



**EXTREMADURA
EUROPEAN
PARACYCLING CUP**

CÁCERES - CASAR DE CÁCERES
MARCH 25th & 26th
2023

Technical Guide

5^a EXTREMADURA EUROPEAN PARACYCLING CUP

March 25 and 26, 202

Casar de Cáceres y Cáceres, EXTREMADURA (Spain)

Specific regulation of the test

Appellation of the test:

: EXTREMADURA EUROPEAN PARACYCLING CUP

Locations: **Casas de Cáceres y Cáceres Extremadura, (España)**

Date: **March 25 and 26, 2023**

Host: **Castilla-La Mancha Cycling Foundation (FUCICAM)**

Rank: **UCI Continental Ranking UCI (Adapted C1)**

Registration: **40€**

The registration period will start **on Monday, February 10** at 12:00
and will **close on Monday, March 20, 2022** at 12:00

Registrations must be made through the web app at the Spanish Cycling Federation site

www.rfec.com



EXTREMADURA EUROPEAN PARACYCLING CUP

EVENT INFORMATION: www.fucicam.org

The EXTREMADURA PARACYCLING CUP, is organized by Castilla-La Mancha Cycling Foundation (FUCICAM) in collaboration with the Royal Spanish Cycling Federation with the sponsorship of the Junta de Extremadura, Diputación de Cáceres and the Town hall of Casar de Cáceres and Cáceres .

The race will score points for the continental **UCI C1** ranking in the disciplines of Handbike, Tricycles, Tandem and Bicycles. It will consist of a race event (RR) in Casar de Cáceres and an individual time trial event (**ITT**) in Cáceres.

Categories in both races:

Handbikes: **H1, H2, H3, H4. H5 (male and females)**

Tricycles: **T1, T2 (male and females)**

Tandem: MB and WB

Bicycles: **C1, C2, C3, C4. C5**

All participants must have their official UCI license up to date, with photo.

If the license does not have a photo, an official document must be presented as well.

Important: This event will be run by the official UCI rules.

SPECIFIC REGULATION OF THE COMPETITION:

Art. 1º.- The competition will be organized in two separate events (**RR on Saturday, October 1 and ITT on Sunday, October 2**). Points will be assigned to each individual event that will added to set the General Classification for each category and to award points for the UCI RANKING, as set by the official regulations of the UCI.

If an athlete does not finish the road race, he/she can take part the next day, at the ITT. The point's scale applicable for each individual event is the following:

Important:

Points will be awarded in this sequence until the last rider passes through the finish line.

POSITION	POINTS
1 st	1
2 nd	2
3 rd	3
4 th	4
5 th	5
6 th	6
7 th	7
8 th	8
9 th	9
10 th	10

Art. 2º.- The cyclist who participates in a single race will not be eligible for the final ranking.

- The rider who obtains the lowest score, will win the category.
- In the event of a tie between two or more riders, the one with the best position at the Road Race will win.

Art. 3º.- The use of protective HELMET is mandatory and must comply with the UCI regulation according to the color assigned to each category.

Red Helmet	Men and Women C5	Blue Helmet	Men and Women C3
	Men T2		Men H2
	Men and Women H4		Women T1
	Men B	Black helmet	Men and Women H5
White Helmet	Men and Women C4		Men and Women C2
	Men and Women H3		Men T1
	Women B	Yellow Helmet	Men and Women C1
	Women T2		Women H2
		Green helmet	Men H1
		Orange Helmet	Women H1

- Race organization will not be responsible for any type of accident, before, during and after the races.
- Any rider who is overtaken by the Broom Wagon, must respect the rules of circulation.

Art. 4º.- The Chief Commissaire and the Jury, will be in charge of race and the results and rankings of the competition.

Art. 5º.- All riders must respect the starting time of each race, according to their category. Also, riders/teams are responsible to check for selections for anti-doping control, they must be presented in the shortest possible time in the designated place.

Art. 6º.- The award ceremony protocol will be held at the end of the individual events. Each winning rider must present himself at the podium, with official cycling uniform (official jersey of his team or national team). In case of non reglementary uniforms, corresponding sanctions, according with the UCI regulation will be applied. The prizes of the rider who does not attend the podium protocol ceremony will not be given to third parties.

