

Article 1 Organisation

Rás na mBan is organised by the Rás na mBan Organising Committee, under the auspices of Cycling Ireland and in association with the Women's Commission of Cycling Ireland, and will take place from Wednesday 4th September until Sunday 8th September 2019.

Rás na mBan is promoted under the Technical Rules and Regulations of Cycling Ireland (<http://www.cyclingireland.ie/downloads/rules2019v26.3final.pdf>) along with those specified hereunder. It is the responsibility of team officials and competitors to be familiar with all race regulations.

Article 2 Type of Event

Rás na mBan International 5-day cycle race is registered on the Cycling Ireland Road Racing Calendar and is open to teams of riders of Women Elite and Junior Women categories.

All participants should be aware that the roads used by Rás na mBan are **NOT CLOSED** to other traffic, and competitors will encounter normal road traffic during the event. While every effort will be made to ensure the safety of the riders, care must be taken by all riders, particularly on narrow roads and at the rear of the race. Riders are responsible for their own safety and must comply with the rules of the road. Riders are reminded that, in Ireland, we cycle and drive on the left-hand-side of the road.

Article 3 Participation

Rás na mBan is open to Women Elite, Women U23 and Women Junior Categories. All entrants shall hold a valid racing licence issued by a UCI affiliated National Federation.

The maximum number of riders on a team is 5, and the minimum is 3.

Article 4 Race Headquarters

Team Registration and Sign On for Rás na mBan 2019 will take place on Wednesday September 4th from 13:00 until 14:55 at the Springhill Court Hotel, Waterford Road, Kilkenny, County Kilkenny, Tel: +353 56 772 1122.

Team Managers will be required to sign on and to present the following to the Chief Commissaire for approval and information purposes:

- a) Manager's current UCI affiliated federation licence
- b) Team Officials names and UCI affiliated federation licence
- c) Team cavalcade vehicle registration number
- d) Team Manager's mobile phone number
- e) Sample of Team Jersey and, if applicable, Skinsuit

Team Managers will receive their riders race numbers, timing chip and frame number.

The Race organisation will retain riders licences for the duration of the race pending return of timing chips.

Team Managers shall return ALL team members timing chips at the finish of the final stage of the race. Licences will be returned to team managers on return of timing chips. There will be a penalty charge of €35 per chip for lost or damaged chips.

Team Managers are required to attend a briefing meeting at the Springhill Court Hotel at 15:00 on Wednesday 4th September in the designated meeting room. The meeting will be opened by the Race Organiser and addressed by the Chief Commissaire and a Garda officer. Race Technical Staff will also be in attendance.

A draw for team car positions on Stage 1 will take place at this meeting.

The Race Doctor will also be in attendance at this meeting. Managers should notify the Race Doctor of any relevant rider or staff medical conditions she may need to be aware of in case of emergency.

Article 5 Radio Tour

Radio Tour will be broadcast on frequency 453.5625Mhz

Race Radios will be available at Sign On for rental. A fee of €50 will be payable at sign on for radios issued to team managers, which includes the rental fee of €20 plus a refundable deposit of €30. The deposit will be refunded on return of the radio at race headquarters, undamaged, following the final stage of the race.

Article 6 Neutral Technical Support

The first neutral service vehicle will normally be placed with the leading group and the second will remain behind the main bunch. Teams wishing to avail of the service will equip these vehicles. Such equipment must be in good mechanical order.

Riders receiving equipment from neutral service will be responsible for returning or replacing it. Wheels shall be clearly marked with the team name. It is the responsibility of the team manager to return equipment obtained from neutral service immediately after the stage finishes.

Team vehicles are obliged to service riders from other teams when requested to do so by a Commissaire or when neutral service is not available. It is expected that this open service will be carried out in a fair and sporting manner. Where no neutral service is available the first vehicle in line must service any rider requiring service. Following Stage 1, team vehicles of the first 3 riders on General Classification are exempt from this rule and the next vehicle in line must provide service.

