



**NL CRIT SERIES  
RULE BOOK 2020**

## 1. COMPETITION

The NL Crit Series is organized by Stichting Vast Verzet Bokaal and consists of a series of Fixed Gear Crits in The Netherlands.

## 2. PARTICIPANTS

- Maximum number of participants per race or qualifying heat is 75
- Minimum age for competing in races: 15 years
- Categories: Men and Women in (separate) Championship Races. In Practice Races the Men are divided in Men A and B categories. Women are allowed to compete in Men's races in case no Women's Championship Race is held at the same date and venue. In these cases women will not be classified separately
- Foreign participation is permitted.
- Participants should wear their NL Crit Series race numbers (aero number and bib number) clearly visible to the jury.
- Participants should have an activated and working MyLaps ProChip on their bike, mounted on one of the front fork blades.
- Limited number of MyLaps ProChips are available at the registration desk for participants who don't possess their own MyLaps ProChip yet and who only compete in maximum two races. In case a participant competes in three races or more, she/he has to buy her/his own MyLaps ProChip
- All participants must be in possession of a valid license or basic membership of the KNWU (Royal Dutch Cycling Federation), or any other UCI license which allows you to compete in The Netherlands. No valid license or basic membership means no start. Arrange a basic membership for € 28,00 per year in advance via <https://mijn.knwu.nl/registreren>
- An original or digital copy of a KNWU / UCI license or the KNWU basic membership must be presented when picking up the race number
- For all participants who don't possess a KNWU basic membership, there is a possibility to buy one which is only valid for one race. Costs are € 5,00 and due to be paid at registration, on top of the registration fee.
- All participants should be healthy enough to compete at this level of cycling races

## 3. TEAMS

- In Men's Championship Races and Women's Championship Races the number of riders per team is limited to 6 riders
- In Practice Races there's no limit to the number of riders per team

#### 4. RACE FORMATS

##### Men's Championship Races

- All pre-registered participants are randomly and equally divided in two qualifying groups
- The qualifying groups and starting grids will be published on the NL Crit Series website and Facebook page on the day before race day, after 12.00pm
- The best 24 finishers of each qualifying heat proceed to the A final race. This number can be changed by the organisation and will be announced at the start of the qualification.
- The finishers from place 25 and lower of each qualifying heat proceed to the B final race, if there are changes, the organisation will announce this at the start of the qualification.
- In case a rider from the top 10 of the latest known general classification is unable to qualify for the final race because of a crash, this rider may receive a wildcard for the final race. During the first Men's Championship Race of the season the top 10 riders of the final general classification of the previous year can be granted a wildcard in case of a crash. Riders with a wildcard must start from the back of the starting grid in the final race. Final call on granting a wildcard for the final race is on the race direction.
- Within 30 minutes after the last qualifying heat NL Crit Series will publish a starting grid for the final race at the registration desk
- Participants should be aware of their place/row they are starting from in the qualifying heats and final race. Primary it's the participants' own responsibility to be on the correct place/row at the start of the qualifying heat and final race

#### 5. RACE START

- Riders must start with one foot on the ground
- Track stands are not permitted
- Riders are not permitted to lean on another rider or the barriers

#### 6. DURATION OF THE RACE

- NL Crit Series crits last approximately 30 km (about 40 to 45 minutes) for Men's Championship A final races and Men's A Practice Races. Separate Men' B Practice Races last 24 km. Men's B finals during Championship Races last approximately 20 minutes. Women's Championship Races last approximately 24 km. The number of laps will be decided by the organization and will be communicated to the riders before the race
- Men's qualifying heats during Championship Races last approximately 15 to 20 minutes. The number of laps will be decided by the organization and will be communicated to the riders before the race
- A lapboard is used to count down the laps.
- A bell is used to notify the start of the final lap.

## 7. LAPPED RIDERS

- Each competitor who has been lapped by the front of the race must leave the race
- A blue flag will be waved when a competitor has to leave the race
- Exception #1: in case one single rider is about to lap the whole field, this rider is not allowed to lap the first chasing group in the race. This group is allowed to finish the race and to gain points for the general classification corresponding to their finish position
- Riders who are in danger of being lapped must ride in a predictable line on the outer edge of the turns and give enough room for the approaching riders.
- Lapped riders must exit the course as soon as possible but in a safe way, and report at the start/finish area, clearly visible to the jury
- Riders refusing to exit the course after being lapped, are disqualified for that race

## 8. RANKINGS AND PRIZES

- Each crit the first three in all categories will be rewarded with prizes. The winner of the final ranking in the men's and women's championship will receive a final prize.
- The results and standings will be published after each race on the website and social media pages of NL Crit Series