Art. 7º.- During the road event, it will be strictly forbidden for the Sports Directors' cars to follow the race for safety reasons, repairs, wheel changes.
At feeding stations, "foot-to-ground" is compulsory, in a designated TECHNICAL AREA.

During the time trial event, only officially authorized vehicles can follow competitors

ATTENTION: IF AN UNAUTHORIZED VEHICLE FOLLOWS A CYCLIST, HE WILL BE DISQUALIFIED

IMMEDIATELY FROM THE TEST.

Art. 8°.- In case of claims or complains, it must be made in writing to the Technical Jury in accordance with the official regulations of the UCI.

Art. 9°.- Prizes will be given, according to the official classification of the race, for the top three finishers in each category, both male and female, in each event and to the first classified in the general category in the men's and women's categories.

Art.10°.- The organization puts at the disposal to all participants a Qualifying Rating FOR TEAMS called "PRIZE FOR TEAMS". This Qualifying Rating is established based on the points obtained by the best riders participating at the event called EXTREMADURA EUROPEAN PARACYCLING CUP. To be eligible for the "EQUIPMENT PRIZE" in the event described above, the following requirements must be met:

- To be part of a team, the cyclists must have a federative license by the same club, or belong to the same national or regional team.
- Only one team per Club or team will be admitted.
- The teams may be formed by as many components as the Club or National Team considers, with a minimum of 4 cyclists of any division, sports selection and / or gender. At the same time they must be integrated as a minimum, in 2 divisions and sports classes among the following: **H y T / H y C / H y B / C y T / B y T / C y B.**

Sports Categories (mens -M- y/o womens -W-)

Handbike: H1-H2- H3-H4 y H5.

Bicycle: C1-C2- C3-C4 y C5.

Tricycle: T1 y T2.

Tandem: B.

Punctuation:

The score will be obtained by adding the points of the first three (3) classified components of each team, having to score, at least, in two (2) divisions.

Position	Points
1 st	20
2 nd	16 "
3 rd	12 "
4 th	10 "
5 th	8 "
6 th	6 "
7 th	4 "
8 th	3 "
9 th	2 "
10 th	1 "

Art.11°.- The winner of the "TEAM AWARDS" will be the team that obtains the most points at the end of the race, according to the stipulations above.

In case of a tie in points between 2 or more teams, it will be resolved in favor of the one that has obtained the next best position of one of its components in any of its divisions and / or sports categories. If the tie persists, the number of best positions obtained among all team members throughout the event will be taken into account.

Art.12°.- In case of misunderstandings and problems during the event, that are not covered in this particular document, the Race Director in conjunction with the UCI Panel, will decide. This decision is final, with no rights for appeal.

Awards

According to the official classification of the test, the following prizes are established, both male and female:

Category	1st classified	2nd Classified	3rd Classified
M y W - H1	Trophy	Trophy	Trophy
M y W - H2	Trophy	Trophy	Trophy
M y W - H3	Trophy	Trophy	Trophy
M y W - H4	Trophy	Trophy	Trophy
M y W - H5	Trophy	Trophy	Trophy
M y W - T1	Trophy	Trophy	Trophy
M y W - T2	Trophy	Trophy	Trophy
M y W - C1	Trophy	Trophy	Trophy
M y W - C2	Trophy	Trophy	Trophy
M y W - C3	Trophy	Trophy	Trophy
M y W - C4	Trophy	Trophy	Trophy
M y W - C5	Trophy	Trophy	Trophy
MB	Trophy	Trophy	Trophy
WB	Trophy	Trophy	Trophy

Art.13°.- Medical and Health Services: For the safety and assistance of the participants, medical and ambulance services will be contracted in accordance with the regulations of the RFEC for this type of tests.

Medical assistance can only be carried out, by the health personnel hired by the organization of the race

Art.14°.- Accidents:

- 1) For injuries or any other ailment not related to a sports accident, they will be referred to the Spanish NHS.
- 2) Protocol of action in case of sporting accident (A SPORTING ACCIDENT, is one in which it is produced by a timely and violent trauma during the celebration of the sports event.

