

**GUIDING BODIES**

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**EVENTS**

MEN'S and WOMEN'S INDIVIDUAL EVENT:

**CROSS COUNTRY**

Men's and Women's Individual event 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.

**EQUIPMENT**

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 numbers to another individual.

The following equipment is the responsibility of the competitor.

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

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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 2 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.

### 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.

All riders must attend the pre-race briefing (rider's meeting) normally held at the staging area prior to competition.

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.

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 2 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.

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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.

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