

SECTION 2 – ROAD REGULATIONS

(Version as of September 2025)

2.1 Licensing

Upon licensing, riders will be placed in a provincial road category referred to as the Provincial Ability Category. These categories are described in the table below.

MEN	WOMEN
Category 1/2	Category 1/2/3
Category 3	
Category 4	Category 4
Citizen	

Category placement for New License Applicants

- 2.1.1** First-time road license applicants will be placed in **Category 4 or may choose to race in the Citizen category**. Riders who have previously held a license in another jurisdiction, or have not held a license in several years, may be placed in a category other than Category 4 upon submission of proof of previous category.

2.2 Competition Categories

Organizers of road races may host competitions for Ability categories and/or UCI/CCC and ABA Age-Group categories.

Ability Category Racing – Competition Categories

- 2.2.1** ABA Ability categories and maximum distances are listed below:

CATEGORY	MAXIMUM ROAD RACE DISTANCE	MAXIMUM TIME TRIAL DISTANCE
Citizen	60 Kilometres	30 Kilometres
Category 4 Men	120 Kilometres	40 Kilometres
Category 3 Men	140 Kilometres	40 Kilometres
Category 1/2 Men	180 Kilometres	80 Kilometres
Category 1/2/3 Women	140 Kilometres	40 Kilometres
Category 4/5 Women	80 Kilometres	40 Kilometres

Ability Categories – Acceptable Combinations

2.2.2 Categories may be combined as follows in road races:

1. Category 1/2 Men and Category 3 Men
2. Category 3 Men and Category 4 Men
3. Category 3 Men and Category 1/2/3 Women

When categories are combined, the lesser maximum distance requirement will be observed.

Women's Ability Categories

2.2.3 For purposes of racing, Women's Ability Category competitors will be divided as follows:

Category 1/2/3 Women
Category 4–Women

1. Category 1/2/3 Women
Organizers may offer Category 1/2/3 Women a stand-alone race, not combined with another category, or, they may be combined with Category 3 Men.
 - a) In instances in which Category 1/2/3 Women are combined with Category 3 Men, a ranking and prize list separate from the Category 3 Men must be provided.
 - b) Within the Category 1/2/3 Women's group, ranking, prizes, and points will be awarded without regard to each woman's respective sub-category.
2. Category 4 Women
Organizers may not combine Category 4 Women with any other Ability category.
 - a) Within the Category 4 Women's group, ranking, prizes, and points will be awarded without regard to each woman's respective Ability category. Points, however, will be designated to each recipient rider's respective Ability category.

Women Competing in Men's Ability Categories

2.2.4 A woman may compete in a men's Ability category "one lower" than the category listed on her license.

Combined Ability Categories – Rankings and Points

- 2.2.5** In instances in which Ability categories are combined, with the exception of Category 1/2/3 Women competing within Category 3 men, finish placings will be published showing only one ranking, without regard to the respective Ability category designation of individual riders. Alberta Road Cup points will be awarded according to this ranking but designated to each recipient rider's respective Ability category. In the case of Category 1/2/3 Women competing within Category 3 men, competitors will be ranked separately and awarded separate Alberta Cup points as prescribed.

UCI/CCC, ABA Age-Group Category Racing – Competition Categories

- 2.2.6** Organizers may offer races which include UCI/CCC and ABA Age-Group categories described by the table below.