- 2.1 In case of VITAL URGENCY, that is, the life of the injured person is in danger, it will be referred to the **Quirón Salud Hospital from Cáceres, Avenida de la Universidad Nº 5 10004 Cáceres. Phone Number: 927 18 13 60.**
- 2.2 In case of NON-VITAL URGENCY, the injured party will be referred to the **Quirón Salud Hospital from Cáceres, Avenida de la Universidad Nº 5 10004 Cáceres. Phone Number: 927 18 13 60.**
- 2.3 In any case the victim must provide the Hospital with the following documentation:

- ID or PASSPORT - Federative license - CLAIM FORMS

NEAREST HOSPITAL



Friday March 24th:

EVENING PROGRAM - PERMANENT OFFICE

Location: *Cultural Center*

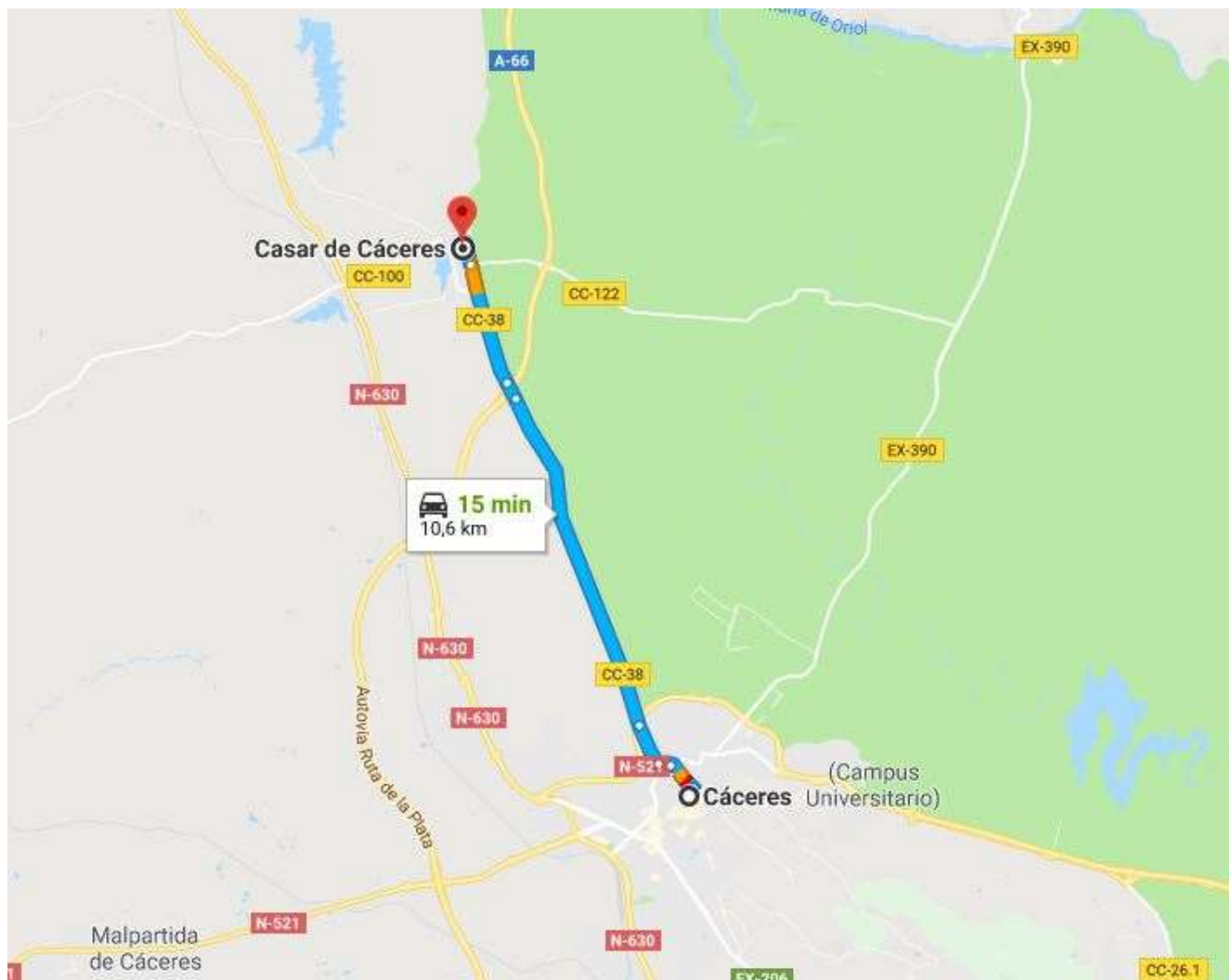
Barriada de la Diputación, s/n

10190 Casar de Cáceres (Cáceres).

From 17:00 to 19:00 PM: Participants check- in, verification of licenses and Dorsals pick up.