In the event of a puncture or other mechanical fault, riders must stop on the left side of the road only.

Riders shall be serviced only from the rear of a group.

Equipment is provided to neutral service at owners risk, notwithstanding the conditions listed above. The organisers of Rás na mBan, and their agents and volunteers, shall not be responsible for loss of or damage to any equipment provided to neutral service

Article 7 Bonuses

There are no time bonuses on stages.

Article 8 Stage 4 Time Trial

Stage 4 Individual Time Trial must be ridden on a classic road bike as defined in the UCI regulations Part 1 Chapter 2 Section 2.

No bar extensions or similar will be permitted nor will wheels with less than 12 spokes.

Time Trial Helmets and Skinsuits are allowed. Where Skinsuits are worn, they must either be a Classification leaders skinsuit provided by the Race Organisers, the Team Skinsuit, as registered by the Team Manager at Race Sign On, or, with the Commissaires agreement, a plain design carrying no advertising, apart from a manufacturers logo.

Riders will start at 1 minute intervals in reverse General Classification order.

The Time Trial will take place on open roads. Riders MUST keep to the left hand side of the carriageway in order not to impede traffic.

Cycling Ireland Technical Regulations T7.A4 will apply.

Article 9 Stage 5 Criterium

There will be two pit areas on the circuit. If a rider suffers a mishap or genuine mechanical then she will need to report to the Pit Commissaire on the next pits on the circuit. The rider in question will not travel against the race but move forward to the next pits. She will then be placed back into the race after one lap out into the back of the group she left before the incident took place. If this group has split then it will be the rear split that she re-joins the race in. No lap outs will be permitted in the last 5 laps.

The pits nearest the Sign On will also be taking riders out of the race that are in danger of being lapped. The lap they are taken out on will be noted and an approximate time will be given to each rider after the race ends. Any rider pulled out from the race will be permitted to start stage 6.

Sign On will close at 5pm and riders are requested not to warm up on the circuit until it is officially opened for the warm up at 6.15pm. This is critical to the smooth running of the event and maintaining co-operation with the local residents so please respect this and avoid any sanctions.

Article 10 Final 3 Kilometre Rule

Rás na mBan under Cycling Ireland Technical Regulations operates under the Final 3 Kilometre rule.

This rule shall not apply on Stage 4 Individual Time Trial and Stage 3 Hill Top Finish

Article 10 Finishing Time Limits

The time limit for all stages will be 25% of the stage winner's time.

The time limit may be extended, in extenuating circumstances, by the panel of Commissaires in agreement with the Race Director.

Article 11 Classifications

The following classifications will be awarded a jersey:

1. Individual General Classification - Magenta Jersey

The individual general classification on time is established by adding up the times recorded for stages, taking into account any time penalties.

Ties will be split in accordance with Article T7.3A of Cycling Ireland Technical Regulations.

2. Points General Classification - Navy Jersey

Points will be awarded to riders for stage placings.

The points will be allocated as follows: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 points respectively for 1st to

10th placing on stages 1, 2, 3, 5 and 6. No points will be awarded for Stage 4, the Individual Time Trial.

Ties will be split in accordance with Article T7.3B of Cycling Ireland Technical Regulations.

3. Queen of the Hills General Classification - Orange Jersey

QOH Points will be awarded for climb primes on the following scale:

- a) Category 1 climb, 1st to 5th placing respectively; 12, 10, 8, 6, and 4 points.
- b) Category 2 climb, 1st to 4th placing respectively; 9, 7, 5, and 3 points.

Ties will be split in accordance with Article T7.3C of Cycling Ireland Technical Regulations

4. Best Young Rider Classification - White Jersey

Restricted to riders born after the 31st of December 1996.

Ties will be split in accordance with Article T7.3A of Cycling Ireland Technical Regulations.

5. Best Irish Rider Classification - Green Jersey

The Best Irish Rider classification will be awarded to the top Ireland-based rider on General Classification who fulfils the following criteria:

The rider must be based in Ireland AND

- a) have an IRL UCI code on their licence AND/OR
- b) a licence issued by Cycling Ireland
- c) be registered with a domestic-based Irish team/club.

