

CYCLING - Mountain Bike - 2019 - Page 1

GUIDING BODIES

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EVENTS

NOTE: Events listed below may be omitted due to the unavailability of suitable venues with approval of WPFGE. The Heavyweight events are optional for the Host.

MEN'S and WOMEN'S INDIVIDUAL EVENTS:

CROSS COUNTRY
OBSTACLE

Men's and Women's Individual events will be offered in the following age categories:

18 - 29	50 - 54
30 - 34	55 - 59
35 - 39	60 - 64
40 - 44	65 +
45 - 49	

NEW ELITE CLASS - the Elite Class is an 18+ age, skill-based class and is reserved for advanced and expert level riders ONLY. Beginners and intermediate riders should not enter this class. All ages may enter this class. The Elite Class is the most competitive class and will be the class that completes 3 full laps of the course.

OFFICIALS

One UCI [national/state affiliate] representative
Sport Coordinator
Assistant Sport Coordinator
4 timers
4 judges

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PERSONNEL

Staging area supervisor
4 course monitors
10 general laborers

MEDICAL

3 Emergency Medical Technicians or equally qualified medical personnel per event are required. Should the venue(s) be situated where the response to an emergency hospital would be prolonged, a medical doctor and appropriate staff are required.

Basic medical supplies will be provided by the Host at each venue. Communications shall be available at each venue and preparations made in case it is necessary to summon additional emergency services.

FACILITY

The following information, as per the ICU Rules, is provided for the assistance of Race Organizers.

Arrows mark the entire length of the official course. The arrows will be of a contrasting color on a white background on signs measuring a minimum of 30 cm by 60cm. The signs indicate the course to follow, mark curves, intersections or warn of situations which are hazardous for the course.

Signs are posted along the course at regular intervals to indicate to competitors that they are on course.

Each intersection must be marked by an arrow placed 30 meters before the intersection. Another arrow is placed at the intersection. The direction of travel is then confirmed by another arrow located 30 meters further in the new direction.

In all hazardous situations, one or several arrows must be located 30 meters from the obstacle on a circuit. A hazard on the circuit can be an obstacle, quality of the surface, or angle of the track, any of which may threaten the safety of the competitors.

Directional arrows should always be placed on the right and at racing eye level, about 1 meter (3') from the ground.

The signs which are to be used on a Mountain Bike circuit are as referred to in the ICU rule book.

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EQUIPMENT

Track equipment is as directed by the local national/state representative.

Event site check-in tables, chairs, tents.

Individual event number shall be displayed as required by Sport Coordinator. No rider shall cut, fold or mutilate the race number, neither shall they sell, trade or give the issued number to another individual.

The following equipment is the responsibility of the competitor.

Full face helmets are compulsory for the Downhill event and body armor is highly recommended.

Every rider warming up or racing shall wear a protective, securely fastened helmet that satisfies the bicycle helmet standards ICU or the national/state affiliate. It is the rider's responsibility to select and wear such a helmet which offers sufficient protection against head injury and does not restrict the rider's vision. Failure to wear such a helmet, or removing it during a race, will result in disqualification. Helmets shall also be mandatory during training rides on competition courses.

Footgear shall be the fully enclosed type.

Cyclo Cross bikes and Hybrid bikes will **NOT** be allowed.

Bicycle shall have at least two brakes, which are in good working condition.

Handlebar ends should be plugged and shall have no sharp or jagged ends.

A competitor must wear appropriate riding attire, including a shirt. Eye protection is strongly recommended.

SCHEDULING

May be a 2 or 3 day sport dependent on events of competition offered by the Host.

GENERAL SPORT RULES for Cycling – Mountain Bike

CROSS COUNTRY: Cross Country is an individual or mass start competition which is held on a circuit course comprised of forest roads, forest or field trails and unpaved dirt or gravel roads (a minimal amount of paved road may be necessary at times). This should be a circuit course with a minimum distance of 3.2 km (2 miles) per lap. The course may include hazardous conditions and features. The race will be approximately 1 1/2 hours to 2 hours duration.

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OBSTACLE: A mass start 9 km (5.6 miles) short circuit style race on a 3 km (2 mile) closed course; including uphill, downhill, trails and natural obstacles plus paved roads and man-made obstacles such as stairs, ramps, twin cribs, see-saws and other barricades. Each competitor is required to ride or run over every obstacle. If an obstacle is missed, the competitor will be disqualified.

All riders must attend the pre-race briefing (rider's meeting) normally held at the staging area prior to competition. This meeting requirement will be included in the Confirmation Letter.

Racers shall complete the entire event on the same bicycle. All repairs during an event shall be performed by the individual racer. No outside support will be allowed.

All spare parts and tools shall be carried by the individual racer (cannibalizing other bikes is not permitted). Cannibalizing: any part or component taken from one bicycle to repair or improve the performance of another.

Water shall be available to anyone from anyone at any point on the race course provided that the hand-out can be done in a safe manner. The Host will provide a neutral water zone for any race exceeding 60 minutes in length. Official "water zones" must be accessible and publicized before each race. Feeding (food handouts) shall only be done in a designated "feed zone". Any hand-out to one rider must not cause other riders to slow down or veer off course.

Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing should stay on the least rideable portion of the path when being passed. A racer pushing or carrying his/her bicycle can overtake a racer riding his/her bicycle provided he/she does not interfere with the rider's progress.

Lapped riders must yield to leaders. Leaders should verbalize the command "Track" when overtaking another. It is the responsibility of the challenging rider to overtake safely. Riders being lapped must yield to the passing rider on the first command.

In case two riders are vying for position, the leading rider does not necessarily have to yield his/her position to the challenging rider. However, a rider may not bodily interfere with the intent to impede another rider's progress. Traditional rules of racing apply: the leading rider owns the track.

Short cutting and/or cutting trail switchbacks shall result in disqualification.

Foul riding, unsportsmanlike behavior or the use of profane or abusive language are grounds for punitive action.

Laws and ordinances of appropriate jurisdictions shall be observed during participation in this sport.

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Only riders officially entered in the Event may practice or compete on the designated race course.

AWARDS

Medals are awarded First through Third Place (1st – 3rd). A maximum of 36 sets of medals for the Individual events. WPFGE will advise you of the number of sets needed based on total entries, plus a reasonable margin.

ATTENTION COORDINATORS

**THE WPFGE GENERAL RULES APPLY TO ALL SPORTS.
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS MUST BE FORWARDED
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE
CONCLUSION OF THIS SPORT**

The WPFGE Director assigned to your sport is knowledgeable and experienced in providing assistance during the preparation and running of the sport.

Questions, a detailed accounting of your preparations, and any area requiring approval of the WPFGE shall be submitted in a timely manner to this WPFGE Director.

The WPFGE Directors want to work with you to make your sport a success.

PLEASE USE THE WPFGE DIRECTORS AS A RESOURCE.