From 19:30 to 20:30h PM: Technical Meeting in the same permanent offices.

LOCATION MAP FOR THE PERMANENT OFFICES



Saturday March 25th:

MORNING PROGRAM - PERMANENT OFFICE

Location: Cultural Center

Barriada de la Diputación, s/n

10190 Casar de Cáceres (Cáceres).

ROAD RACE

HANDBIKE AND TRICYCLES. 09:00 – 11:15 H. AM

Class MH1 - MH2 – WH1 – WH2 – WH3 – WH4 – WH5: 2 Laps (23.2 Kms.)

Class MH3 – MH4 – MH5: 4 Laps (46.4 Kms.)

Class MT1 – WT1 -MT2 – WT2: 2 Laps (23.2 Kms.)

TÁNDEMMS AND BICYCLES. 11:30 – 14:00 H PM.

Class WC1 – WC2 – WC3 – WC4 – WC5: 4 Laps (46.4 Kms.)

Class MC1 – MC2: 4 Laps (46.4 Kms.)

Class MC3: 6 Laps (69.6 Kms.)

Class MC4 – MC5: 7 Laps (81.2 Kms.)
















Class WB: 6 Laps (69.8 Kms.)

Class MB: 8 Laps (92.8 Kms.)

AWARDS CEREMONY AT 14:00



• **ROUTE ROAD RACE (RR)**

ROUTE	TRACK	KMS. TRAVELED	KM LEFT	TRACT	30km/h
 DEPARTURE; Paseo de Extremadura	Urban	0	11,6	0	09:00
 Turn right through Paseo de Extremadura	Urban	0.3	11.3	0.3	09:01
 Turn Left through Ronda de la Charca	Urban	0.6	11	0.3	09:01
 Turn Right through Charca del Casar	Urban	1.3	10.3	0.7	09:02
 Turn Left through Calle de Cerro de la Trinidad	Urban	2.2	9.4	0.9	09:04
 CROSSING: Turn Left through Del Casar a Arroyo de la Luz ROAD (EN OF TOWN)	CC-100	2.4	9.2	0.2	09:05
 CROSSING; Turn Right through Ruta de la Plata Road	N-630	4.4	7.2	2	09:09
 CROSSING; Turn right through Ruta de la Plata Road	CC-75	6.9	4.7	2.5	09:14
 CASAR DE CÁCERES; Continue straight through Camino del Prado street	CC-75	10.4	1.2	3.5	09:20
 Continue straight through Ronda de la Soledad	Urban	10.5	0.8	0.1	09:21
 Turn Left through. Plaza de Toros Street	Urban	10.6	0.7	0.1	09:22
 Turn Left through. Plaza Llanada	Urban	10.7	0.6	0.1	09:22
 Turn right through De la Constitución avenue	Urban	10.8	0.5	0.1	09:22
 Turn right through Larga Alta street	Urban	11	0.6	0.2	09:23
 Continue straight through Paseo de Extremadura	Urban	11.3	0.3	0.3	09:23
 Finish Line; Paseo de Extremadura	Urban	11.6	0	0.3	09:24

LOCATION MAPS AND SITUATION OF THE ROAD RACE (RR)



GENERAL VIEW OF THE LOCATION (11.6Kms.)



MAIN SITUATIONS



DEPARTURA AND FINISH LINE

Sunday March 26th:

MORNING PROGRAM - PERMANENT OFFICE

Locationr: The Music Kiosk
Av. De España, Nº 16
10001 Cáceres.

TIME TRIAL

DEPARTURES WILL BE SET ACCORDING TO THE FOLLOWING SEQUENCE

FIRST HEAT FOM 10:00 AM

HANDBIKE MH1, WH1 – WH2	2 Laps (10.8 Kms.)
HANDBIKE MH2	4 Laps (21.6 Kms.)
WOMENS HANDBIKE WH3 – WH5	4 Laps (21.6 Kms.)
TRICYCLE MT1 – WT1 – WT2	2 Laps (10.8 Kms.)

SECOND SET

HANDBIKE MH3 - MH4 – MH5	4 Laps (21.6 Kms.)
TRICYCLE MT2	4 Laps (21.6 Kms.)

