1 Remit the specified MABRA rider surcharge for all events that they promote within MABRA
 - 4.1.2 Pay any fines assessed by the MABRA Board of Directors
 - 4.1.3 Accounts shall be considered non-current if payment is not received 90 days after the event or assessment date.
- 4.2 Clubs and Race Directors who submit race results per the guidelines in Section 12
- 4.3 Clubs or Race Directors with a non-current account, who declare an event to have BAR race[s] in either their race announcement or through other means, may receive any of the following penalties at the discretion of the Mid-Atlantic Bicycle Racing Association Board of Directors.
- 4.3.1 A monetary fine not to exceed \$500
 - 4.3.2 Suspension from hosting a BAR event for up to two seasons.

5. Eligible Races

- 5.1 The BAR administrator must receive the race announcement at the same time that the event flyer is submitted to the Permit Coordinator for the race to be included in the BAR.

- 5.1.1 No added BAR race changes permitted to an event within 4 weeks of the event.
- 5.2 The race must occur no earlier than March 1st and no later than September 30th.
- 5.3 The race must be open to all eligible racers for the given BAR category.
- 5.4 The race must comply with all USAC rules and regulations except where indicated.
- 5.5 An invitational race may not be included in the BAR
- 5.6 BAR Date Conflicts
 - 5.6.1 When one of the conflicting events was held on the equivalent date during the previous year, the races for that event shall receive MABRA BAR status. The second event may receive BAR status for any races that are not offered by the first event.
 - 5.6.2 In the event that two Race Directors seek MABRA BAR status for races on a date on which neither held the event the previous season, they shall, with the assistance of the MABRA BAR Administrator, attempt to reach a mutually acceptable solution.
 - 5.6.3 In the event that they cannot reach a solution then the races for each event that do not conflict with the other shall qualify for the MABRA BAR.
 - 5.6.4 If all weekend dates between March and September are taken then a club promoting only one event may gain BAR status even if it conflicts with an existing event so long as:
 - 5.6.4.1 The conflicting event is new to the calendar and not an existing event being rescheduled.
 - 5.6.4.2 The existing event is not a Title event
 - 5.6.4.3 The existing Race Director has multiple events on the calendar
 - 5.6.4.4 The existing event is not part of an omnium or stage race
- 5.8 To have a BAR event, the event must include at least one women's field.

6. BAR Classes

- 6.1 Competitive classes within the BAR (TABLE 1):
- 6.2 Three Para Cyclist categories have been added as a BAR class, which will include men and women separately. Definitions of the three PARA Cycling Categories*:

- 6.2.1 Para Open: any distance; can be run with another category (non-disabled) men and women:
- Disability: Intellectual or Developmental Disability, Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), and Orthopedic and can include a temporary or non-permanent physical disability) for men and women categories (Para Class Equivalent: C4/C5)
- 6.2.2 Physical Disability: any distance; can be run with another category (non-disabled) men and women
- Disability: Permanent physical disability (i.e. amputation or loss of function of any limb (Para Class Equivalent: C1/C2/C3)
- 6.2.3 Para Handcycle: men and women
- Disability: Lower mobility impairment/amputee that prohibits one from riding a two wheel right bike or a recumbent bike (Para Class Equivalent: H1/H2/H3/H4)