Ties will be split in accordance with Article T7.3A of Cycling Ireland Technical Regulations.

Note: this classification is not open to riders on the Irish National Team.

6. Stage Winner Jersey - Blue Jersey

A Stage Winner Jersey will be awarded to the winner of each stage, including Stage 4 TT.

Jersey Priority

The priority of Classification Jerseys is as follows:

1. General Classification by time
2. Points Classification
3. Queen of the Mountains Classification
4. Best Young Rider Classification by time
5. Best Irish Rider Classification by time
6. Stage Winner's Jersey

Non-Jersey Classifications

1. Best British Based Rider Classification

The Best British Rider classification is open to any holder of a British Cycling licence (regardless of nationality code) riding with a British Cycling registered team at this year's race.

Ties will be split in accordance with Article T7.3A of Cycling Ireland Technical Regulation.

Prizes will be awarded to the top eight riders in this classification at the conclusion of Rás na mBan 2019, in Kilkenny on 8th September.

2. Team General Classifications (Best Team, Best Irish Based Team)

The maximum number of riders on a team is 5 and the minimum is 3. The team standings on each day are calculated by adding the three best individual times from each team.

The overall team classification is calculated by adding the three best individual times from each team from all stages.

The Best Irish (Ireland based) team classification is calculated by adding the three best individual Irish based rider times from all stages. Only teams with all riders satisfying the Best Irish Rider category qualify for the Irish Team prize.

Composite Teams, as defined under Article T1.5 – T1.7 of Cycling Ireland Technical Regulations, are eligible for the Team Classification. Composite teams must be attired in identical kit.

Ties will be split in accordance with Article T7.3E of Cycling Ireland Technical Regulations

Article 12 Prizes

In addition to the above, prizes will be awarded to:

- I. First unplaced junior rider overall (riders born after the 31st of December 2000).
- II. First unplaced veteran rider overall (riders born before the 1st January 1980)

A combativity prize, titled 'The Daily Beast Award', will be awarded on the podium after each stage to the rider adjudged by the Commissaires to have grabbed the stage by its horns.

Prime prizes will be awarded on Stage 5, to the first rider crossing the finish line after 15 minutes of racing, and after 30 minutes of racing. A klaxon will indicate the start of each lap that will finish with a prime. A bell will indicate the start of the final lap.

A grand total of €5,000 will be awarded in prize money at Rás na mBan 2019. All prize money will be paid post-race via Bank Transfer to Team Managers. The full list of prize money is included in the Race Technical Guide.

Article 13 Anti-Doping

Doping Control will be carried out by Sport Ireland, in line with UCI Anti-Doping regulations. Sport Ireland will be deemed to be the Results Management Authority.

The Doping Control Station will be as indicated in the technical guide for each stage. The number of the riders required to report to the Doping Control Station will be displayed in accordance with the UCI Anti-doping Regulations.

Article 14 Awards Ceremony

The following riders must attend the official post-stage awards ceremony:

- a) First 3 riders on the stage
- b) The leaders of the following classifications:
 - I. Individual General Classification
 - II. Points Classification
 - III. Queen of the Mountains Classification
 - IV. Best Young Rider General Classification
 - V. Best Irish Rider General Classification

These riders must present themselves on the presentation podium immediately after the finish of each stage.

While race personnel will be assigned to assemble riders for the post stage presentations, the co-operation of riders and team managers in the smooth running of this procedure is essential.

Fines may be issued to riders who fail to attend the post-stage awards ceremony, or who only present themselves after an undue delay.

The leader of each classification shall be presented their jersey following each stage.

Should a rider qualify for more than one jersey she will wear the jersey of the higher priority in the next stage. Subsequent classification jerseys will be worn by the next best-placed rider in the classification, subject to her not being entitled to any other classification jersey.