THIRD SET

BICYCLE MC1 – MC2	4 Laps (21.6 Kms.)
WOMENS BICYCLE WC1 – WC5	4 Laps (21.6 Kms.)

CUARTA SERIE

BICYCLE MC3 - MC4 – MC5	4 Laps (21.6 Kms.)
TÁNDEM WB	4 Laps (21.6 Kms.)











FITH SERIES

TÁNDEM MB	5 Laps (27 Kms.)
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AWARDS CEREMONY AT 13:00

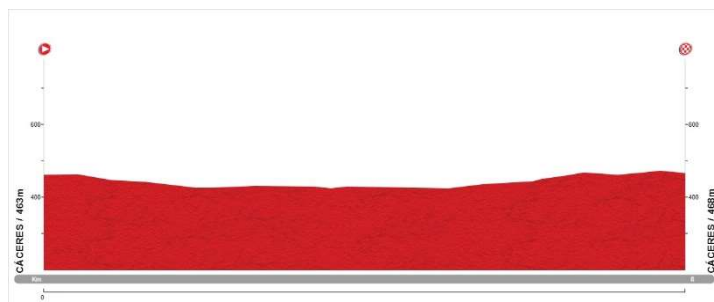


• **ROUTE FOR TIME TRIAL (TT)**

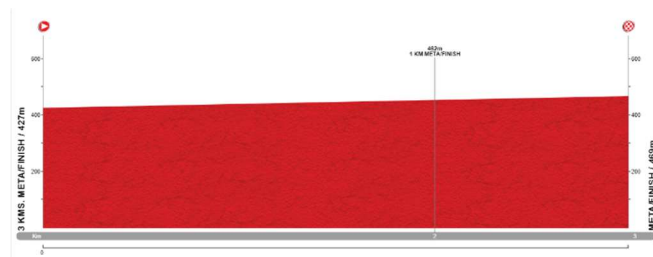
LOCALIDAD	Referencia	Carretera	Kilóm. Carrera	Kilóm. A Meta	PRIMER CICLISTA	ULTIMO CICLISTA
CACERES RAMPA DE SALIDA; AVENIDA RUTA DE LA PLATA (FRENTE HIPERCOR)		URBANO	0,0	7,6	10:00	12:47
RECTO por Av. De la Plata		URBANO	0,2	7,4	10:01	12:47
GLORIETA V CENTENARIO; sigue recto por carretera Ruta de la Plata		N-630	0,7	6,9	10:01	12:48
ROTONDA; sigue recto por carretera Ruta de la Plata		N-630	1,8	5,8	10:03	12:49
ROTONDA; giro de 180º, vuelve por carretera Ruta de la Plata		N-630	3,2	4,4	10:06	12:51
ROTONDA: sigue recto por carretera Ruta de la Plata		N-630	4,7	2,9	10:09	12:54
GLORIETA V CENTENARIO; sigue recto por carretera Ruta de la Plata		N-630	5,9	1,7	10:11	12:56
ROTONDA; sigue recto por carretera Ruta de la Plata		URBANO	6,8	0,8	10:13	12:57
ROTONDA; giro de 180º, vuelve por Avenida Ruta de la Plata		URBANO	7,2	0,4	10:14	12:58
META: AVENIDA RUTA DE LA PLATA		URBANO	7,6	0,0	10:15	12:58

