

LAMBRA CYCLING CUP SERIES (LCCS) AND LAMBRA CHAMPIONSHIPS RULES AND REGULATIONS

LAMBRA Cycling Cup Series (LCCS)

Definition

The LCCS is a yearlong Best All 'Round points competition for individuals and teams based on results from Road events (Road Race, Criterium, Individual Time Trial, Team Time Trial, Stage Race) that have received the LCCS designation from LAMBRA and meet the LCCS event requirements specified in the LAMBRA Bylaws and below.

Rider Eligibility

All riders holding current annual USA Cycling licenses and who are listed on the official USA Cycling-Road database at the time of the race event shall be eligible to earn points in the Louisiana Cycling Cup Series (LCCS) points competitions. Riders purchasing or renewing licenses on the day of the race are therefore not eligible for LCCS points until their licenses are processed by USA Cycling.

Rankings

Types of Rankings: The LCCS will provide rankings for both individual riders and registered USAC clubs for Road events (Road Race, Criterium, Individual Time Trial, Team Time Trial, Stage Race) in accordance with the rules and regulations below.

Individual Rankings

Individual rankings will be determined by total points earned in the rider's top five (5) earned-points races in each road discipline (Road Race, Criterium, Individual Time Trial) plus the rider's top Stage Race and Team Time Trial in each LCCS class/category during the calendar year.

Ties: Final points ties will be broken by the highest number of 1st place finishes, if still tied then 2nd place finishes, then 3rd place finishes, etc.

Upgrades: Racers who receive Category upgrades in any discipline during the season will retain their points in the category in which they were earned, however points will not be transferred from one category to another. Rider categories shall be determined by reference to the official USA Cycling database.

Club Rankings

Club rankings will be determined according to the sum of the individual LCCS points totals earned by member riders during the calendar year.

Club Changes: A Club will earn LCCS points only for riders who are official members of that club at the time of the event, as indicated on their annual USA Cycling road racing licenses. .

Club Points Eligibility: Only LAMBRA member clubs in good standing will be eligible to win the Club/Team award. Clubs not in good standing will have no club points awarded and points will not be retroactive.

Ranking Updates and Protests

Updated LCCS rankings will be posted to the LAMBRA website as soon as possible following each LCCS event. Protests of LCCS event scoring must be communicated in writing to the LCCS Ranking Coordinator

within seven days of the official announcement that the LCCS results were updated with results of the event in question and were posted to the LAMBRA website.

Recognition System

The LCCS shall provide a recognition system that rewards the Best All 'Round (BAR) riders and the LAMBRA club with the highest points totals in the LCCS rankings at the end of the calendar year.

- The highest-ranked LAMBRA club will receive the Team LCCS Trophy for the following year.
- LCCS class/category winners are allowed free entry to the following year state championship events.
- The highest-ranked riders from the following LCCS classes/categories shall receive awards as follows:

LCCS BAR ROAD AWARDS	
Cat. 1,2	Jersey
Cat. 3	Jersey
Cat. 4	Jersey
Cat. 5	Trophy
Master 40+, Cat. 1-4	Jersey
Master 55+	Jersey
Women	Jersey
Women Cat. 4	Trophy
Junior (Overall)	Jersey
Junior 10-14	Jersey

LCCS Road Events: Rules and Regulations

Classes and Categories

An annual LCCS points competition shall be conducted for the following Road Race classes and categories. Required classes/categories must be offered and scored at every LCCS race. Optional classes/categories may be run and scored at the promoter's discretion provided they are listed as separate competitions on the event announcement. Other non-LCCS races may be offered, but will not be scored as part of the LCCS points series.

Required

- Category 1,2
- Category 3* (may be combined with Category 1,2 but shall be scored separately.)
- Category 4
- Category 5 (Scored only for mass-start events, not counted toward club point totals)
- Master 40+, Category 1-4 only
- Women
- Juniors

Optional

- Master 55+

Combined-Category Race Scoring

Combined-category races are not recommended but may be offered when necessary at the promoters' discretion. In races where LCCS categories/classes are combined and no other races are offered for those categories/classes, points will be awarded on overall placing within each class/category (i.e. the race will typically be re-scored for each class/category as if they raced as an individual race). See Appendix A, LCCA Combined-Category Scoring Examples, for a breakdown of scoring for most combined-category situations.