TABLE 1: BAR Classes

BAR Class	Restrictions	USAC Rule 1D2(b) Distance Guideline
Men 123	Races open to all Category 1 and 2 racers. Category 3 racers may score points (and Cat 4 if RD allows, as a combined field).	Road Race: 80 miles; Crit: 30 miles or 60 minutes
Men Category 3	Races open to all Category 3 racers. Category 4 riders may score points in a combined field.	Road Race: 50 miles; Crit: 20 miles or 40 minutes
Men Category 4	Races open to all Category 4 riders. Category 5 racers must be excluded.	Road Race: 25 miles; Crit: 15 miles or 30 minutes
Masters Men 35+ 3/4	Races open to Category 3 and 4 racers age 35 and above. Category 5 racers must be excluded.	
Masters Men 35+	Races open to racers age 35 and above. Category 5 racers may be excluded.	Road Race 50 miles; Crit: 20 miles or 40 minutes
Masters Men 45+	Races open to races age 45 and above. Category 5 racers may be excluded.	Road Race 25 miles; Crit: 15 miles or 30 minutes
Masters Men 55+	Races open to racers age 55 and above. Category 5 racers may be excluded.	
Masters Men 65+	Races open to racers age 65 and above. Category 5 racers may be excluded.	
Women 123	Races open to all Category 1 and 2 women. Category 3 racers may score points (and Cat 4 if RD allows, as a combined field).	Road Race 50 miles; Crit: 20 miles or 40 minutes
Women Category 3	Road Races open to all Category 3 women. Category 4 women riders may score in a combined field.	Road Race 40 miles; Crit: 15 miles or 30 minutes
Women Category 4	Races open to all Category 4 women.	Road Race: 25 miles; Crit: 15 miles or 30 minutes
Masters Women 35+	Races open to all women age 35 years or older.	Road Race 40 miles; Crit: 15 miles or 30 minutes
Masters Women 45+	Races open to all women age 45 years or older.	Road Race 40 miles; Crit: 15 miles or 30 minutes
Junior 15-16 Boys Junior 17-18 Boys	Races open to all racers age 18 and younger regardless gender.	Road Race 15 miles; Crit: 10 miles or 20 minutes
Junior 9-10 Junior 11-12 Junior 13-14 Boys	Races open to all racers age 9-14 regardless of gender	
Junior 15-16 Girls Junior 17-18 Girls	Races open to all girls age 9-18	
Junior 9-10 Girls Junior 11-12 Junior 13-14 Girls	Races open to all girls age 9-14	
Para Open	* see section 6.2 Men & Women Categories	Any distance

Physical Disability	* see section 6.2 Men & Women Categories	Any distance
Para Handcycle	* see section 6.2 Men & Women Categories	15 kilometers

6.3 The distances provided in Table 1 are those required by USAC to qualify for upgrade points. A race is not required to meet them for MABRA BAR eligibility.

6.4 Split Fields

6.4.1 Each component of a split field must have its own category on the race flyer and event registration page.

6.4.2 If a RD wishes to add other competitions to an event that do not align with BAR categories (e.g.: a Masters Men 40+ race), it is the responsibility of the Race Director to submit results to USAC and Bikereg.com as a complete MABRA BAR category.

6.4.2.1 Using the 40+ example, the Race Director submits results that count only towards the Masters Men 45+ BAR for those eligible by age, and provide racer ages with results for clarity.

6.4.2.2 If Masters 35+ and 40+ race together, but are scored separately then the 35+ results will be used for Masters 35+ BAR standings and the 40+ racers will receive no points.

6.4.3 Masters and Category events cannot be combined. For example, Men Category 4 and Masters Men 35+ fields cannot race together.

6.4.4 Men Category 4 fields may not contain Category 5 racers even if the categories are scored separately. For example, a Cat 4/5 field is not eligible for the Men Category 4 BAR.

6.4.5 Prizes

6.4.5.1 Unless prohibited by USAC rule, separate prize lists must be offered to each field in a split-field race for both to meet BAR criteria.

6.4.5.2 If a field is split and offers a single prize list then the race will be considered a BAR event for the highest competing category. For example, a Category 3/4 race with a single prize list will be considered a Category 3 BAR event, and the Category 4 racers will earn points toward the Category 3 BAR.

7. Flyer and on-line registration Formatting Requirements

7.1.1 Each category must be named exactly as indicated in Table 1 (BAR Classes). For example, a category called 'Master 35+ Men' is not an acceptable alternative to 'Masters Men 35+'.

