

FOLSOM HANDCAR DERBY

OFFICIAL RULES

1. **DISTANCE.** THE FOLSOM HANDCAR DERBY WILL BE CONDUCTED ON A COURSE MEASURING 750 FEET IN LENGTH.
2. **COURSE.** THE COURSE IS LOCATED PARALLEL TO EAST BIDWELL AT BROADSTONE MARKETPLACE.
3. **SINGLE CAR RACING.** THIS RACE WILL BE A SINGLE CAR RACE. EACH TEAM WILL BOARD THE HANDCAR AT THE FINISH LINE AND PUMP DOWN TO THE START AND RACE BACK TO THE FINISH LINE.
4. **TEAM SIZE.** A HANDCAR TEAM IS COMPRISED OF FIVE TEAM MEMBERS. FOUR "PUMPERS" PROPEL THE RACE CAR DOWN THE TRACK. THE FIFTH TEAM MEMBER, THE "PUSH-STARTER," GIVES THE HANDCAR ONE PUSH FROM A KNEELING POSITION BEHIND THE CAR. A TEAM MEMBER MAY ADD AN ALTERNATE TO THE TEAM ROSTER TO SUBSTITUTE FOR ANY TEAM MEMBER, SUBJECT TO THE DIVISION REQUIREMENTS AND RULES LISTED BELOW PERTAINING TO SUBSTITUTES.
5. **DIVISIONS.** COMPETITION WILL BE HELD IN TEN DIVISIONS- ELITE, OPEN MIDDLEWEIGHT, OPEN HEAVY WEIGHT, OPEN SUPER WEIGHT, WOMEN'S, SENIORS, CO-ED, COED ELITE, MASTER'S, CO-ED MASTERS.

THESE DIVISIONS ARE OUTLINED AS FOLLOWS:

ROOKIE:	3 PUMPERS MUST BE FIRST TIME RACERS, OR NO MORE THAN ONE EXPERIENCED RACER ON THE CAR.
OPEN:	ANYONE 18 YEARS OR OLDER.
WOMEN'S:	ALL TEAM MEMBERS MUST BE WOMEN.
SENIORS	ALL MEMBERS MUST BE 55 YEARS OR OLDER.
CO-ED:	AT LEAST TWO PUMPERS MUST BE WOMEN.
MASTERS:	ALL TEAM MEMBERS MUST BE 40 YEARS OR OLDER.
ELITE:	OPEN DIVISION WINNERS OF AN ORGANIZED HANDCAR RACE.

6. **AGE.** ALL COMPETITORS MUST BE 18 YEARS OF AGE OR OLDER AS OF PRACTICE DAY
7. **COMPETING ON MORE THAN ONE TEAM.** A PERSON MAY COMPETE FOR MORE THAN ONE TEAM AS LONG AS THE TEAMS ARE NOT IN THE SAME DIVISION. TEAM MEMBERS ARE NOT REQUIRED TO BE EMPLOYED BY THE SPONSOR.
8. **WAIVER SIGNATURE.** EACH TEAM MEMBER MUST SIGN THE WAIVER STATEMENT ON THE REGISTRATION FORM PRIOR TO PRACTICE OR COMPETITION. THE TEAM CAPTAIN WILL NOT BE ISSUED ITS REQUIRED COMPETITOR NUMBER UNTIL ALL TEAM MEMBERS HAVE SIGNED THE WAIVER STATEMENT AND COMPLETED A SAFETY ORIENTATION. A TEAM CANNOT MAKE A SUBSTITUTION WITHOUT THE SUBSTITUTE COMPETITOR HAVING SIGNED THE WAIVER STATEMENT.
9. **T-SHIRTS.** FIRST 20 TEAMS WILL RECEIVE FIVE OFFICIAL FOLSOM HANDCAR DERBY COMPETITOR T-SHIRTS UPON CHECK-IN AT PRACTICE OR ON RACE DAY. TEAMS

AFTER 20 WILL RECEIVE A PREVIOUS YEAR'S SHIRT. WE ARE UNABLE TO PROVIDE A T-SHIRT FOR A TEAM ALTERNATE OR SUBSTITUTE.

