



Road Commission Selection Policy – Rás Mumhan

Objective

This document is a policy for selection to represent Ulster in the 2023 Rás Mumhan.

Categories

Selection is available to Elite & U23 men only.

Expression of Interest

These should be sent to Frank Campbell (frsports1960@gmail.com) by 19th March. Please include a CV with results from 2022 and early 2023.

Eligibility to represent Ulster

- Completed the Rider Code of Conduct (see Appendix 2)
- Having expressed interest in selection the rider must have an appropriate competition licence from Cycling Ireland or another UCI affiliated national federation (if resident outside the island of Ireland), must not have represented another Province in 2022 and must satisfy one of the following criteria;
- Belong to a club/team based in Ulster
- Unattached and resident in the Province
- Residency in the Province
- Belong to a club/ team based outside Ireland but,
 1. Immediate past address was in Ulster
 2. Most previous Irish club / team was based in the Province.

Selection Panel

The selection panel will be comprised of members of the Road Commission. The Panel may co-opt extra panel members as necessary. The team will be selected on a discretionary basis by the selection panel.

An individual may not form part of the selection panel where they have a conflict of interest. If there is a question over whether a conflict of interest exists then it should be referred to the Cycling Ulster Executive to decide upon. A conflict of interest may arise where a panel member is connected to the riders who are part of the selection pool for an event such as being a relation, a member of the same club or a coach. The Road Commission will take into account the possibility of a conflict of interest when they are choosing their selection panel.

The panel may elect to take fewer than the maximum number of permitted riders for the event.

Selection Criteria

Riders will be scored based in accordance with the selection chart below and the highest scoring riders will be selected to represent CU for the event.

If a selected rider is unable to compete for any reason, substitute selections will be at the discretion of the selection panel.

Notes will be taken by selectors of how selection scores were reached for purposes of any appeal that may arise.

Selection Chart

Criteria Item	Max Points	Rider Score
Performances in similar type events	40	
Performances in national events	20	
Commitment to CU Road commission programme and ability to form part of a cohesive team, accepting direction from team support personnel and event officials	20	
Some physiological data may be used to form part of the selection process. Riders must be willing to give specific race/training files to selectors on request. These files will only be viewed by members of selection committee.	15	
Training age, development potential and developmental stage of the rider and potential to perform in the future	10	
Current fitness and health	10	
Total	115	

Testing

Selected riders may be required to

- attend training days in preparation for competition
- attend event specific selection days/events
- undergo an assessment (physiological, medical etc.) in the period between the selection date and the event to confirm fitness following injury, illness or a period of marked under-performance.

Announcement of Team

Riders who have expressed an interest in selection for an event and not been selected will be notified by email. A rider may choose to appeal not being selected for the event by lodging an appeal to the Road Commission (as outlined in the CU Selection Appeals Policy)

Following the ending of the Appeals process, the team will be announced on www.cyclingulster.com.

Appeals

An appeal must be sent by e-mail to Frank Campbell (frsports1960@gmail.com). Riders (or parents if under 18) must lodge an appeal within 48 hours of being notified.

Expenses

The Road Commission will provide

- race entry fee
- a rider's accommodation (B&B)
- travel from the team pick-up point to the team drop-off point.
- Cycling Ulster Kit which must be returned to the team manager following the event. Riders may have to provide their own plain black shorts if Cycling Ulster shorts are not available.

Any other subsistence support for riders such as food and drink while attending an event with the Ulster team will be subject to the budget allocated for that event by the Road Commission.

Race food, gels, drinks and recovery drinks are the responsibility of the individual rider.

Liability

Riders are reminded that insurance for their bikes is their responsibility.

Riders understand that no liability in respect of injury, loss or damage whatsoever shall attach to the promoter, promoting club, sponsor, race official, Provincial Federation or National Federation approving the event.

Please supply any additional relevant information you wish to be taken into consideration re event selection

A large, empty rectangular box with a thin black border, occupying the majority of the page below the instruction. It is intended for the user to provide additional relevant information regarding event selection.

Appendix 2 – Rider Code of Conduct

1. I will treat others with the respect and fairness that I would like them to show me, including other athletes who are still competing when I have finished my event.
2. I will compete within the rules, and respect officials and their decisions.
3. I will demonstrate fair play on and off the sporting arena and will not use foul or abusive language.
4. I will respect the differences between everyone at all events in terms of age, gender (including transgender), ethnicity, religious beliefs, sexual orientation or disability.
5. I will not smoke, possess or consume alcohol, illegal and/or performance enhancing drugs.
6. I will not engage in sexual activity.
7. I will not leave the accommodation or any competition or training venue during the event unless specific permission has been granted or I am accompanied by an official.
8. On Residential trips I will not enter any accommodation other than my own and will return to my own room and be quiet by 22.00 each night at the latest or at the time designated by those in charge of the event.
9. I will disclose any injury or condition which would impede my full participation at the event as an athlete to my Team Manager prior to and during the event.
10. I agree to remain at the event until the official end of the event.
11. I understand that any breach of this code of conduct could result in my being sent home and subject to disciplinary action from Cycling Ulster and or Cycling Ireland which could jeopardise my future participation within the sport
12. I understand that I may be photographed or videoed during this event for publicity, training or media purposes.
13. I am aware that I am an ambassador for Cycling Ulster and I take full responsibility for my actions.
14. I have read this code of conduct with my parent/guardian (For those Under 18)
15. I understand the points set out below and agree to comply fully with them.
16. I understand that I am solely responsible for all personal items, including my bike and that no liability attaches to Cycling Ireland, Cycling Ulster, the Commission or any official or volunteer involved in the event.

Name of Rider.....

Rider's Signature.....

Date.....

Name of Parent/Guardian (if under 18)

Parent/Guardian's Signature (if under 18):.....

Date:.....