

LAMBRA CYCLING CUP SERIES (LCCS) RULES AND REGULATIONS

Rider Eligibility

All riders holding current annual United States Cycling Federation licenses at the time of the race event shall be eligible for the Louisiana Cycling Cup Series (LCCS) points competitions.

Rankings

Types of Rankings: The LCCS will provide rankings for both individual riders and registered USCF clubs for both Road and Track according to the rules and regulations below.

Individual Rankings

Individual rankings will be determined according to the total accumulated points earned in each LCCS class/category during the calendar year.

Ties: Final points ties will be broken by the highest number of 1st place finishes, 2nd place finishes, 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 total accumulated individual LCCS points 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. Club membership status shall be determined by reference to the official USA Cycling database.

Club Points Eligibility: Only LAMBRA member clubs in good standing at the time of the event, will receive points for members who receive individual LCCS points.

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 riders and clubs 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 ROAD		LCCS TRACK	
Cat. 1,2	Championship Jersey	Cat. 1,2	Championship Jersey
Cat. 3	Championship Jersey	Cat. 3	Championship Jersey
Cat. 4	Championship Jersey	Cat. 4	Championship Jersey
Master 35+	Championship Jersey	Women	Championship Jersey
Master 45+	Championship Jersey	Master 45+	Trophy
Master 55+	Championship Jersey	Junior	Trophy
Women	Championship Jersey		
Women Cat. 4	Trophy		
Junior	Championship Jersey		

Table 1: Annual LCCS Awards

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. 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 (not scored for LCCS)
- Master 35+
- Women
- Juniors

Optional

- Master 45+
- Master 55+

Combining of LCCS Classes and Categories

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 Race Points System

Minimum Field Sizes

In order to qualify for LCCS points, each race must have at least the minimum number of starters indicated in Table 2.

Category	Stage Race GC	Criterion/ Road Race	Time Trial	Cyclocross
Men Cat 1-2	15	6	5	5
Men Cat 3	15	6	5	5
Men Cat 4	15	12	5	5
Master 35+	5	5	5	5
Master 45+	5	5	5	5
Master 55+	5	5	5	5
Juniors	2	2	2	2
Women 1-4	2	2	2	2

Table 2: Road Race Minimum Field Sizes

Points Schedule

Points shall be awarded according to Table 3 for qualifying LCCS races. Double points shall be awarded for LCCS races designated as "USCF District Championships" by the Association and held according to USCF District (State) Championship guidelines.

Placing	Stage Race GC	Criterion/ Road Race	Time Trial	Team Time Trial	Cyclocross
1 st	100	30	20	20	10
2 nd	90	27	18	15	7
3 rd	80	25	17	13	5
4 th	70	23	16	11	3
5 th	60	21	15	10	1
6 th	56	19	14	9	
7 th	52	17	13	8	
8 th	48	15	12	7	
9 th	44	13	11	6	
10 th	40	12	10	5	
11 th	36	11			
12 th	32	10			
13 th	28				
14 th	24				
15 th	20				

Table 3: Road Race LCCS Points Schedule

Special LCCS Road Event Rules

USCF State/District Championships

USCF State/District Championship road race events that correspond to LCCS classes/categories will be awarded double the points listed in the LCCS Points Schedule (Table 3).

Points will be awarded only in LCCS Classes and Categories.

Should a District Championship race not meet the minimum field size requirement (Table 2), single points shall nevertheless be awarded.

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

Team Time Trials

Team Time Trials will be scored according to the Time Trial points schedule (Table 3).

All riders on a team must hold current USCF annual licenses in order for any of them to be eligible for LCCS points.

Teams with mixed LCCS Classes/Categories will compete in the class/category of the most advanced team member according to the following hierarchy.

Cat. 1,2; Cat. 3; Cat. 4; Master 35+; Master 45+; Master 55+; Junior

Teams composed entirely of Master or Junior riders must elect in advance to compete in either the appropriate Skill Category or Age-Graded LCCS race. *For example, a 2-man team composed of a Cat. 2 master 35+ rider and a Cat. 4 master 35+ rider may compete in either the Cat. 2 competition or the Master 35+ competition.*

Riders in mixed LCCS class/category teams who are competing outside of their correct categories, are not eligible for LCCS points. *For example, a Cat. 4 rider on a team that includes a Cat. 3 rider does not receive LCCS points.*

Track Events: Rules and Regulations

General

The LAMBRA Track Cycling Cup Series (LCCS) rules and regulations are designed to strengthen the LAMBRA/BREC partnership, and encourage LCCS Track event promotion and participation.

Promoting Track Events

Clubs are encouraged to promote Track events and may do so individually, or in-conjunction with other entities and LAMBRA clubs.

Event Announcements: Event announcements and flyers are to be submitted along with the USA Cycling Event Permit and forms via the USAC online permitting system or on paper to the LAMBRA Secretary/Treasurer within six weeks of the event date. Events may not be opened for entry until approved by LAMBRA per USAC rules.

Event Results: Clubs promoting LCCS Track events are required to forward complete race results to the LAMBRA Track coordinator within seven (7) days after their events. Clubs who do not forward their race results within the seven (7) day period are prohibited from promoting future Track events until their results have been properly submitted.

Classes and Categories

LAMBRA shall conduct an annual Track LCCS Points Cup competition for the following Required Track Classes and Categories (excluding Cat.5). All Required Classes and Categories below must be offered and scored individually for every LCCS Track race. Classes and Categories in addition to those required may be offered and run by the promoting club(s), however they will not be scored as part of the LCCS points series.

Required Classes and Categories

- Category 1,2,3 (Cat. 1,2 and Cat. 3 to be run together but scored separately for LCCS points)
- Category 4
- Category 5 (Cat. 5 must be offered, but is not scored for LCCS points)
- Masters 45+
- Women
- Juniors

Minimum Field Sizes

In order to qualify for LCCS points, each race must have at least the minimum number of starters indicated in Table 4.

LCCS Cat./Class	Starters
Category 1,2,3	2
Category 4	2
Masters 45+	2
Women	2
Juniors	2

Table 4: Minimum Field Sizes, Track

Combining of Required Classes and Categories

LCCS 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, only those riders who are racing in their correct classes/categories are scored for LCCS points. For example, a Cat. 4 rider who competes as part of a Cat. 1,2,3 team may do so, but only the Cat. 1,2,3 riders on that team receive LCCS points.

LCCS Track Points System

The Track LCCS is separate from other LAMBRA LCCS points series. All Track races at Track events will be scored individually. LAMBRA will establish and maintain an LCCS points tracking system to identify series champions, and to facilitate and promote category upgrades. Best All-round Racer (BAR) and Best All-round Team (BAT) honors will be awarded to top place LAMBRA finishers in the Required Classes/Categories (except Cat.5).

Track Points Schedule

Points for LCCS races shall be awarded according to table 5. Double points are awarded for official USCF/LAMBRA Track Championship races.

Place	Points
1st.	10
2nd.	7
3rd.	5
4th.	3
5th.	1

Table 5: Track Points Schedule

LAMBRA - USCF District Track Championships

The USCF/LAMBRA Track Championships should be held over a two (2) day period with provisions for rescheduling in the event of rain. Championship races (below) shall be the only races held during the USCF/LAMBRA Track Championships.

LAMBRA USCF District Track Championship Races

Team Pursuit (4k)
1k Time Trial (Men)
500m Time Trial (Women)
Points Race
200m Time Trial
Scratch Race
Matched Sprints
1k Team Sprint