10. **COMPETITOR NUMBERS.** DURING COMPETITION, EACH TEAM MUST PLACE THEIR OFFICIAL FOLSOM HANDCAR DERBY COMPETITOR NUMBER ON THE FRONT OF THE HANDCAR BEFORE RACING.
11. **OFFICIAL HANDCAR.** ALL TEAMS MUST USE THE OFFICIAL HANDCAR. THE HANDCAR HAS BEEN CONSTRUCTED FOR HANDCAR RACING.
12. **SUBSTITUTES.** A TEAM DOES NOT HAVE TO DECLARE IT'S FINAL FIVE MEMBERS UNTIL 15 MINUTES BEFORE IT'S SCHEDULED QUALIFYING HEAT ON **SATURDAY**, I.E., A TEAM MAY CHANGE IT'S ROSTER BETWEEN THE TIME THE ENTRY FORM AND FEE WERE MAILED AND RACE DAY. A TEAM MAY ALSO CHANGE IT'S ROSTER AFTER EVALUATING IT'S PRACTICE SESSIONS. REMEMBER, HOWEVER; THAT EVERY TEAM MEMBER WHO PRACTICES MUST HAVE SIGNED THE WAIVER STATEMENT.
13. **FINALS ROSTER.** SUBSTITUTION IS NOT ALLOWED AFTER THE QUALIFYING RUN. SHOULD A TEAM QUALIFY FOR THE FINALS, IT'S ROSTER IS FROZEN. THE FIVE TEAM MEMBERS WHO PARTICIPATED IN THE QUALIFYING HEAT ARE THE ONLY MEMBERS WHO CAN COMPETE IN THE FINALS. A SUBSTITUTION (NAMED SUBSTITUTE ON WAIVER STATEMENT) DURING FINALS CAN BE PERMITTED ONLY BY A SUCCESSFUL APPEAL FROM THE TEAM CAPTAIN TO THE EVENT DIRECTOR (E.G. IN THE CASE OF AN INJURY TO A TEAM MEMBER DURING QUALIFYING) WHOSE DECISION IS FINAL.
14. **TEAM CAPTAINS.** THE TEAM CAPTAINS ARE RESPONSIBLE FOR THEIR TEAMS UNDERSTANDING AND COMPLYING WITH THE OFFICIAL RULES OF THE **2011** FOLSOM HANDCAR DERBY THE TEAM CAPTAIN, IS THE ONLY TEAM MEMBER WHO MAY REPRESENT THE TEAM IN A RULE INTERPRETATION DISCUSSION WITH A RACE OFFICIAL. TEAM CAPTAINS ARE RESPONSIBLE FOR ENSURING THAT THEIR ENTIRE TEAM IS PRESENT AND READY TO RACE AT THE BOARDING CALL.
15. **QUALIFYING HEAT.** ALL QUALIFYING HEAT TIMES WILL BE SET ACCORDING TO WHEN A TEAM'S ENTRY WAS RECEIVED. EACH TEAM SHOULD BE PREPARED TO RACE AT LEAST 30 MINUTES PRIOR TO IT'S SCHEDULED QUALIFYING HEAT. CHECK IN AT LEAST ONE HOUR PRIOR TO A TEAM'S SCHEDULED QUALIFYING HEAT IS RECOMMEND TO ALLOW AMPLE TIME FOR T-SHIRT AND COMPETITOR NUMBER PICK-UP AND TO OBSERVE THE TECHNIQUES OF OTHER TEAMS AS THEY COMPETE.

IF A TEAM IS NOT READY TO RACE AT ITS SCHEDULED TIME, IT MAY BE DISQUALIFIED. AS A TEAM BOARDS ITS HANDCAR, THE RACE ANNOUNCER WILL ANNOUNCE THE NEXT TEAM SCHEDULED TO COMPETE-- THE TEAMS THAT ARE "ON DECK" (THE NEXT TO COMPETE) AND THE TEAMS "WAITING" (THE TEAMS TO FOLLOW THE ON DECK TEAMS).
16. **QUALIFYING FOR FINALS.** ALL TEAMS WILL QUALIFY FOR THE FINALS ON SUNDAY.
17. **HANDCAR INSTRUCTIONS.** BEFORE A TEAM WILL BE PERMITTED ON THE OFFICIAL RACE HANDCAR, THEY MUST HAVE REPORTED TO THE SAFETY ORIENTATION ON PRACTICE DAY. THIS WILL ALLOW EACH TEAM TO BECOME MORE FAMILIAR WITH THE SAFE OPERATION OF THE CAR AND LEARN THE BASIC TECHNIQUE RECORDING A FAST TIME.
18. **RACE DAY.** ALL DIVISIONS WILL RACE, AND DETERMINE THEIR CHAMPION ON **SUNDAY**. THE SCHEDULE MAY BE ADJUSTED, HOWEVER, DEPENDING ON THE NUMBER OF

TEAMS THAT ARE ENTERED IN EACH DIVISION. ALL TEAMS WILL BE NOTIFIED OF ANY RACE SCHEDULE CHANGES. THE SCHEDULE OF COMPETITION WILL BE POSTED NEAR THE CHECK-IN AREA.