7.1.2 Any BAR eligible Category must be a member of a Group

7.1.3 Races that are not part of the BAR should be clearly labeled as such.

7.1.4 Registration Page Text

7.1.4.1 The Registration Page Text should list the races that are part of the MABRA
BAR

8. BAR Race Classes

8.1 There are five (5) classes of BAR races, as shown in [Table 2](#)

Place	Class 1	Class 2	Class 3	Class 4	Class 5
Place	MABRA Title Road Race Stage Race GC	MABRA Title Criterium MABRA Title Time Trial Road Race	City/Town Center Criterium MABRA Title Track Omnium GC	Para Cycling	Office Park Criterium Time Trial
1	54	36	30	20	15
2	45	30	24	17	12
3	36	24	20	15	10
4	30	20	18	12	9
5	27	18	16	10	8
6	24	16	14	9	7
7	21	14	12	7	6
8	15	10	10	6	5
9	12	8	8	5	4
10	11	6	6	3	3
11	10	5	5	2	2
12	9	4	4	1	1
13	8	3	3		
14	7	2	2		
15	6	1	1		
16	5				
17	4				
18	3				
19	2				
20	1				

9. Individual BAR Points

- 9.1 Riders may earn points in any race for which they are eligible
- 9.2 To compete in the MABRA BAR competition, riders must have a current annual license. Riders racing under a one-day license will not accrue points.
- 9.3 Competitions are open to all riders regardless of region or club affiliation.
- 9.4 Points earned by a rider are based on the class and category of the race and not on the rider's USAC category.
- 9.5 Points earned by a rider in a given BAR class of a race only apply to that BAR class. For example, if a 35+ rider wins a Cat 3 race then the points go towards the Cat 3 BAR not the 35+ BAR.
- 9.6 Riders on a suspended club will be listed as "Unattached" but may otherwise compete in the BAR competition
- 9.7 Racer Responsibilities**
 - 9.7.1 It is the responsibility of the individual rider to register for the correct race to earn points in a BAR class. For example, if an event has a Cat 1/2/3 race and a Cat 3 race then a Category 3 rider competing for the Cat 3 BAR should register for the Cat 3 race, and not the 1/2/3.
 - 9.7.2 It is the racer's responsibility to ensure his/her entry form is legible and includes the correct license number.
- 9.8 Race Director Responsibilities
 - 9.8.1 It is the responsibility of the Race Director to submit results correctly to USAC and the BAR Administrator. Any inquiries regarding USAC submissions should first be directed to the Race Director.
- 9.9 If a result is skipped due to missing or illegible data, the finish order will remain unchanged. For example if the fifth place rider is skipped due to a missing license number, the sixth place rider will still be awarded sixth place points.
- 9.10 BAR Point Disputes
 - 9.10.1 Disputes for a given race must be raised within two weeks of the posting of the BAR standings that include that race unless it is shown the BAR results are different from those posted to USAC.

- 9.10.2 The MABRA BAR standings will reflect the Chief Judge approved results submitted by the promoting organization to USAC.

10. Club Affiliation

- 10.1 The club name listed in the USAC rider database will be used to determine club membership.
- 10.2.2 Club names will be shown in the BAR standings as they are registered with USAC.
- 10.2 Club Transfers
- 10.2.1 A change in club affiliation will not be recognized until the rider updates his/her USAC license.
- 10.3 Loaning riders to other clubs shall not be permitted. To score points for another club, the rider must update his/her license through USAC.

11. Race Director Submission Requirements

- 11.1 Any result submitted by the Race Director to USAC without a license number will not be scored in the BAR.
- 11.2 Results must be submitted to USA Cycling and the BAR Administrator within 14 days of the event date.
- 11.3 During the 14 day submission period, the Race Director can appeal for an extension to the MABRA Board, who must approve the extension by simple majority.
- 11.4 Failure to submit in the specified timeframe may result in the Board by simple majority suspending the Race Director's BAR status for one or more events in the following season.

12. Event Specific Rules

- a. The MABRA Track Title shall be scored as an omnium of all individual track events, possibly spanning the two-day event.