## 9. REGISTRATION

- Competitors can pre-register until one day before each race (until 12.00pm) via the registration page (<http://nlcritseries.eventbrite.nl>). Pre-registered participants must present themselves until half an hour before the start of the race or first qualifying heat at the registration desk
- There is no registration on race day.
- All participants must present themselves on race day at the registration desk, after the bike has been checked and found suitable to race (see chapter 13). After payment of the registration fee and after presenting their valid KNWU / UCI license or KNWU basic membership each participant will receive their race number

## 10. RACE NUMBERS

- Riders ride with a fixed race number for the entire season
- Riders can buy their race number for € 5,-
- Riders are responsible for their own race numbers. When losing it, a new race number has to be bought
- The first 25 men of last year's classification will receive race numbers 1 to 25
- The first 10 women of last year's classification will receive race numbers 1 to 10

## 11. EQUIPMENT REQUIREMENTS

Each race a technical volunteer will be present to check the bikes on suitability for participation.

He / she decides whether the bicycle is suitable, his / her opinion is law.

Requirements:

- Conventional / traditional track bike or dedicated fixed gear criterium bike
- Traditional / conventional track wheels with at least 16 spokes. These may not be provided with a so-called quick-release or wing nuts
- 28 inch wheels
- 165mm or shorter cranks
- 23mm or wider tires
- (Hand) brakes are not allowed
- The bike has a fixed gear drivetrain. The choice of the number of teeth of the front and rear sprocket is free to choose by the rider
- A lock ring securing the cog is required
- Clipless pedals and shoes are required. Toe clips or straps are not allowed
- Drop bars with bar tape and plugged ends and without brake levers / hoods are required
- So-called time trial components like a time trial handlebar, aerobar, disc wheels etc. are forbidden
- A specific time trial helmet is prohibited
- Bottles can only be mounted on the frame or seat post. Any other place on the bike or in the shirt is not allowed
- Saddle bags and / or lighting are not allowed
- Electrical drive is prohibited
- Bicycles may be equipped with (GoPro) cameras if securely mounted. Helmet mounted or chest mounted cameras are not allowed

## 12. CLOTHING

Competitors are free to wear race clothing of their choice, except a national championship jersey, a European championship jersey and a world championship jersey won in a cycling category other than fixed gear racing.

The leaders of the general classification and prime lap competition are obliged to wear the leader jersey during the race.

The following expressions in the race clothing and apparel are not allowed:

- No offensive lyrics
- No discriminatory texts
- No tobacco advertising
- No advertising for pornographic products
- No advertising for alcoholic beverages with an alcohol content of more than 15%
- Sleeveless jerseys
- Headphones

### 13. HELMET

Wearing a hard shell helmet is compulsory. This must bear the hallmark Ansi, Snell, or CE standard. The helmet should not be older than 5 years.

### 14. SAFETY

- Races are held on a variety of courses, of which some have tight corners. Racers must give each other room to slow down for the approaching corners.
- It is important for racers to hold a predictable line through the corners and give their competitors room.
- Skidding and fishtailing into corners is forbidden.
- Racers must hold their line and are not allowed to block riders attempting to pass.
- Racers must make sure their tires are sufficiently inflated and in good condition. The course is smooth but a certain amount of glass and gravel can be present.

### 15. ANTI-DOPING

- Athletes confirm they have never served a doping violation
- Stichting Vast Verzet Bokaal and NL Crit Series do not accept registration from rider who have served a doping violation in cycling or in other sport

### 16. USE OF PERSONAL DETAILS

By competing in our races, competitors agree:

- Their race results and race related photos will be published at the NL Crit Series public social media channels and website
- Their email address will be used for emailings from NL Crit Series

### 17. IF NOT COVERED BY THIS RULE BOOK

In all cases where these regulations do not decide in:

- Organizational and technical matters: NL Crit Series organization
- Race Technical matters: the present race director

### 18. DISCLAIMER

All participants should:

- Be focused on avoiding injuries
- Be aware of their speed and being able to master their bikes
- Do their best to win while respecting the others (riders, spectators, etc.)
- Do their best to make the event pleasant
- Know that competing in a NL Crit Series race brings risks and be ready to accept them

- Not hold Stichting Vast Verzet Bokaal (as organizer of the NL Crit Series) responsible in case of crashes or other damages
- Not hold Stichting Vast Verzet Bokaal (as organizer of the NL Crit Series) responsible for the loss or damage of any personal belongings
- Not hold Stichting Vast Verzet Bokaal responsible for refund of any losses and/or (financial) damage in case an event is cancelled, other than the registration costs for that race/event
- Bring a well maintained bike, meeting the equipment requirements of chapter 13 of these regulations
- Leave the race in case of crashes or big material problems which might cause danger to the other participants
- Recognize being responsible during the whole of all events. Stichting Vast Verzet Bokaal or the different collaborators cannot be held responsible
- Have a subscription to a liability insurance covering their own damages

#### 19. QUESTIONS / COMMENTS

Mail your questions / comments about the NL Crit Series to [nlcritseries@gmail.com](mailto:nlcritseries@gmail.com)