19. **POSTING OF TIMES.** AS EACH QUALIFYING HEAT IS COMPLETED, THE TIME WILL BE POSTED NEAR THE CHECK-IN AREA. TEAMS ARE REMINDED TO CHECK THE TIME DISPLAY BOARD IF THEY WANT TO KNOW THEIR TIME.
20. **ORDER OF RUNNING IN THE FINALS.** FINALISTS WILL BE RANKED IN ORDER OF THEIR QUALIFYING TIMES, WITH THE TEAM POSTING THE SLOWEST QUALIFYING TIME RUNNING FIRST AND THE TEAM POSTING THE FASTEST QUALIFYING TIME RUNNING LAST. IF A TEAM IS A SCRATCH OR NO-SHOW IN THE FINALS, THE NEXT FASTEST TEAM FROM QUALIFYING MAY RACE. IT IS THE TEAM'S RESPONSIBILITY TO BE READY TO RACE ON VERY LITTLE NOTICE.
21. **TIES.** IN THE CASE OF A TIE IN THE FINALS FOR FIRST PLACE IN ANY DIVISION, THE TEAMS WILL RACE AGAIN IN THE SAME ORDER.
22. **ATTIRE.** ALL COMPETITORS MUST WEAR SHIRTS, ALTHOUGH WEARING THE EVENT T-SHIRT IS NOT A REQUIREMENT. IN FACT, TEAMS ARE ENCOURAGED TO DESIGN AND WEAR THEIR OWN SHIRTS DISPLAYING THEIR TEAM AND SPONSOR NAME. DURING COMPETITION, LOOSE FLOWING GARMENTS SUCH AS PERIOD DRESS, OVERCOATS OR COSTUMES ARE NOT PERMITTED, NOR IS ANY FORM OF ATTIRE THAT WOULD POSE A SAFETY RISK TO A COMPETITOR.
23. **EYE GLASSES.** ANY COMPETITOR WEARING EYE GLASSES MUST WEAR A SAFETY STRAP TO HOLD THEM IN PLACE WHILE COMPETING.
24. **FOOTWEAR.** ALL COMPETITORS MUST WEAR SHOES, OF THE NON-SKID-STYLE DESIGNED FOR RACQUET SPORTS, BASKETBALL OR RUNNING. HARD SOLES, HIGH HEELS OR EQUIPPED WITH CLEATS OR SPIKES WILL NOT BE PERMITTED. NOR WILL ANY FORM OF FOOTWEAR BE ALLOWED (SUCH AS COWBOY BOOTS) WHICH MAY CREATE A SAFETY RISK TO A COMPETITOR.
25. **HAND WEAR.** PUMPERS MAY WEAR GLOVES OR MAY APPLY ROSIN OR CHALK TO THEIR HANDS. STICKY SUBSTANCES, HOWEVER, SUCH AS PINE TAR OR "FIRM GRIP" ARE NOT PERMITTED. STRAPS OR WEIGHTS ARE ALSO NOT PERMITTED.
26. **HEAD WEAR.** BICYCLE HELMETS WILL BE PROVIDED AND MUST BE WORN BY ALL COMPETITORS WHILE ON THE HANDCAR. YOU MAY WEAR YOUR PERSONAL HEAD WEAR IF APPROVED BY THE EVENT DIRECTOR.
27. **PUMPERS.** ALL PUMPERS MUST FACE IN THE DIRECTION OF TRAVEL WHILE OPERATING THE HANDCAR. PUMPERS MUST KEEP BOTH FEET ON THE FLOOR OF THE HANDCAR THROUGHOUT THE COMPETITION. PUMPERS MUST ALSO KEEP BOTH HANDS ON THE HANDLE AT ALL TIMES. ONLY AN OVERHAND GRIP IS ALLOWED. THE KNUCKLES OF BOTH HANDS MUST BE OVER THE BAR.
28. **PUSH STARTER.** THE PUSH STARTER IS ALLOWED ONLY ONE PUSH TO PUT THE HANDCAR IN MOTION. THE PUSH MUST BE MADE FROM A KNEELING POSITION WITH THE FEET REMAINING STATIONARY. A PUSH-OFF DEVICE AND A RUBBER MAT WILL BE PROVIDED.
29. **TIMES.** THE RECORD TIME FOR EACH DIVISION MAY BE ESTABLISHED IN EITHER A