- b. Stage Races and Omniums
 - i. *Stage Race*: Any event with multiple stages in which riders are required to complete all events to be considered the overall winner.
 - ii. The winner may be determined based on time or points
 - iii. *Omniums*: A racing series that does not require a racer to finish all events to be named the overall winner.
- c. Omniums and stage races must consist of at least three events to be considered for GC BAR status.

13. Resolving Ties

- a. At the end of the season if riders are tied for first place the rider with the most first place finishes shall be declared the winner.
- b. If a tie still remains, the number of second places, then third places, and so on, shall be used until the tie is resolved.
- c. Ties for second place and beyond shall not be broken by this method.

14. Resolving Disputes

- a. All disputes or appeals will proceed as follow
 - i. Complainant submits issue to the MABRA BAR Administrator
 - ii. MABRA BAR Administrator rules on the issue
 - iii. Complainant appeals, if necessary, to the MABRA Board
 - iv. MABRA Board makes a final ruling on the issue.

15. Awards

- a. Provided MABRA has sufficient funds, trophies or plaques are given to the top three riders in each class listed in Table I.
- b. Winners of each class, except Category 4, Masters Men 3/4, and Junior Classes (as identified in the Championship Rules Table), are eligible to purchase Title Jerseys that

allow reduced price entry into all BAR races in the class and category of the victory in the following season. Category 3 riders must upgrade to the next category to take advantage of this benefit.

16. Modification History

a. Synopsis of Significant Changes 2013

- i. BikeReg.com will be providing scoring support through road-results.com. For a race to be included in the MABRA BAR, the event must use BikeReg.com for registration and comply with the BikeReg.com posting requirements outlined in Section 7.
- ii. Results must be submitted to USAC as a complete BAR class that matches the BikeReg.com listing. For example, the Masters Men 35+ should not be submitted to USAC as 35+ and 40+.
- iii. Several BAR field restrictions were removed (e.g., Junior field size and number of fields starting simultaneously); however, races must still meet all USAC rules and regulations to be eligible for the BAR.
- iv. The rules were reorganized so that readers can more easily find the section(s) that pertain to them, but no significant changes were made beyond what is listed above.

Date	Modified By	Description
2/26/2014	Evelyn Egizi	<ul style="list-style-type: none"> • Based on 2014 Annual Meeting Proposals and suggestions for clarification. <i>See synopsis on page 1</i>
12/27/2012	Dave Harrell	<ul style="list-style-type: none"> • Added BikeReg.com posting standards • Eliminated Showcase criterium designation • Reorganized rules
12/11/2009	Dave Harrell	<ul style="list-style-type: none"> • Standardized Men and Women BAR class names and descriptions • Added additional text to define club and team • Redefined how Stage Race and Omnium BAR categories are determined.
11/19/2009	Dave Harrell	Significant re-write of numerous sections

02/23/2009	Dave Harrell	<ul style="list-style-type: none"> • Section 3.d – New section referencing Section 12 • Section 7.a – <ul style="list-style-type: none"> ○ Updated BAR classes (Men 35+, Women 35) ○ Added distance requirements for Masters 60+ Men, Senior 3 Women, Masters 35+ women, Junior, and Junior 10-14 • Section 7.c – Reformatted for clarification • Section 7.d – Added allowable Novice Men fields • Section 8.a – Added Hill Climb (Class 5) and MABRA Title Hill Climb (Class 4) • Section 12 – New Section for submission requirements
01/08/2009	Evelyn Egizi	
2/2/2015	Jamey Lees	<ul style="list-style-type: none"> • 2015 BAR proposal voted: <ul style="list-style-type: none"> -Updated Table 1 with new junior classes, -Added 5.8 - must have one women’s field in order to host a BAR event -Added 17.6 - junior winners purchase the Championship jerseys, there is no additional cost to MABRA <p>Removed examples of the Bikereg.com examples that misrepresented the BAR Classes in Table 1</p>