



Inter Club League 2023 – Rules.

The purpose of the ICL is to create a fair and competitive race environment, whilst promoting club racing in the Ards and North Down Area, regardless of experience and ability, and to encourage younger riders into the sport, and to grow competitive teams within the participating clubs.

General Rules.

- The league will consist of six rounds, of which will be four road races and two time trials.
- Each club will host three rounds each, consisting of two road races and one time trial.
- Entry will be on a pre-entry basis through the eventmaster system, no entries on the event date will be allowed.
- A minimum of a Cycling Ireland license under either `Limited Competition` or `Full Competition` basis.
- Entry is only available to the age of seventeen and above.
- The league winners can only be determined by having a membership of either participating clubs, although all other riders are welcome to participate in any of the qualifying rounds.
- Scoring of each round will be based on a points system with placements in the top ten, - 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.
- All riders from Ards CC and North Down CC who compete in each round will qualify for 10 points for attendance per round.
- The final league position will be based on the best five rounds of the six.
- The overall league winner and recipient of the Ards and North Down ICL 2023 accolade and prize will only come from the participating clubs.
- Further prizes will be determined at a later stage by the organising committee for each club and any visiting riders from other clubs if so desired.
- Should there be a need for a cancellation of a round, qualifying participants will be given the option to transfer to another round or receive a refund.
- No refund will be considered for failure to attend a round.
- The cost of entry will be determined by the organising committee.
- The decisions of the organising committee are final.
- Rules to be reviewed at the conclusion of the event in preparation for following year.

- The participants must ensure their bike is road worthy and the use of a safety helmet is mandatory.
- The rules of the road must be adhered to at all times.
- Dangerous riding will not be tolerated and can result in disqualification from the series.
- Altercations with other road users must be avoided at all times.
- The use of the registered club kit is mandatory for identification purposes unless otherwise agreed.
- Care must be taken at all times with regard to the use of the toilet in the interest of public decency and club reputation.
- All litter must be taken home after the event.
- All participants to follow the marshalls instructions.

Road Race.

- All road races will commence from a standing start.
- The use of lap boards and bell will be employed.
- Marshalls will only indicate the direction of the race to be followed. Each rider to ensure their own safety is considered before making any manoeuvre.
- Each race will be grouped on a handicapped basis with timings established on the night of each event.
- These groups will be decided upon on that given night with regard to riders participating and league standings.
- It is mandatory to avoid the crossing of the white line on the roads used at each event. Failure to do so could result in disqualification from that nights event.
- A full competition rider will be required to wear their cycling Ireland numbers for identification. Limited competition riders will be provided with a number.

Time Trials.

- The use of a traditional Road Bike is mandatory for the time trials, failure to do so will result in the riders time not being considered.
- The use of a time trial bike is forbidden. This is to provide a fair environment with regard to those not in possession of a road bike.
- Scoring for time trials will be ranked upon the quickest times, with top ten being employed for scoring.
- The use of a rear working light is mandatory.
- The use of a Safety Helmet is mandatory.
- It is forbidden to use Aero Bars, Aero Helmets, and Disc wheels in this element of the League.
- If any forbidden equipment is used, this will result in the riders time being discarded for this round.