QUALIFYING HEAT OR IN THE FINALS.

30. **RAIN OR SHINE.** THE FOLSOM HANDCAR DERBY WILL RUN REGARDLESS OF THE WEATHER.
31. **INTOXICANTS.** NO COMPETITOR WILL BE ALLOWED TO OPERATE A HANDCAR WHO IS DEEMED BY RACE OFFICIALS TO BE UNDER THE INFLUENCE OF INTOXICANTS. THE DECISION OF THE EVENT DIRECTOR IS FINAL. A TEAM MAY SUBSTITUTE FOR A DISQUALIFIED TEAM MEMBER.
32. **HANDCAR OR TIMING MALFUNCTION.** IF, IN THE OPINION OF THE EVENT DIRECTOR, HANDCAR OR TIMING MALFUNCTION OCCURS DURING A HEAT, THE TEAM WILL BE GIVEN THE OPTION OF ACCEPTING THE BACK-UP TIMER OR RACING AGAIN. THE TEAM WILL BE ALLOWED A PERIOD OF REST NOT TO EXCEED 30 MINUTES.
33. **FALSE START.** A TEAM WILL BE PERMITTED ONLY ONE FALSE START FOR THE ENTIRE COMPETITION. A SECOND FALSE START BY A TEAM WILL RESULT IN DISQUALIFICATION. THE DECISION OF THE RACE STARTER IS FINAL.
34. **TIMING AND SCORING.** ALL DECISIONS OF THE TIMING AND SCORING OFFICIALS WILL BE FINAL.
35. **AWARDS.** INDIVIDUAL AWARDS WILL BE PRESENTED AT THE POST- RACE AWARD CEREMONY TO EACH MEMBER OF THE WINNING TEAMS IN EACH DIVISION.
36. **UNSPORTSMANLIKE CONDUCT OR DISORDERLY CONDUCT:** DURING PRACTICE ANY BEHAVIOR DEEMED UNSPORTSMANLIKE BY THE RACE DIRECTORS WILL RESULT IN THE INDIVIDUAL BEING DENIED FURTHER PRACTICE ON THAT DAY. A SECOND OFFENSE WILL RESULT IN THE INDIVIDUAL BEING DISQUALIFIED FROM FURTHERCOMPETITION.

DURING COMPETITION: ANY BEHAVIOR DEEMED UNSPORTSMANLIKE BY THE RACE DIRECTORS WILL RESULT IN THE INDIVIDUAL BEING DISQUALIFIED. THE RACE DIRECTOR'S DECISION IS FINAL.
37. **SAFETY.** THESE **SAFETY** PRECAUTIONS MUST BE FOLLOWED:
 - A) EACH TEAM MEMBER MUST COMPLETE A SAFETY ORIENTATION AND PRACTICE RUN ON OR BEFORE SATURDAY, OF RACE WEEKEND.
 - B) BOTH FEET MUST REMAIN ON THE DECK WHILE ON THE CAR.
 - C) BOTH HANDS MUST REMAIN ON THE HANDLE WHILE THE CAR IS IN MOTION. EXCEPTION: THE BRAKE PERSON MAY LET GO OF THE HANDLE WITH ONE HAND AND HOLD ON TO THE TOWER HANDHOLD WHILE BRAKING.
 - D) COMPETITORS MUST REMAIN ON THE CAR WHILE IT IS MOVING.
 - E) EACH TEAM MEMBER MUST WEAR HEAD GEAR AND PROPER FOOTWEAR. (RULE 25)
38. **DIVISIONS:** RACE OFFICIALS RESERVE THE RIGHT TO ADD OR REMOVE RACING DIVISIONS DUE TO THE NUMBER OF TEAMS SIGNED UP BY RACE DAY.