CATEGORY	MAXIMUM ROAD RACE DISTANCE	MAXIMUM TIME TRIAL DISTANCE
U13 Men* / U13 Women*	40 Kilometres	15 Kilometres
U15 Men* / U15 Women*	60 Kilometres	15 Kilometres
U17 Men* / U17 Women*	80 Kilometres	15 Kilometres
Junior Men**	<i>as per UCI</i>	<i>as per UCI</i>
Junior Women**	<i>as per UCI</i>	<i>as per UCI</i>
U23 Men**	<i>as per UCI</i>	<i>as per UCI</i>
U23 Women*	<i>as per UCI Elite Women</i>	<i>as per UCI Elite Women</i>
Elite Men**	<i>as per UCI</i>	<i>as per UCI</i>
Elite Women**	<i>as per UCI</i>	<i>as per UCI</i>
Master Men 35-44*	150 Kilometres	40 Kilometres
Master Women 35-44*	120 Kilometres	40 Kilometres
Master Men 45-54*	120 Kilometres	40 Kilometres
Master Women 45-54*	120 Kilometres	40 Kilometres
Master Men 55-64	80 Kilometres	40 Kilometres
Master Women 55-64*	80 Kilometres	40 Kilometres
Master Men 65-74	50 Kilometres	40 Kilometres
Master Women 65-74	50 Kilometres	40 Kilometres
Master Men 75+	50 Kilometres	40 Kilometres
Master Women 75+	50 Kilometres	40 Kilometres

UCI/CC/ABA Age-Group Categories – Combined Categories

- 2.2.7** In instances in which UCI/CCC and ABA Age-Group categories are combined the lesser maximum distance required will be observed and a separate finish ranking for each category published. Prizes will be awarded to riders in each category regardless of the number of riders entered.

Non-Prescribed Categories

- 2.2.8** Organizers wishing to offer races combining Ability categories with UCI/CCC/ABA Age-Group categories ~~must receive permission from the Racing Committee. Any other non-prescribed categories must be approved by the Racing Committee.~~ May offer the following combinations:
1. U19 men (option to combine with Cat 3 men)
 2. U19 female (option to combine with Cat 1/2/3 women)
 3. U17 men (option to combine with Cat 4 men)
 4. U17 female (option to combine with Cat 4 women)
 5. U15/U13 male / female (option to combine with Cat 4 women or Citizen)

2.2.9 Citizen Category

The citizen category will be open to all riders with a Citizen/Provincial license or a UCI license with a citizen designation on it. Riders will not be separated by gender or age; all riders will ride together. There are no Alberta Road Series points awarded to racers, nor any prizing or podiums. The citizen category cannot be combined with any other category. Riders may upgrade to Category 4 upon request.

2.3 Alberta Road Cup

The Alberta Road Cup is a season-long series in which points are awarded to top-placing riders in Provincial races. All ABA Provincial races contested by riders in Ability Categories will be included in the series. Points are awarded as per the schedules detailed in 1.5.2.

Alberta Road Cup – Competition Categories

- 2.3.1** The following are Alberta Road Cup recognized categories:

Category 1/2/3 Women	Category 1/2 Men
Category 3 Women	Category 3 Men
Category 4 Women	Category 4 Men

Alberta Road Cup – Category 1/2 Men

- 2.3.2** The Category 1/2 competition of the Alberta Road Cup will be referred to as the “Doug Grieder Memorial Cup”, in memory of the Cyclemeisters Calgary rider who passed away in 1996.

Tie-breaking Procedure

- 2.3.3** Any ties occurring in the Alberta Road Cup standings will be broken by performance at the Provincial Championship Individual Time Trial.

2.4 Rider Upgrading

Depending on category, a rider may upgrade from one Ability category to another either by earning Alberta Cup points, achieving performance standards as described, or by gaining selection to a National Team or other Trade Team.

Rider Upgrading – Men’s Categories 3, 4, and Women’s Categories 4

Riders in Men’s Ability categories 3 through 4, and Women’s Ability Categories 4, will be upgraded upon earning a specified number of Alberta Cup points, as follows:

Category 4 Men > Category 3 Men	50 points
Category 3 Men > Category 2 Men	60 points
Category 4 Women > Category 3 Women	60 points

Women’s Category 4, point allotment will be dependent upon number of racers in a category:

- 1-3 racers – winner only – points = 10
- 4-6 racers – top 3 – points = 10, 6, 2
- 7-10 racers – top 4 – points = 15, 10, 6, 2
- 11-13 racers – top 6 – points = 15, 10, 8, 6, 4, 2
- 14+ racers – top 8 – points = 18, 15, 10, 8, 6, 4, 2, 1

Women’s Category 4 – 3, if wins 3 Road or Crit races.