Combined-Category Scoring Table

See Appendix A.

Combining of Road LCCS Classes and Categories at Events

Promoters may combine races for any mass start event with fewer than 10 participants. However, when races are combined, promoters will score the LCCS classifications separately for the purpose of LCCS points.

LCCS Road Points Tables

LCCS Road Points Schedule

Points shall be awarded according to the table below for LCCS road, track, individual time trial and stage races.

Road Race, Criterium, Individual Time Trial, Team Time Trial

This table is used for road races, criteriums, individual time trials and team time trials that are not part of time-based stage races. Races at omnium events in which riders are not required to finish the prior stage in order to race in the next will be scored individually using this table.

Place	FIELD SIZE														
	15+	14	13	12	11	10	9	8	7	6	5	4	3	2	1
1.	20	17	15	13	11	10	9	8	7	6	5	4	3	2	1
2.	17	15	13	11	10	9	8	7	6	5	4	3	2	1	
3.	15	13	11	10	9	8	7	6	5	4	3	2	1		
4.	13	11	10	9	8	7	6	5	4	3	2	1			
5.	11	10	9	8	7	6	5	4	3	2	1				
6.	10	9	8	7	6	5	4	3	2	1					
7.	9	8	7	6	5	4	3	2	1						
8.	8	7	6	5	4	3	2	1							
9.	7	6	5	4	3	2	1								
10.	6	5	4	3	2	1									
11.	5	4	3	2	1										
12.	4	3	2	1											
13.	3	2	1												
14.	2	1													
15.	1														

Stage Race (GC Placing)

Stage Races on time or points, in which riders are required to finish the prior stage in order race in the next are scored on GC placings only according to the following table.

Place	FIELD SIZE														
	15+	14	13	12	11	10	9	8	7	6	5	4	3	2	1
1.	65	60	52	46	39	35	32	28	25	21	18	14	11	7	4
2.	60	52	46	39	35	32	28	25	21	18	14	11	7	4	
3.	52	46	39	35	32	28	25	21	18	14	11	7	4		
4.	46	39	35	32	28	25	21	18	14	11	7	4			
5.	39	35	32	28	25	21	18	14	11	7	4				
6.	35	32	28	25	21	18	14	11	7	4					
7.	32	28	25	21	18	14	11	7	4						
8.	28	25	21	18	14	11	7	4							
9.	25	21	18	14	11	7	4								
10.	21	18	14	11	7	4									
11.	18	14	11	7	4										
12.	14	11	7	4											
13.	11	7	4												
14.	7	4													
15.	4														

Special LCCS Road Event Rules

USAC State/District Championships that are also LCCS events

USAC State/District Championship road race events that correspond to LCCS classes/categories will be awarded 1.5 the points listed in the appropriate LCCS Points Schedule. Additional LCCS awards, such as championship omniums, may be designated and announced in advance by LAMBRA as resources permit.

Special rules regarding combining of classes and categories for District Championship races in order to comply with USAC championship guidelines must be approved in advance by the Association and communicated to riders on the official event announcement.

Team Time Trial Championships that are also LCCS events

All riders on a team must hold current USAC annual road licenses in order for any of them to be eligible for LCCS points. For teams that include riders who are racing outside of their correct categories (a Cat.

4 rider who is on a Cat. 1/2/3 team), points will be awarded only to those riders racing in their correct categories (the Cat. 4 rider would not receive points).

Track Championships: Rules and Regulations

LAMBRA - USAC District Track Championships

The USAC/LAMBRA Track Championships should be held over a one or two-day period with provisions for rescheduling in the event of rain. The event promoter must offer at least the required classes, categories, and races listed below.

Track Championship Classes and Categories

In addition to USAC medals for individual race winners, LAMBRA will provide championship awards based on the Omnium results from the LAMBRA Track Championship event for each required class/category listed below. Omnium points may be scored in individual events only. In order to qualify for LAMBRA track championship jersey / trophy, each omnium division must have at least the minimum number of starters indicated in below. In order to qualify for LCCS championship jersey / trophy, each race must have at least three starters.