At the finish of the final stage in addition to the above riders, the following riders must also present themselves:

- a) First 3 riders on General Classification
- b) Team General Classification Winners
- c) Irish Based Team General Classification Winners
- d) Best British Riders (top eight on British Based Rider GC)

Article 15 Penalties

The Cycling Ireland Scale of Penalties shall apply throughout the duration of the race.

General Information

1. Entering this race implies acceptance of all race regulations.
2. The organisers will - under no circumstances - hold themselves responsible for any cycling, motorcycling, motoring or other civil offences. Responsibility rests with competitors, team and race officials to comply with the Road Traffic Acts. Blatant transgressions of the Road Traffic Acts amounting to dangerous riding/driving by riders and/or race personnel will not be tolerated by the race organisation. Such transgressions may incur penalties including expulsion from the race.
3. Keep Ireland beautiful – all personnel are reminded that littering will not be tolerated. Participants infringing this rule will have their numbers noted by race officials, and fines may be issued.
4. All race personnel (riders, officials, team officials) must be holders of a current valid license issued by a UCI affiliated national federation.
5. It is compulsory for all riders to wear rigid safety headgear at all times on every stage.
6. All stages, including Stage 4 TT, must be ridden on a classic road bike as defined in the UCI regulations Part 1 Chapter 2 Section 2.
7. Bikes must be in proper working condition and mechanical order.
8. The last kilometre on all stages will be indicated by a 1km sign positioned on the left hand side of the road.
9. Boards indicating zero kms (the end of neutralised section) and the final 20, 10, 5, 3, and 1 kms will also be displayed.
10. Signs for 500m, 200m and 100m from the finish line will also be indicated.
11. Signs for 1km, 200m and the QOH point will be indicated.
12. All riders must sign on at the designated sign on for each stage, and within the times specified. There will be no sign-on for stage four, individual time trial. Riders can present themselves either individually or as a team for sign on.
13. Riders, other than classification jersey recipients, must wear their team jerseys, as approved prior to starting Rás na mBan, during all stages including stage four, individual time trial (subject to Special Race Regulation 2b below).
14. Timing chips will be provided by the race organisation to each rider. Timing chips should be attached to the front fork using the cable ties provided. Fitting instructions will be available at race Sign On.

Special Race Regulations

1. Team cavalcade vehicle regulations:

- a) A maximum of one vehicle may follow each complete team in the race cavalcade. Only complete teams (three or more riders) can have a team car in the cavalcade.
- b) Only officially approved vehicles will be allowed in the race cavalcade, these vehicles must not be equipped with extended 'prong type' boot racks.
- c) Race cavalcade team vehicles may not exceed 166cm in height.
- d) In addition to the driver, the approved cavalcade team vehicle must contain at least one other competent person.
- e) Numbers will be provided for team vehicles showing their place in the following cavalcade on each stage. These numbers will be positioned on the front and rear windows of the vehicle nearest the road centre. The numbers will be replaced for each stage and only the current numbers may be displayed. A draw for team vehicle placings on stage 1 will be conducted by the Chief Commissaire at the team managers' meeting on Wednesday 4th September at 15:00.
- f) Following Stage 1, team vehicles in the race cavalcade will follow in the order of the team's best rider on the individual classification on the basis of one vehicle per team.
- g) The responsibility rests with a rider whether to accept food/drink from any vehicle other than her own team vehicle.
- h) Break-away groups may only be followed by team cars when the gap between them and the chasers is greater than 1 minute and then only with the consent of a Commissaire.
- i) No team vehicle may overtake any group of riders in the last 10km of a stage.
- j) All cavalcade vehicles, unless specifically authorised, must follow any deviation indicated on the race route and/or at the stage finish.

2. Control flags

The standard control flags to be used throughout the race are:

- a) Rás na mBan fuschia flag for the ceremonial start of each stage
- b) Rás na mBan black and white chequered flag for each stage finish
- c) Rás na mBan white flag at QOH Finsh points
- d) Rás na mBan red flag to denote danger
- e) Rás na mBan orange and white chequered flag to denote neutral zone