1. Upgrading points may be earned and carried over no more than two consecutive seasons.
2. Riders may claim no more than 20 points earned in Time Trial races (Individual or Team) for upgrading purposes.
3. Upgrading points may neither be transferred from one discipline to another, nor may they be carried from one category to another within a discipline.
4. The Racing Committee may, at its discretion, automatically include out-of-province races for upgrading purposes. The inclusion of such races for upgrading points will be noted on the ABA calendar.
5. Riders may, upon request, claim points earned in out-of-province races for upgrading purposes. A maximum of ten out-of-province points may

be claimed for any one upgrade. The validity of points earned in out-of-province races, and the integration of those points into the Alberta Cup points schedule, will be determined solely by the Racing Committee.

6. Master riders retain the option of declining an upgrade provided they have not earned the requisite number of points in one season.
7. Master riders aged 35 and above who have upgraded over the course of a season may drop down one category the following season. Riders may not downgrade during the current season if all points were earned during that same season. (Riders must have elected to be a “Master” on their license).
8. Riders aged 18 years and younger will not be upgraded to **Category 2** according to the number of Alberta Cup points earned; rather, such riders will be upgraded at the discretion of the Racing Committee.
9. Stage Races and Omnium Events: upgrading points will be awarded only for individual stages; General Classifications or Overall Standings will not award upgrading points.
10. Category 4 riders who participate in a Learn to race-Road clinic will receive 5 points towards an upgrade.

Rider Upgrading – Women’s Ability Categories 2 and 3

- 2.4.2** Exclusive of riders aged 18 years and younger, who will be upgraded at the discretion of the Racing Committee, female riders in Ability Categories 3 and 2 will be upgraded as follows:

Category 3 – 2, any one of the following:

- Selection to a Provincial or National Trade Team
- First-place overall placing at Tour de Bowness (Category 1/2 and 3)
- Top-five placing at any BC SuperWeek mass-start race
- Racing Committee discretion

Category 2 – 1, any one of the following:

- Selection to a UCI Women’s team, or Canadian National Team
- Top-three placing at the Canadian Championship National Road Race (U23 or Elite)
- Recipient of Sport Canada Athlete Assistance Program funding

Rider Upgrading –Men’s Ability Category 2

- 2.4.3** Exclusive of riders aged 18 years and younger, who will be upgraded at the discretion of the Racing Committee, male riders in Ability Category 2 will be

upgraded as follows:

1. U23 riders will be eligible for a Category 1 license upon achieving any one of the following criteria:
 - a) Earned selection to a CCC or UCI Trade Team;
 - b) Finished amongst the top-5 U23 riders in the Canadian National Road Race Championship;
 - c) Finished amongst the top-3 U23 riders in the Canadian National Time Trial Championship;
 - d) Earned selection to the Canadian National Road Team;
 - e) Winner of the Doug Grieder Memorial Cup (Alberta Road Cup Category 1/2) competition

2. Elite riders will be eligible for a Category 1 license upon achieving any one of the following criteria:
 - a) Earned selection to a CCC or UCI Trade Team;
 - b) Finished amongst the top-5 Elite riders in the Canadian National Road Race Championship;
 - c) Finished amongst the top-3 Elite riders in the Canadian National Time Trial Championship;
 - d) Earned selection to the Canadian National Road Team.
 - e) Winner of the Doug Grieder Memorial Cup (Alberta Road Cup Category 1/2) competition

2.5 Provincial Road Championships

Ability-Category Provincial Championship Road Race and Individual Time Trial

- 2.5.1** Organizers are required to host the following medal categories at the Provincial Championship Road Race and Individual Time Trial:

Category 1/2 Men	Category 1/2/3 Women
Category 3 Men	Category 4/5 Women
Category 4 Men	Category 5 Men

Provincial Criterium Championship – Ability Category

- 2.5.2** Organizers are required to host the following medal categories at the Ability-Category Provincial Criterium Championship:

Category 1/2 Men	Category 1/2/3 Women
Category 3 Men	Category 4/5 Women
Category 4 Men	Category 5 Men

Masters' Provincial Road Championships

- 2.5.3** Organizers are required to host the following medal categories at any Masters' Provincial Road Championship race, including Road Race, Criterium, and Individual Time Trial:

Master Men 35-44	Master Women 35-44
Master Men 45-54	Master Women 45-54
Master Men 55-64	Master Women 55-64
Master Men 65-74	Master Women 65-74
Master Men 75+	Master Women 75+

Categories may be combined for racing purposes. Medals, however, will be awarded to riders in each of the above categories as applicable.

Youth Provincial Road Championships

- 2.5.4** Organizers are required to host the following medal categories at any Youth Provincial Road Championship race, including Road Race, Criterium, and Individual Time Trial:

U13 Men	U13 Women
U15 Men	U15 Women
U17 Men	U17 Women
Junior Men	Junior Women

Categories may be combined for racing purposes. Medals, however, will be awarded to riders in each of the above categories as applicable.

2.6 Competition Regulations

Road Races – Multiple Fields

- 2.6.1** Unless categories are combined for racing purposes, riders may not ride in the company of riders not in the same race category.
- 1st offence – warning
 - 2nd offence – disqualification

~~Gear Restriction~~

- ~~**2.6.2** UCI Regulation 2.2.023 will not apply to young riders competing in Ability category races.~~

Centre-line Regulation

- 2.6.3** Riders, unless explicitly instructed otherwise or encountering a left turn or turn-around point, are to remain to the right side of the road. The right side of the road is defined as: To the right of, but not on, any painted median line, or; to the right of a virtual median line on a road without a painted median line.

The penalty for a minor infraction may include one or more of the following: Warning, \$30 fine, and/or relegation, according to the race or event type and

situation.

The penalty for an infraction considered egregious, or a repeat infraction, will be disqualification. An example of an egregious infraction is given by, but not limited to, crossing the centre-line, virtual or otherwise, in such a way as to cause a direct and significant danger to the rider, other riders, or members of the public.

Road Races – Field Size Limit

- 2.6.4** Races held on roads open to the public and subject to the Centre-line Regulation are subject to the following field-size limits: A maximum of 60 riders plus 10% may compete together in any one category or combined-category field. (*An organizer may pre-register no more than 66 riders in any one category or combined-category field.*)

Organizers claiming special circumstances and wishing to exceed such field size limits must receive permission from the Racing Committee.

Time Trial Bicycles

ABA will enforce UCI rules for Time Trial bicycles for all categories, with no exceptions

Start without sign-on

- 2.6.5** Riders are obliged to sign-on for all mass-start road races. Those failing to do so may be penalized with either a warning, or \$25 fine.

2.6.6 Service Vehicles

Service vehicles are under the exclusive direction of commissaires; any wheels and/or service provided is neutral. Following vehicles at the service of individual teams or riders are not permitted. In addition, as per UCI 2.12.007 (4.7), “sheltering behind or taking advantage of the slipstream of a vehicle” is not permitted.

2.6.7 Feed Zones

Feeding may occur only in zones established by the organizer for that purpose.

2.7 Criterium Regulations

A Criterium is a circuit race contested over a set time and/or number of laps. A Standard Criterium is judged by number of laps completed followed by placing in the final sprint, while a Points Race Criterium is judged by number of laps completed followed by number of points earned. Standard Criteriums may be included in Stage Races.

