

McGill

McGill Cycling

Team Points Ride
Official Rule Book

Section 1: Start Time, Logistics and Teams

Start Time: 6:45 am sharp Tuesday mornings. Riders should arrive at least 10 minutes beforehand to form teams (exact time subject to change and will be announced weekly on the forum).

Location: Circuit Gilles-Villeneuve Entrance closest to the “Hairpin” Turn.



TPR Start Location

Rainout: If the road is wet at 6am the day of the race, TPR is cancelled for that week.

Teams: A number of teams will be formed a few minutes prior to start time. Riders should arrive at least 10 minutes prior to start time to form teams.

Section 2: Race Format, Points and Scorekeeping

Basic Format: The race consists of three individual two-lap heats. All riders traditionally ride in all three heats but are not required to.



Approximate Location of Start/Finish Line

Start and Finish Line: The start and finish line is the marked line immediately following the pit in the direction of travel of the circuit.

Neutral Half Lap: Only the first of the two-lap heats will be preceded by a neutral half-lap commencing at the TPR start location. The neutral half-lap will end (and the race begin) once the TPR start line has been crossed. Riders attacking during the neutral lap will be disqualified by the race marshal.

Sprints and Points: As a points race, TPR involves three separate points competitions:

> *Intermediate Sprint:* Intermediate riders are encouraged to compete for points during the intermediate sprint. This sprint occurs during the first lap of each two-lap heat, finishing upon crossing the TPR finish line for the first time during the heat. Intermediate sprint riders will then finish the race with the peloton.
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> *Final/Advanced Sprint:* Advanced riders compete for points in the final sprint. This sprint occurs at the end of each two-lap heat.
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> *Women's Sprint:* Female riders have the option of collecting points during a women's sprint. Female riders may participate in any of the other competitions as well, though the "Choice of Sprint Points" rule will still apply. The women's sprint occurs roughly halfway through the second lap, terminating under the bridge before the hairpin turn and TPR start location.

[Important!] Choice of Sprint Points: Though each TPR heat involves three separate sprint segments, riders are allowed to participate in only a single competition per heat. That is, a rider who competes in the intermediate sprint in a given heat MAY NOT participate in the

advanced or women's sprint during that heat. The rider may participate in different sprints in subsequent heats however may only participate in one sprint per heat.

[Important !] Sprint Trains and Leadouts: Intermediate Sprint and Women's Sprint riders are prohibited from participating in the advanced sprint train or providing leadouts for the advanced sprint. Intermediate or Women's sprint riders in the advanced leadout train will be disqualified at the discretion of the marshal. If cautious, advanced riders are allowed to provide leadouts for intermediate and/or women's riders however the marshal may alter this rule at his/her discretion.

Scorekeeping: Points are kept on the "honour system". Sprinters are responsible for remembering their result until the end of the heat. At the end of each heat points will be recorded by the martial. Excluding TPR #0, points are cumulative from week to week.

Points Scoring: Points are cumulative week to week on an individual basis but are awarded to teams. That is, after the end of each TPR, each member of the team will be awarded the same number of points. For example, if a rider is present on a team which wins both the intermediate and advanced sprints, the rider will receive points for each of those wins whether or not he/she actually won any of the sprints. Points are awarded for the various sprints as follows:

Sprint	*1st Place*	*2nd Place*	*3rd Place*
Advanced	3	2	1
Intermediate	3	2	1
Women's	3	2	1

Section 3: Marshalling and General Rules

Marshalling: Each race will be administered by a neutral marshal. The marshal is present to enforce safety rules and record scores as well as to provide riding advice to newer riders. Though the marshal will use this rule book as a guide, they may administer penalties discretionarily for any reason. Penalties administered by the martial may include, but are not limited to:

- Sending riders to the back of the pack
- Disqualification from a particular heat
- Disqualification from an entire race
- Disqualification from TPR for a season (in very serious cases)

General Rules: While these rules are by no means a comprehensive overview of pack riding etiquette, both riders and the marshal should use them as a guide during the race:

1. **Hold your line:** Riders should not cut across other rider's lines in corners, even if it means taking a less direct line
2. **Hands on the brakes, but don't unnecessarily use them:** Riders should always be able to access their brakes and should not use riding positions which prevent brake use. However, riders should not touch their brakes for any reason other than an emergency when riding in a the peloton. Riders near the front of the pack are especially compelled to follow this rule.
3. **No overlapping wheels:** Riders should not overlap wheels in the peloton.
4. **Pay attention and be spatially aware:** Riders should at all times be aware of what is in front, behind and around them.
5. **Point out signs and give space:** Riders are expected to point out road signs to those behind them with ample notice. They are also expected to provide space to other riders to move around the

signs. Violation of this rule will result in disqualification at the marshal's discretion.

6. **Weaving/Shaking:** Weaving through roadsigns or "fishtailing" in an attempt to drop riders behind you is explicitly prohibited. Doing so will result in disqualification.