Required Classes and Categories	LAMBRA Track Omnium Awards
Category 1,2,3*	Championship Jersey
Category 4	Championship Jersey
Category 5	Award
Masters 45+	Championship Jersey
Women	Championship Jersey
Juniors	Championship Jersey

* (Cat. 1,2 and Cat. 3 to be run together but scored separately for championship omnium points)

Track Championship Required Races

1k Time Trial (Men)
 500m Time Trial (Women)
 Points Race
 200m Time Trial
 Scratch Race
 Matched Sprints

Promoters may include additional individual race in the championship omnium.

Combining of Track Championship Required Classes and Categories

Required Classes and Categories are to race separately, provided their field minimums are met. For individual events, required classes/categories that do not meet the minimum field sizes may be combined with the next more advanced class/category according to the following hierarchy: Cat. 1,2,3; Cat. 4; Cat. 5; Master 45+; Women; Junior. When required classes and categories are combined, they are to be scored separately. In team based races such as Team Pursuit, 1k Team Sprint, etc., where the team's members are composed of differing classes/categories, teams compete in the category/class corresponding to the highest category/class represented on the team. Team events are not included in the track championship omnium scoring, but are included as championship medal races.

Cyclocross Championships: Rules and Regulations

General

The LAMBRA Cyclocross championship event rules and regulations are designed to encourage cyclocross event promotion and participation.

Cyclocross Required Classes and Categories

In addition to USAC medals for individual race winners, LAMBRA will provide championship awards as listed below. In order to qualify for LCCS championship jersey / trophy, each race must have at least three starters.

Required Classes and Categories	LAMBRA Omnium Awards
CX Category 1,2,3	Championship Jersey
CX Category 4	Championship Jersey
CX Masters 40+	Award
CX Women	Award
CX Juniors	Award

* (Cat. 1,2 and Cat. 3 to be run together but scored separately)

Combining of Cyclocross Championship Required Classes and Categories

Required Classes and Categories are to race separately, provided their field minimums are met. For individual events, required classes/categories that do not meet the minimum field sizes may be combined with the next more advanced class/category according to the following hierarchy: Cat. 1,2,3; Cat. 4; Master 40+; Women; Junior. When required classes and categories are combined, they are to be scored separately.

Appendix A

Road LCCS Combined-Category Scoring Examples

Race Categories	LCCS Categories			
	Cat. 1/2	Cat. 3	Cat. 4	Cat. 5
Cat. 1/2	Overall Placing			
Cat. 3		Overall Placing		
Cat. 4			Overall Placing	
Cat. 5				Overall Placing

Race Categories	LCCS Categories			
	Cat. 1/2	Cat. 3	Cat. 4	Cat. 5
Cat. 1/2/3	Re-scored Placing*	Re-scored Placing*		
Cat. 4			Overall Placing	
Cat. 5				Overall Placing

Race Categories	LCCS Categories			
	Cat. 1/2	Cat. 3	Cat. 4	Cat. 5
Cat. 1/2/3	Re-scored Placing*	Re-scored Placing*		
Cat. 4			Overall Placing	
Cat. 4/5			None	Re-scored Placing*

Race Categories	LCCS Categories			
	Cat. 1/2	Cat. 3	Cat. 4	Cat. 5
Cat. 1/2/3	Re-scored Placing*	Re-scored Placing*		
Cat. 3/4		None	Re-scored Placing*	
Cat. 4/5			None	Re-scored Placing*

Race Categories	LCCS Categories			
	Cat. 1/2	Cat. 3	Cat. 4	Cat. 5
Cat. 1/2	Overall Placing			
Cat. 3/4		Re-scored Placing*	Re-scored Placing*	
Cat. 4/5			None	Re-scored Placing*

***Re-scored Placing:** The race will be re-scored as if each LCCS category raced separately and points awarded based on rider placings within the separated LCCS categories. A Cat. 4 rider placing 5th overall but 1st among all other Cat. 4 riders would receive 1st place Cat. 4 points.