Course Length

- 2.7.1** A Criterium must be raced over a circuit between 800 and 3000 metres in length. (*Cycling Canada 2.7.016N*)

Free-Lap Rule

2.7.2 Riders will normally cover the prescribed distance of the race regardless of mishaps and must make up any distance lost on their own ability unless a free lap is granted for a recognized mishap. One free lap may be granted for each recognized mishap, however, on courses shorter than 1 km two free laps may be allowed for a given mishap. The following rules apply to free laps:

- a) A rider must report to the official service pit and have his or her mishap verified by a commissaire;
- b) Riders may return to the service pit in the most economical fashion possible, with the exception of riding the course in the direction opposite that of the race. (*Penalty – disqualification*);
- c) A “recognized mishap” is defined as the breakage of an essential piece of the bicycle, or a crash;
- d) A rider who is granted a free lap must return to the race in the position held at the time of the mishap. A rider who was in a group shall return at the rear of the same group. A rider returning to the race after a free lap shall be ineligible for sprint prizes for one lap thereafter.
- e) Free laps will not be awarded in the final 5 laps of a Criterium. Furthermore, a rider granted a free lap must re-enter the race before the final 3 laps; after that point any rider in the pit is losing ground on the field. The Chief Commissaire may adjust the number of laps at which free laps cease to be awarded, and the number of laps at which a rider must re-enter the race, according to the length of the circuit.

Riders falling behind the field

2.7.3 Riders who have lost contact with the field, and are then caught by a breakaway from the field, may not lead. Riders off the front of the field may not accept assistance from riders who have lost contact with the back of the field. (*Penalty – disqualification*)

Lapped riders may rejoin and race with the field in cases where lapped riders are not being pulled.

Finish on Same Lap

2.7.4 All riders will finish on the same lap, regardless of the number of laps completed.



Criterion – Points Race

2.7.5 Criteriums may be raced in a Points Race format, in which case the following rules will apply:

- a) Final placing in the race will be determined, in order of priority, by:
 - 1) Number of laps completed;
 - 2) Greatest number of points earned;
 - 3) Placing in the final sprint
- b) Points will be awarded at intermediate sprints, held every fourth lap, in addition to the final sprint, to the first four riders to cross the finishing line:

1st place	5 points	2nd place	3 points
3rd place	2 points	4th place	1 point

Alternatively, points may be awarded in the final sprint to eighth position, as follows: 10, 8, 6, 5, 4, 3, 2, and 1.

- c) A rider, or group of riders, will be considered to have gained a lap when such rider(s) make contact with the tail-end of the field, generally defined as the largest group on the road at any given time.
- d) All riders, including those who have either gained a lap or lost a lap, are eligible to earn points.
- e) Riders lapped more than once will be pulled from the race and classified as DNF.

Criterion – Standard Race

2.7.6 The following rule will apply at Standard Criteriums

Lapped riders: Lapped riders may, at the discretion of the Chief Commissaire, be pulled from the race. Riders who are lapped and pulled will be placed according to distance covered and placing amongst those pulled on the same lap.

Criterium – Stage Race

2.7.7 Time adjustments in criterium stages shall be computed as follows, except that further adjustments may be made at the discretion of the Chief Commissaire in unusual circumstances.

- a) In a criterium stage where riders who are about to be lapped are required to withdraw, they should be assigned estimated finish times assuming that they would have continued to lose laps at the same rate. The following formula may be used to compute the estimated finish time:

$A = W + W / (L - R)$, where:

A = adjusted “time at” of the withdrawn rider relative to the race winner

W = finish time of the winner of the race

L = total number of laps in race\

R = number of laps to go in the race at the time the rider was about to be lapped

- b) In a criterium stage where lapped riders are permitted to finish, they should be assigned a time penalty that is the rider's average lap time multiplied by the number of laps the rider is down at the finish. This adjusted time may be computed as follows:

$A = F \times L / (L - D)$, where:

A = adjusted finish time of the lapped rider

F = actual finish time of the lapped rider

L = total number of laps in race

D = number of laps this rider was behind the leaders at the finish