PLANOS Y UBICACIONES

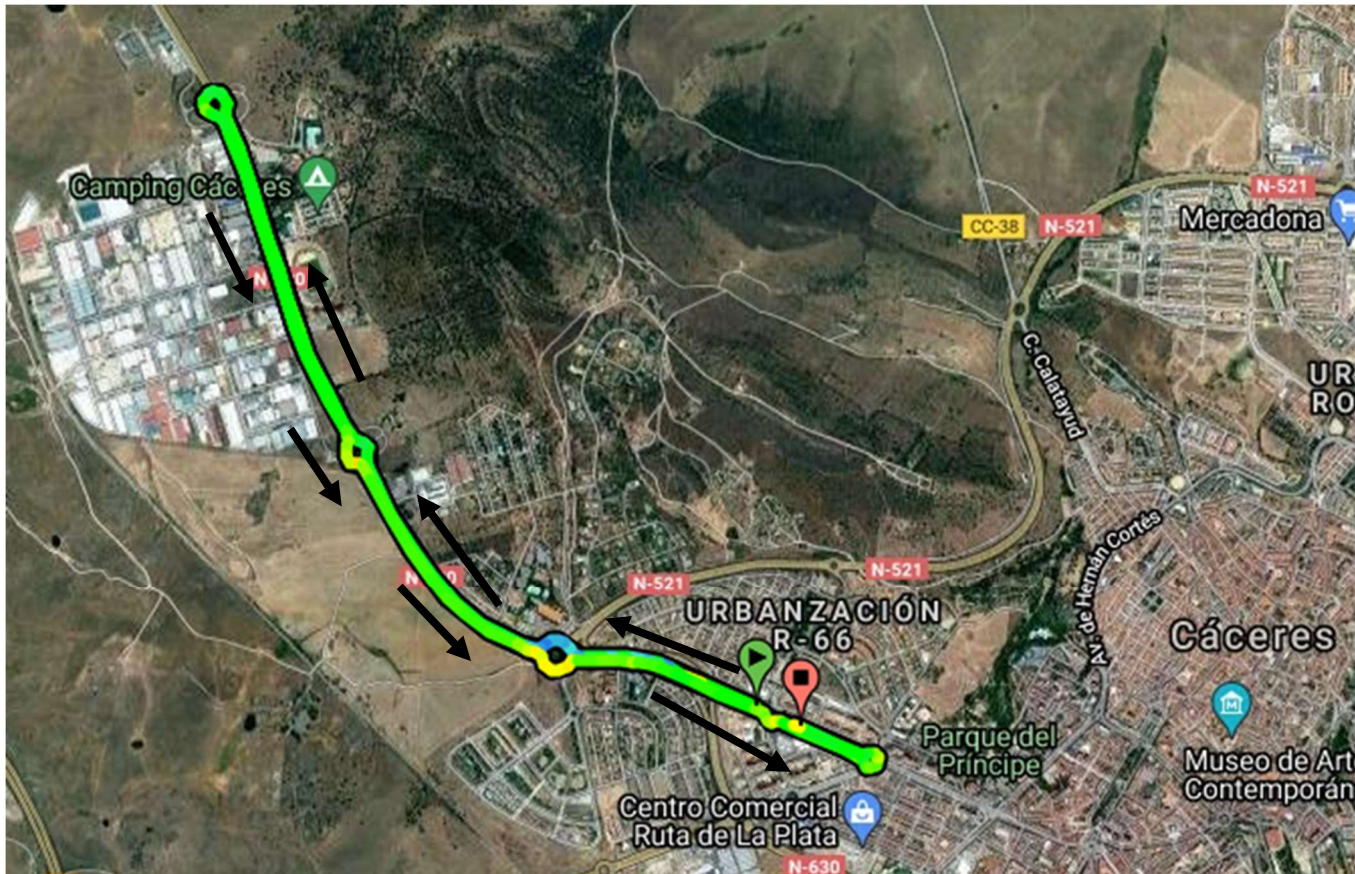
1 LAP COMPLETE



LAST 3 KMS.



GENERAL VIEW OF THE ROUTE



MAIN LOCATIONS



MAIN CONTACTS:

FÉLIX RUBIO:	DIRECTOR OF RACE, phone number: +34 659 905 852 e-Mail: gerencia@fucicam.org
CRISTINA RUIZ:	Chief of Road Safety, phone number: +34 660 659 100 e-Mail: administración@fucicam.org
MARCOS CELADA:	Permanent Office, phone number: +34 686 032 733 e-Mail: marcos_celada@hotmail.com
JAVIER FLORES:	chief coordinator, phone number: +34 679 429 305 e-Mail: javierflores@fucicam.org

COMISSÁRIOS:

WILLIAM TARRAN	President of the College of the Commissaires Panel
TO BE DESIGNATED	Attached 1
TO BE DESIGNATED	Attached 2
TO BE DESIGNATED	Secretary
TO BE DESIGNATED	Arrival Judge
TO BE DESIGNATED	Starter

Castilla-La Mancha Cycling Foundation

Street Name:
Bosque Nº 5
13005 Ciudad Real

www.fucicam.org
info@fucicam.org



ORGANIZE:



COLLABORATE:



SPONSORS:

