



PARTICIPANTS GUIDE

Version 1.1 | Published 21 December 2018

www.NationalCup.com.au



Contents

Contents	1
Introduction.....	3
Key characteristics of the MTBA National Cup.....	3
Disciplines included in the National Cup.....	3
Competition Calendar.....	3
Rider Categories	3
Entry Fees.....	4
Prizes and Awards	4
Events Levels.....	5
How Riders Earn Points in the National Cup	5
When are points published?	6
Points Table.....	6
Event Scheduling	6
2019 Block-Out Dates.....	7
UCI & EWS	7
How do Riders earn UCI Points?.....	7
UCI Junior World XCO Series	7
EWS Qualifying Series.....	7
National Team Selection	7
Junior Development Pathways	8
Frequently Asked Questions.....	8
Participant Guidelines	9
1. Scope	9
2. General	9
Cross Country/Marathon Standards –	9
Downhill Standards -.....	9
Gravity Enduro Standards –	10
3. Entry & Eligibility	10
3.1 National Championships	10
3.2 Category Restrictions	11
4. XCO Racing.....	12
4.1 Number Allocation	12
4.2 Call Up & Start Order	13



2019 National Cup

Participants Guide



- 4.3 Start..... 13
- 4.4 Jerseys..... 13
- 4.5 Race Duration..... 14
- 4.6 Feed & Tech Zones..... 14
- 4.7 The 80% Rule..... 14
- 5. XCM Racing..... 14
 - 5.1 Number Allocation..... 14
 - 5.2 Start Order..... 14
 - 5.3 Rider Briefing..... 15
 - 5.4 Course..... 15
- 6. Downhill Racing..... 16
 - 6.1 Number Allocation..... 16
 - 6.2 Seeding..... 17
 - 6.3 Finals..... 17
- 7. Gravity Enduro Racing..... 17
- Competition Requirements..... 18
 - 7.1 Rider Briefing..... 18
 - 7.2 Race Format..... 18
 - 7.3 Training..... 18
 - 7.4 Shuttling..... 18
 - 7.5 Seeding and Start Order..... 18
 - 7.6 Start Order..... 19
 - 7.7 Start Intervals..... 19
 - 7.8 Result..... 19
 - 7.9 Equipment Marking Stickers..... 19
 - 7.10 Mechanical Failures..... 20
 - 7.11 Rendering of assistance..... 20
 - 7.12 Environmental Rules..... 20
- Rule Violations -..... 21
 - 7.13 Course Cutting..... 21
 - 7.14 Liaison Stage Delay / Missed Start..... 21
 - 7.15 Illegal Outside Assistance..... 21
 - 7.16 Rule Violation Recording..... 21
 - 7.17 Recommended Penalties..... 22
- 8. Podiums..... 23





Introduction

The MTBA National Cup will be conducted throughout Australia annually. It is designed to encourage participation and recognise individual rider achievements across the disciplines of Cross-Country, Downhill, Marathon & Gravity Enduro at all levels of competition. The refreshed MTBA National Cup will give riders the ability to benchmark their racing against peers nationally year-round. The competition is designed to provide riders with a national ranking based on results from participation in multiple events.

Key characteristics of the MTBA National Cup

- All participants will accrue points every time they compete in an event listed within the MTBA National Cup for the discipline and category they have entered.
- Points accrued for participation in XCO SR1 and SR2 Stage Race events will be combined with your XCO points to determine the highest ranked Cross-Country riders in Australia. **Team based events are not applicable.**
- The top three-point scorers (1st, 2nd, 3rd) of the MTBA National Cup for each discipline/category at the end of each competition year will be provided with discounted entry into the following years National Championships for the same discipline.

Disciplines included in the National Cup

The National Cup encompasses the disciplines of:

- Cross-Country (including stage races)
- Downhill
- Marathon
- Gravity Enduro

Competition Calendar

The MTBA National Cup will commence on the 1st January 2019 and the overall rankings period will conclude on the 31st December 2019.

All future MTBA National Cup competitions will operate within a January to December season.

Riders who wish to prepare for the International season may still do so by identifying MTBA National Cup events within their desired domestic competition window.

Rider Categories

The MTBA National Cup will recognise rankings based on UCI category age bands (i.e. U19, M2, M5) as per the participant's age at the 31st December in the year of competition.

In addition, the MTBA National Cup will recognise Elite Men and Women rankings when offered by Tier 1 or above events (where elite points are awarded they will not also be awarded based on age).



2019 National Cup



Participants may have both an elite ranking and age-group ranking for the National Cup year if they have competed in each category. Riders in any applicable age category may elect to race in the Elite Category for any event throughout the year, however they will only earn MTBA National Cup points for their elite category ranking from that event. These points cannot be merged into one category at a later date.

It is encouraged for all events to utilise UCI Categories where possible, this is mandatory in Tier 1+ listed events. Categories may be combined (Masters 1-3, Master 4+ etc) based on individual event requirements or due to low category numbers.

For all events, that do not offer UCI age categories and race as grades (A, B, C,) or masters; MTBA will extract and award National Cup ranking points based on age and order of position. (IE. "A" Grade race with 40 riders, points will be applied to each position based on the points table for the respective MTBA National Cup Event and then applied with the rider into their applicable age-group).

Further breakdown of a Graded Race Event - Results Example: 30 Masters 3 competitors race in a graded event – 10 in A Grade, 5 in B Grade and 15 in C Grade, the final points for these riders will be based on their finish position in their Grade at the event with the A Grade riders collecting 1st -10th points, the B Grade riders collecting 11-15th points and the C Grade riders collecting 16th -30th position points, these will be applied to their Masters 3 points tallies in that order.

Entry Fees

There are no fees charged by MTBA for riders to receive a National Cup ranking, you will automatically earn National Cup points.

Participants will need to pay the race entry fee(s) as determined by the event host and any MTBA Membership or Day Licence fees.

Prizes and Awards

All winners of the MTBA National Cup will be presented at the MTBA Annual Achievement Awards in the year following the last MTBA National Cup season.

All MTBA National Cup discipline category winners will receive Free-of-Charge entry into the MTBA National Championships in the following year for their respective discipline.

Riders ranked 1st – 3rd in each category at the end of the National Cup competition season will receive a prize pack, presented at the MTBA Annual Achievement Awards.

Further Information on prize packs for each category will be released in late 2019.





Events Levels

	Tier 3	Introductory Events (Club based)
	Tier 2	Emerging Events (Regional based)
	Tier 1	Established Events (State based)
	Marquee Events	MTBA selected key events throughout the year
	State Championships	Sanctioned MTBA State Championships
	National Championships	MTBA National Championships

How Riders Earn Points in the National Cup

Each time a rider participates in a MTBA National Cup listed event, they will automatically receive MTBA National Cup points applicable to the event level and their placing in the event.

Participants will earn points in the MTBA National Cup based on the following scale:

Tier 3	: x 0.50	Marquee	: x 2.00
Tier 2	: x 1.00	State Championships	: x 2.50
Tier 1	: x 1.50	National Championships	: x 3.00

Participants will earn MTBA National Cup points continuously throughout the year. A riders 12 highest scores will be used for ranking purposes. This will provide participants an opportunity to improve their ranking throughout the year by improving their point score. In the event of a tie riders will equally receive the points of the tied position. For example; a tie for 1st place in an event would see each rider receive 200points with the next rider claiming 3rd place and the respective points (no second place points would be awarded).



2019 National Cup



When are points published?

The first MTBA National Cup rankings will be published on February 1, 2019.

Beyond that, MTBA National Cup results and rankings will be updated and displayed on the MTBA website within 72 hours as each events results are uploaded into MTBA Online Services (MOS) by the host club/promoter.

Points Table

Place	Points	Place	Points	Place	Points	Place	Points	Place	Points
1 st	200	11 th	110	21 st	90	31 st	70	41 st	50
2 nd	186	12 th	108	22 nd	88	32 nd	68	42 nd	48
3 rd	176	13 th	106	23 rd	86	33 rd	66	43 rd	46
4 th	168	14 th	104	24 th	84	34 th	64	44 th	44
5 th	160	15 th	102	25 th	82	35 th	62	45 th	42
6 th	152	16 th	100	26 th	80	36 th	60	46 th	40
7 th	144	17 th	98	27 th	78	37 th	58	47 th	38
8 th	136	18 th	96	28 th	76	38 th	56	48 th	36
9 th	124	19 th	94	29 th	74	39 th	54	49 th	34
10 th	116	20 th	92	30 th	72	40 th	52	50 th	32
								51 st ~	30

DNF	20	DNS	0
-----	----	-----	---

Event Scheduling

The MTBA National Cup will run from January 1 to December 30 year on year.

National Cup events may be conducted simultaneously throughout Australia, with the following exceptions:

- National Championship Dates will be reserved as block-out dates. Nominations for National Championships will be collated and duly assigned by MTBA, and no MTBA National Cup Events will clash with National Championship dates.
- No MTBA National Cup events can be held in the same state at the same time for the discipline being contested.
- No Tier 1 events in the same discipline may be held on the same date Australia wide. Nominations for Tier 1 events must be submitted by 31st August and will be evenly and fairly distributed across the country from the applications received.
- Tier 2 and 3 events may be held simultaneously throughout the year.



2019 National Cup



2019 Block-Out Dates

The following dates have been reserved for MTBA National Championship events. Please note: no other Tier 1 event will be included in the National Cup over these dates, nor will any Tier 2 or 3 events in the same discipline be accepted in the same state in which the Championships are held.

Cross-Country, Downhill & Trials National Championships + Oceania Championships	March 29 – April 10, 2019
Marathon National Championships	May 10 – 12, 2019
Schools National Championships	August 2 – 4, 2019
Gravity Enduro National Championships	November 22 – 24, 2019

UCI & EWS

How do Riders earn UCI Points?

Where a MTBA National Cup event is listed by a host organiser via MTBA on the UCI calendar, riders will be eligible to earn UCI points applicable to the event level and categories listed on the UCI calendar. MTBA will list all National Championships with the UCI to provide eligible riders with the opportunity to earn UCI points. MTBA may also approach hosts and offer to pay to elevate their event to a UCI classification during the Olympic qualification period.

Clubs will be encouraged to put forward nominations to have their events listed on the UCI Calendar subject to meeting the requirements set out below in the Host Guide and approval by MTBA.

UCI Listed events can be recognised on the MTBA calendar by the UCI Logo.

UCI Junior World XCO Series

MTBA will register a minimum of two XCO Tier 1 level events with the UCI as Junior XCO World Series events each year. Clubs can nominate their events via MTBA for inclusion in the UCI calendar. It is proposed that events listed as UCI Junior XCO World Series events will be utilised as National team selection events.

EWS Qualifying Series

In conjunction with event hosts, MTBA will nominate a number of Enduro World Series (EWS) Qualifier rounds (subject to EWS acceptance) within MTBA National Cup GE events at the Tier 1 level and above.

National Team Selection

MTBA will nominate a range of National Cup events that will be utilised as selection rounds for riders seeking consideration and potential selection to National teams. These events will be nominated prior to the start of the MTBA National Cup competition. In 2019 those riders seeking national selection will be required to participate in at least 1 nominated MTBA National Cup event in their chosen discipline.





Junior Development Pathways

Within the National Cup competition, a year-round high-quality level of competition will be able to be offered for junior development.

In 2019, MTBA intend to introduce a MTBA Academy program for the development of junior riders identified as potentially suitable for National level development programs across the four disciplines. This program is expected to be a user-pays program and will incorporate riders from across the country. There will be a range of expectations on riders within the program regarding training, development camps, competition and international tours and events (all still to be determined). The Academy is to cater for riders aged between U15's and U23's (XCO, XCM, DHI & GE).

Under the MTBA Academy program, riders will be expected to participate within the MTBA National Cup. Riders may choose to specialise in a discipline or compete across disciplines. Riders will be expected to participate in State Championships and National Championships. There may also be an expectation that they will participate in an additional MTBA National Cup events throughout the year as part of their commitment to the program.

Through this approach, it is anticipated that the high level of competition developing between junior riders at current events will continue and develop further.

Frequently Asked Questions

Q. Can you win a MTBA National Cup Award if you are not an MTBA Member?

A. Yes, you may win a category and/or overall MTBA National Cup award if you are not an MTBA member, if you have raced and paid the respective race day licenses to qualify for MTBA National Cup points in each race then you qualify.

Q. When are State Championships due to be held?

A. State Championships for Downhill will be held between the months of January to March each year with Cross Country and Gravity Enduro held between the months September to December each year. We encourage clubs to nominate to become State Championship hosts in one or more disciplines if applicable.

Q. Who can enter and win State Championships?

A. All riders may enter any state championship event to participate and earn points towards their ranking. However, only those riders that reside in the state that the championship is being held are eligible to win the State Championship Title.

Q. When do entries for the National Cup events open?

A. For 2019 events, entries are opening now.

Q. Who can enter National Championships?

A. You must hold a current MTBA membership and Only Australian Citizens and/or non-Australian Citizens under the age of 18 who have resided in Australia since 1 January in the year of competition are permitted to compete in the Australian Championships, receive awards and any applicable UCI points. Any rider claiming a podium position without satisfying this criteria will be automatically disqualified per the MTBA Technical Regulations.

Q. Does the MTBA National Cup concept apply to CX and OT?

A. No, the MTBA National Cup format will not be offered for CX or OT in 2019. However, inclusion of CX and OT in future years will be reviewed based on CX and OT National competition development and objectives.





Participant Guidelines

1. Scope

The following guidelines have been developed to assist competitors and event organisers in the delivery of the 2019 MTBA National Cup.

All guidelines must be followed when promoting any 2019 MTBA National Cup Event.

For further information please contact Mountain Bike Australia.

nationalcup@mtba.org.au | www.nationalcup.com.au

PO BOX 377

VARSITY LAKES QLD 4227

(07) 5628 0110

2. General

At all times while at any MTBA event, riders must wear a helmet meeting AS2063 or equivalent all times whilst on they are on a bike.

Helmets must have a manufacturers mark stating its compliance with the standard. Helmets may be inspected at any time by a commissaire.

Spot checks for helmet standard compliance at all events may occur. Riders found to be using a helmet which does not have the relevant certification for the discipline being held will not be permitted to start the race using that helmet.

Cross Country/Marathon Standards –

AS2063 compliance sticker attached will not be permitted to begin a race using that helmet. The list of standards that MTBA will accept as an international equivalent to the Australian/New Zealand Standard 2063 are as follows:

1. NSI Z90.4;
2. Snell "B" or "N" series;
3. ASTM F1447.
4. Canadian CAN/CSAD113.2M;
5. U.S. CPSC standard for bicycle helmets;
6. European CEN standard for bicycle helmets (EN1078)

Other international standards may be added however, if not explicitly listed above or in any supplementary regulations are not permitted for use.

Downhill Standards -

A full-face helmet must be worn correctly both when racing and when training on the course. The helmet must be fitted with a visor. Helmets with detachable mouth-pieces are not permitted. Open-face helmets may not be worn. (Replicated UCI 4.3.012)



2019 National Cup



In Under 13, Under 15 and Under 17 categories, the following equipment is **mandatory at all times** while on track:

- 1) Full-finger gloves must be worn;
- 2) Full length jersey – jersey must always cover the elbows;
- 3) Knee pads and elbow pads must be worn.

Neck braces, chest and back guards are all highly recommended.

Gravity Enduro Standards –

For all events in the GE National Cup riders are required to wear a Full-Face helmet whilst riding.

For Gravity Enduro events only the modular helmet with a removable chin piece will also be considered a full-face helmet.

In Under 13, Under 15 and Under 17 competition, the following equipment is mandatory at all times while riding:

- a. Full-finger gloves must be worn
- b. Elbow pads must be worn
- c. Knee pads must be worn.

Neck braces, Chest and Back guards are highly recommended.

3. Entry & Eligibility

To register and participate in the 2019 National Cup, riders must hold a valid MTBA Race Membership, a UCI International Licence or purchase a Race Day Licence at the time of registering. MTBA members on a Recreation Membership can purchase a discounted Race Day Licence or upgrade to a race membership at any time.

Entry Fees are set by each of the event hosts. On-the-day entries will be at the discretion of the event host and may attract a late fee. Riders are urged to review each events schedule for collection of their race plates and rider's information to ensure they are well prepared before the scheduled race start.

3.1 National Championships

To register and participate in the 2019 National Championships, riders must hold a valid MTBA Race Membership. MTBA members on a Recreation Membership can purchase a Race Licence upgrade at the time of registering. Race Day licences are not available for National Championship events.





3.2 Category Restrictions

For the 2019 National Cup age categories are based on a riders age as at the 31st December 2019.

MTBA will recognise the following categories:

Age Category [^]	Code	Age	XCO National Cup	XCO National Championships	DHI National Cup	DHI National Championships	GE National Cup	GE National Championships *	XCM National Cup	XCM National Championships
Elite Men/Women	ME/WE	19>	X	X	X	X	X	X	X	X
Expert Men/Women	MX/WX	19-29	X	X	X	X	X	X	X	X
Under 23 Men/Women	MU/WU	19-22		X						
Junior Men/Women (U19)	MJ/WJ	17-18	X	X	X	X	X	X	X*	X*
Under 17 Men/Women	M17/W17	15-16	X	X	X	X	X	X	X*	X*
Under 15 Men/Women	M15/W15	13-14	X	X	X	X	X*	X*	X*	X*
Under 13 Men/Women	M13/W13	11-12	X	X	X	X	X*	X*		
Masters 1 Men/Women	M1/W1	30-34	X	X	X	X	X	X	X	X
Masters 2 Men/Women	M2/W2	35-39	X	X	X	X	X	X	X	X
Masters 3 Men/Women	M3/W3	40-44	X	X	X	X	X	X	X	X
Masters 4 Men/Women	M4/W4	45-49	X	X	X	X	X	X	X	X
Masters 5 Men/Women	M5/W5	50-54	X	X	X	X	X	X	X	X
Masters 6 Men/Women	M6/W6	55-59	X	X	X	X	X	X	X	X
Masters 7 Men/Women	M7/W7	60-64	X	X	X	X	X	X	X	X
Masters 8 Men/Women	M8/W8	65-69	X	X	X	X	X	X	X	X
Masters 9 Men/Women	M9/W9	70-74	X	X	X	X	X	X	X	X
Masters 10 Men/Women	M10/W10	75-79	X	X	X	X	X	X	X	X

* Gravity Enduro events for Under 13 & Under 15 categories will be recognised with a modified course limiting the normal riding time to less than 3hrs. Modifications may also be imposed on the Under 17 category depending on course difficulty. The PCP will determine this in consultation with the event host.

* For XCM U15/U17 & U19 may compete and earn points only when target race times are in line with the junior participation policy being a maximum of 2hrs, 3hrs and 4hrs respectively.

[^] Hosts may choose to run graded events A, B, C etc, MTBA will then extract the results to award National Cup points to each riders relevant age category, to earn Elite points an event must offer an Elite Category.

Under 23 (MU & WU) (19-22 years old) category will be included in the 2019 National Championships. Expert category will therefore be 23-29 years old. Events at Tier 1 and above that offer an U23 category, points will be awarded and combined to the participants Elite ranking.

In line with UCI 4.1.009, any rider who has competed in an event on the International calendar within the last 12 months is not eligible to race in age group categories where the Event is a listed UCI event in 2019. This means that if you race Elite in any UCI-listed event after Mar 2018, you may not race in the age categories at the 2019 Australian Championships.



2019 National Cup

Participants Guide



Riders remain eligible to race Under 23 at the National Championships regardless of having raced elite races within the last 12 months.

It is expected that riders make their own decision to race elite (If offered by the event host) or in their age category at events listed in the National Cup. Points will not be awarded to your Elite Ranking if you are racing in your Age Category neither will they transfer to your Age Category Ranking when racing as an Elite. (You will have 2 points profiles within the National Cup Rankings).

4. XCO Racing

4.1 Number Allocation

Numbers will be allocated after the close of online entries. Please note seeding and race numbers maybe different based on the criteria listed below. Riders who enter the race at the event forfeit their eligibility to be assigned that seeded number and will be given the next available number.

National Cup rankings will be updated automatically online, results are to be submitted within 24hrs following an event. At rounds which are a double-header, for the purpose of seeding no updated rankings will apply for the second day of racing.

At T1 and above National Cup Events, race plates may be allocated in the following order:

- 1) Current World Champion,
- 2) Current National Champion,
- 3) 2018 National Series Winner,
- 4) By National Cup category ranking,
- 5) UCI World Rankings in order
- 6) State series ranking (If applicable)
- 7) By chronological time of entry.

At T2 and 3 level events:

- 1) Current National Champion,
- 2) 2018 National Series Winner,
- 3) By National Cup category ranking,
- 4) By chronological time of entry

At the 2019 MTBA National Championships, race plates will be allocated in the following order:

- 1) 2018 National Champion,
- 2) Riders ranked by UCI points at the applicable UCI ranking publication date,
- 3) 2018 State Champions drawn in random order
- 4) 2018 Transitioning State Champions that have moved up to the category from the prior year, drawn in random order,
- 5) Current Ranked position in the National Cup,
Note: For Under 23, the number allocation will consider the rank of riders who competed in Elite category followed by rank of riders who competed in Expert category)
- 6) By chronological time of entry.





4.2 Call Up & Start Order

For 2019 National Cup Events the call up order will be:

- 1) By allocated rider number

At the 2019 National Cup Events, that are listed with the UCI the call up order will be:

- 1) By UCI point ranking
- 2) By allocated rider number

At the 2019 MTBA National Championships, for the UCI categories the call up order will be:

- 1) 2018 National Champion,
- 2) Riders ranked by UCI points,
- 3) 2018 State Champions drawn in random order
- 4) 2018 Transitioning State Champions that have moved up to the category from the prior year, drawn in random order,
- 5) Any rider with a National Cup ranking in order
- 6) By allocated plate numbers.

At the 2019 MTBA National Championships, for all other non-UCI categories call up order will be:

- 1) 2018 National Champion,
- 2) 2018 State Champions drawn in random order,
- 3) 2018 Transitioning State Champions that have moved up to the category from the prior year, drawn in random order,
- 4) Any rider with a National Cup ranking in order
- 5) By allocated plate numbers.

4.3 Start

When there are multiple categories allocated the same start time in the schedule, riders shall be called up in their category in the order they are listed in the schedule. Where grouped categories have insufficient riders to fill a complete start grid they may be started together in a wave. The gaps between the start waves will be determined by the Commissaire.

4.4 Jerseys

The National Champions Jersey: 2019 Australian Champions in UCI categories must wear the UCI registered design of the green and gold band, cuffs and collars with gold arms for UCI category champions.

The World Championship Jersey supersedes the wearing of Australian National Championship Jersey.

Riders in Non-UCI categories may wear the jersey design as awarded for all champions by MTBA.

Riders who have won a National Championship are eligible to wear the previous champion stripes on their jersey cuffs and collars. However, this may only be worn in the discipline, specialty and category in which it was earned.



2019 National Cup



An exception is made to any rider who has previously won a National Championship in the Elite Men or Elite Women category. These riders will be permitted to wear the former champion cuffs and collar in any Masters category of the same specialty.

4.5 Race Duration

XCO Categories will race the following targeted race durations:

Category	Duration
Elite Men & Elite Women	1hr 20min – 2hrs
Under 23 Men & Under 23 Women	1hr 15min- 1hr 30min
Expert Men & Expert Women	1hr 15min – 1hr 45min
Masters 1, 2, 3, 4 Men & Masters 1, 2, 3, 4 Women	
Junior Men & Junior Women	1hr – 1hr 15min
Masters 5, 6, 7, 8+ Men & Masters 5, 6, 7, 8+ Women	45min – 1hr 15min
Under 17 Men & Under 17 Women	45min – 1hr
Under 15 Men & Under 15 Women	30min – 45min
Under 13 Men & Under 13 Women	15min – 25min

4.6 Feed & Tech Zones

Riders will be provided 1 “FEED/TECH ZONE” pass at each event. Feed/Tech zones must be only be accessed by pass holders.

Where a double feed/tech zone is not available a second neutral feed may be provided. There would be no access to the neutral feed zone for rider supporters.

4.7 The 80% Rule

The 80% rule may be used for races in the UCI registered categories at the discretion of the President of the Commissaires’ Panel.

The 80% will never be applied to Under 17, Under 15, Under 13, Expert or Masters categories.

5. XCM Racing

5.1 Number Allocation

MTBA recommend race categories are allocated distinct number ranges to assist marshalling and confirming finish order.

5.2 Start Order

Categories should be started to allow lead riders to have as clear a track as possible. MTBA recommends the following category start order:

- Elite Men
- Elite Women
- Other Male full marathon categories
- Other Female full marathon categories
- Other full marathon support categories





- Junior Men
- Junior Women
- Other half marathon support categories

MTBA recommend complete categories are started in a wave. It is the riders' responsibility to ensure they are in the correct wave. Riders who gain an advantage by starting in the incorrect wave shall be disqualified.

5.3 Rider Briefing

Event Hosts must hold a rider briefing prior the race commencing and attendance is compulsory. Changes to the rules, course, timetable etc and details of course marking, feed stations and assistance locations will be communicated at this briefing. Non-attendance of the rider briefing will not be accepted as an excuse for any rule violation by any rider. Failure to attend the rider briefing may result in the rider not being permitted to start the event.

5.4 Course

- 5.4.1 Courses should be clearly marked. Course maps will be available at registration. Where separate loops are used, different coloured arrows should be utilised. It is the rider's responsibility to follow the correct course.
- 5.4.2 Marathons are endurance events and as such riders are expected to be self-sufficient. MTBA recommends riders carry:
 - Adequate water for hydration
 - Basic first aid kit
 - Spare tube and tools to repair
 - Adequate food
- 5.4.3 A rider who comes across an injured rider must stop and render assistance. The assisting rider should stay with the injured rider until assistance arrives. They should inform the next rider to pass to advise the next race official to send assistance. Time will be credited to the assisting rider so their race will not be affected.
- 5.4.4 Feed zones are offered at the discretion of the event organiser. Zones will be defined as either:
 - Feed Zones
 - Feed and Technical Zones
 - Neutral Feed Zones
 - Neutral Feed and Technical Zones

The explicit difference between a neutral zone is that competitors may not leave their own personal equipment, including food, bottles, spare parts or tools at neutral points, and may only make use of shared resources which are provided by the event organiser or event sponsors.
- 5.4.5 Regular feed and technical zones are permitted to be accessed by helpers. In addition, riders may be given the opportunity to have bottles or other food/technical supplies delivered to the feed/technical zone by the event organisers ("Bottle drop").
- 5.4.6 If a bottle drop is available, organisers must publish no later than 48 hours prior to the event the close-off time for items to be left. Items left for collection must be clearly labelled, and it is the rider's responsibility to ensure items can be identified both by the rider and marshals.





- 5.4.7 Bottles are to be returned to the bottle drop point at the conclusion of the event, but no sooner than the sweep rider has passed the checkpoint for the final time.
- 5.4.8 Maximum allowable times to complete segments of the race may be defined by the race organiser and should be made available in the schedule no more than one week prior to the race. These points and times must indicate both the complete course distance completed by that point, and the time of day by which it must be reached.

The Chief Commissaire may elect to modify these cut-off times prior to the race starting.

These times are the point at which any rider approaching that point will be removed from the race. When a rider is removed from the race they will be recorded as a finisher and given a finish position above all riders recorded as a DNF.

- 5.4.9 Marathon racing allows us to ride into remote, backcountry areas of natural beauty. It is of the utmost importance that all riders respect their environment and consider the impact they leave behind for the local riding community. The below rules have been put in place to protect our trails and our riding environments.
- The disposal of food packaging on the trail is strictly prohibited. This will result in disqualification. Repeat offences may warrant a license suspension.
 - Replaced tubes must be carried with the rider should they ever need to change a tube. As with the disposal of food, non-compliance will be seen as littering and result in disqualification.
 - Riders must not store food and drinks on the trail (Food Stashes) and may only do so at allocated feed zones. Packaging left behind, and uncontrolled food supplies may have a serious impact on local wildlife and the local environment. Any rider found to be hiding or retrieving foods from unofficial feed stations will be penalised.

6. Downhill Racing

6.1 Number Allocation

Numbers will be allocated after the close of online entries. Please note seeding and race numbers maybe different based on the criteria listed below. Riders who enter the race at the event forfeit their eligibility to be assigned that seeded number and will be given the next available number.

At National Cup Events, race plates may be allocated in the following order:

- 1) Current World Champion,
- 2) Current National Champion,
- 3) Current State Champions drawn in random order,
- 4) By National Cup category ranking,
- 5) By chronological time of entry.

At the 2019 MTBA National Championships, race plates will be allocated in the following order:

- 1) 2018 National Champion,
- 2) 2018 State Champions drawn in random order,
- 3) Riders ranked by UCI points at the applicable UCI ranking publication date,
- 4) Ranked position in the National Cup,
- 5) By chronological time of entry.





6.2 Seeding

Seeding is compulsory for all riders. Riders who fail to start the seeding run will not be allowed to have a final run. Riders who fail to finish their seeding run will be seeded last in their category.

For seeding, riders will start in number order by category.

Category start order for seeding shall be:

- a. Masters 8, 7, 6, 5, 4, 3, 2, 1 Women
- b. Expert Women
- c. U13, U15, U17 Women
- d. Hardtail Junior & Senior
- e. Masters 8, 7, 6, 5, 4, 3, 2, 1 Men
- f. Expert Men
- g. U13, U15, U17 Men
- h. Junior Women
- i. Junior Men
- j. Elite Women
- k. Elite Men

6.3 Finals

Riders will start from slowest to fastest within their categories.

Categories should run in the following order:

- a. Masters 8, 7, 6, 5, 4, 3, 2, 1 Women
- b. Expert Women
- c. U13, U15, U17 Women
- d. Hardtail Junior & Senior
- e. Masters 8, 7, 6, 5, 4, 3, 2, 1 Men
- f. Expert Men
- g. U13, U15, U17 Men
- h. Junior Women
- i. Junior Men
- j. Elite Women
- k. Elite Men

7. Gravity Enduro Racing

- MTBA recommends categories are allocated distinct number ranges to assist marshalling and confirming finish order.
- Courses will be clearly marked with arrows, bunting or natural features. Riders are expected to remain on the designated track and marked transitions.
- Courses must be 100% roll-able. Where there are double jumps or large drop offs on the course B lines must be clearly marked.
- In line with MTBA policy, considerations may be made to shorten total riding time for Under 13, Under 15 and Under 17 categories at the discretion of the chief commissaire and the race organisers.





Competition Requirements

7.1 Rider Briefing

Every event must host a rider briefing prior the race commencing and attendance is compulsory. Changes to the rules, course, timetable etc and details of course marking, feed stations and assistance locations will be communicated at this briefing. Nonattendance of the rider briefing will not be accepted as an excuse for any rule violation by any rider. Failure to attend the rider briefing may result in not being permitted to start the event.

7.2 Race Format

- Individual start on all Special Stages
- Minimum of 4 Special Stages per event
- Minimum of 20 minutes total competition time for the fastest rider in the General Classification (accumulation of all Special Stages)
- Minimum of 3 **different** courses must be used per event
- Individual start times for each Special Stage must be provided by the organiser
- Minimum of two Special Stages must be held in one day
- An identical course (Special Stage) cannot be raced (not including training) more than two times during one race except in exceptional circumstances (example: extreme weather).

7.3 Training

On bike training should be scheduled by the organiser on all Special Stages before timed competition begins.

The course map must be released no earlier than 5 days before the event starts (not including training).

Example: Course map release - Monday. Official Training- Thursday, Friday. Race – Saturday, Sunday.

7.4 Shuttling

The transport of riders between Special Stages by private/team transport (shuttling) is strictly limited to public, open roads **during official training**. A rider found using a private or team vehicle on a closed/private road or track will be disqualified.

During the race, **no** private/team transport can be used at any time.

Any specific details regarding shuttling will be outlined during the rider briefing.

7.5 Seeding and Start Order

With highest ranked at the top:

1. Defending National Champion
2. Current National Cup Ranking in order
3. All others by chronological time of entry





7.6 Start Order

The start order – fastest first or fastest last will be determined by the chief commissaire and communicated in the Race Briefing.

In races that follow a fastest first starting order, the Elite women category will be the first category to start the day and will start in order of the lowest to the highest ranking. Therefore, the highest ranked woman will start immediately before the highest rank male rider. A 10 Minute interval should be given between women’s and men’s categories.

7.7 Start Intervals

- Start intervals between riders for the top 30 Men and 15 Women must be a minimum of 30 seconds.
- A 1-minute interval should be added every 10 – 20 riders to allow a clear gap to start riders who have missed their start.
- All late riders must start, under instructions from the official starter, within each 1-minute gap. There is no fixed start interval between late starters as the goal is to keep late riders racing, without affecting other riders on course. Late starters will receive a fixed penalty.

7.8 Result

The General Classification (GC) will be calculated by adding all Special Stage times together for each rider. In the event of unforeseen or extreme circumstances, the race organiser can decide to withdraw a Special Stage (s) from the General Classification.

In the case where Special Stages have had to be cancelled, an event must have a minimum of two complete Special Stages for the result to be deemed valid for the MTBA ranking.

In the event of a tie in the General Classification, the highest placed rider in the final stage will be awarded the higher final placing.

7.9 Equipment Marking Stickers

Only one frame, fork and one pair of wheels can be used by a competitor during a race. Organisers may elect to mark one or more of the below components with an official seal or marker:

- Fork Crown
- Swingarm / Rear triangle
- Front triangle
- Both wheel rims

Competitor’s bikes may be checked for marking at the start of the race and at the finish of every Special Stage. Other random checks of stickered equipment will be carried out throughout the race.

A rider can use unmarked equipment during training unless otherwise stated by the organiser. Only upon





approval of the commissaires, a rider may a rider replace a frame, fork or wheel.

Following the repair, the rider must return to the commissaires to have the replacement part(s) re-marked before rejoining the race.

A **5 minute penalty** will be awarded to every rider who, having received approval by the commissaires, replaces the equipment listed above.

Any rider found to have replaced a named/marked part without consent from the commissaires will be disqualified (DSQ).

7.10 Mechanical Failures

Should a rider suffer a mechanical failure such as a flat tyre or broken chain during a special stage, the chief commissaire may at their discretion permit a re-run of that stage for the affected rider. This may incur a time penalty relevant to the length of the stage. All riders granted this dispensation will incur the same time penalty for that stage.

7.11 Rendering of assistance

It is expected that riders participating in the event will continue to participate in a way that places the safety of riders above other considerations. As such no person should ever feel penalised or discouraged from stopping to assist another injured rider.

Any rider who comes across an injured rider must stop to render assistance, unless directly indicated by the injured rider that they do not require assistance. They should instruct the next rider to pass to notify the next marshal point of the incident, location, and perceived severity.

All riders who stop to render assistance will either:

- a. be given the opportunity to re-start their timed run of that special stage or
- b. be awarded a time for that special stage equal to no more than 10% more than the winning time of that stage in the category they are entered.

The decision to permit a re-run as per option a is at the discretion of the chief commissaire and must be requested by the competitor. If they do not elect to take this re-run, option b will be used.

7.12 Environmental Rules

Enduro mountain bike racing allows us to ride into remote, backcountry areas of natural beauty. It is of the utmost importance that all racers respect their environment and consider the impact they leave behind for the local riding community. The below rules have been put in place to protect our trails and our riding environments.

- No disposable goggle tear offs can be used
- The disposal of food packaging on the trail is strictly prohibited. This will result in disqualification. Repeat offences may warrant a license suspension.
- The local organisers reserve the right to penalise any rider whose actions are deemed too seriously damage the local environment.





- Riders must not store food and drinks on the trail (Food Stashes). Packaging left behind, and uncontrolled food supplies may have a serious impact on local wildlife and the local environment. Any rider found to be hiding or retrieving foods from unofficial feed stations will be penalised.

Rule Violations -

7.13 Course Cutting

Taking short cuts on course in order to gain an advantage can both damage the environment and brings the sport and spirit of Enduro mountain bike racing into disrepute. Therefore, any rider trying to save time by choosing a line that lies outside of the defined trail will be disqualified.

The race organiser may choose, in exceptional circumstances, to apply a time penalty, not a DSQ to a rider found to have cut the course without intention. However, any rider leaving the obvious line must be aware that they risk a DSQ.

7.14 Liaison Stage Delay / Missed Start

Riders arriving late to the start must follow the starter's orders and join the course when instructed to do so.

Failure to follow starter's orders will result in a time penalty (See recommended penalties section).

Any riders arriving at the start of a Special Stage later than 30 minutes after their specified start time will be disqualified from the race.

7.15 Illegal Outside Assistance

Racers are encouraged to help fellow competitors on course.

Any competitor receiving outside assistance from a non-racer without prior agreement from the commissaires will be disqualified. This includes using team staff/outside help to carry equipment around the course or perform repairs during the race.

7.16 Rule Violation Recording

The event organiser is responsible for the application of the rules and has the final say.

The organiser can appoint special 'roving marshals' to travel around the course at their own discretion to undisclosed points. These roving marshals can report rule violations to the commissaires.

Any rule violations must be registered with the commissaires within 30 minutes of the last competitor finishing the final stage.



7.17 Recommended Penalties

Violation	Penalty
Missed Start	Up to 5 minutes late = 1 minute penalty 5+ minutes late = 5 minute penalty 30+ minutes late = DSQ
Other start violation (example: pushing into queue, delaying start, jumping start etc)	5 seconds
Not obeying course marking/course cutting	Disqualification
Unintentional course cutting	30 seconds
Illegal Outside Assistance	Disqualification
Environmental Disrespect	From 1 minute to disqualification
Illegal shuttling	Disqualification
Training outside official times	Disqualification
Changing a marked piece of equipment with authorisation	5 minutes
Changing a marked piece of equipment without authorisation	Disqualification
Disposal of a goggle Tear Off on the trail	Disqualification
Altering the course	Disqualification
Missing back or helmet number (where given)	30 Seconds
Food stashing / using unauthorised food supplies	5 minutes



8. Podiums

The time of any podium presentation will be published in the event schedule. In rare cases a change may be required, and this change will be broadly communicated at the race start. All riders who place 1st to 5th in Elite, or 1st to 3rd in any other category are required to be present at presentations. Non-attendance will result in forfeiture of any prizes. Repeat offences will result in forfeiture of National Cup points for the rounds missed.

Podium place getters may wear a hat and have sunglasses or goggles placed above their head or around their neck but must not cover their eyes while on the podium. Gloves are not to be worn and no bottles or other items are to be carried on the podium.

Event Prizes are set by each individual host, MTBA will award overall National Cup Prizes and awards at the annual presentation night in the following year.





Official Partners

SRAM®



***SPORTS*ARMOUR**