

# **MOUNTAIN BIKE (MTB) & OFF-ROAD Technical Rules and Regulations National Level Events**

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## **PRELIMINARY PROVISIONS**

The Union Cycliste Internationale (UCI) Constitution and Regulations apply to all the countries affiliated to the UCI for international competitions and they serve as a basis for the National Federations for drawing up their own technical rules in the various cycling disciplines.

The Singapore Cycling Federation (SCF) operates based on its Constitution and internal rules, which specify that, by its delegation of power, it lays down the administrative and technical regulations of cycling, at the national level, in the various cycling disciplines and with due respect for the international rules.

The Constitution and rules of the SCF cannot go against those of the UCI. In the event of any difference, only the articles of association and the rules of the UCI shall apply. Just as with international rules, the purpose of these rules is to guarantee the legality of the sport and to safeguard the health and safety of the competitors. Special or specific rules must always mention that they are subject to the rules of the UCI and the SCF, and they cannot contravene either the UCI Constitution and Regulations or the SCF. These special rules for events are defined by the organiser to clarify all the specific procedures for the event. Examples: participation, commitments, meeting schedules, fees, procedures for the different classifications, protocol, etc.

### Major stakeholders

Under the wing of the SCF is the Commissaires and Technical Commission, which appoints the Technical Delegate (TD) and the Commissaires panel (referee) led by the President of the Commissaire Panel (PCP), who then oversees that the event follows and adhere to the technical and sporting aspects of SCF MTB and 'Off-Road' Rules and Regulations. The organiser/event management company (EMC) led by the Race Director (RD) is responsible for the proper conduct of the operations regarding the competitors, sponsors, and spectators. Apart from his credibility, the credibility of his Federation and the UCI depends on the success of an event, which will be judged by the public, riders, and journalists. The proper conduct of the operations depends on the care taken in planning and preparing for the event.

The 'Athlete-rider-participant' are competitors, as an individual, club, a team (amateur or professional) and has support from parents or team officials-manager-mechanic-coach. The Document will cover the types of MTB and Off-road races: general rules, safety, event management roles and responsibilities, and code of conduct.

Other International Rules, Publications, and Guides (links below)

[UCI 2023 Regulations](#)

[UCI MTB Event Guide-Continental Champs](#)

[UCI MTB Event Guide-International events](#)

[UCI MEDICAL RULES](#)

[UCI CYCLING-SPECIFIC SPORT-RELATED CONCUSSION](#)

[Covid updates by Sport SG](#)

Contents and Referencing:  
Broken down into e.g., Chapter: 3 - Topic: 3.1 - Articles: 3.1.1

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## **1 Mountain Bike Competition Levels**

1.1 UCI & National Championships events (CLASS 1)

1.2 National calendar – Regional or International sanctioned events (CLASS 2)

1.3 National calendar events - Local sanctioned events (CLASS 3)

*(To refer to SCF Event Sanctioning Policy for further details)*

## **2 Mountain Bike ‘Off-Road’ Formats**

### **2.1 CROSS-COUNTRY (XCO)**

Cross-Country Olympic format, part of the Olympic discipline for Cycling, is a mass start event that takes place on a circuit/lap of 3km or more, or from one point to another. Depending on the age category, a race takes between 45mins to 1 and 1/2 hours to complete. Courses feature a mix of uphill and downhill terrain with technical sections that range from a single track to more wide-open spaces. The winner is the first to cross the finish line.

### **2.2 CROSS-COUNTRY SHORT COURSE/TRACK (XCC)**

It is like the XC event with the same mass start but takes place on a shorter loop (500m-1.5km or 10-20min race). A fast and spectacular event that should allow for passing opportunities throughout the entire course length. The course may have artificial features if they are safe and easily passable by most riders.

### **2.3 CROSS COUNTRY (XCM)**

XCM utilises a course of between 50km and 120km. The event can be run in the following formats; single loop, point-to-point, or over a maximum of three laps. In the event of a single lap format, no part of the course may be covered twice. In the event of a multi-lap event, shortcuts for some classes are not permitted.

### **2.4 CROSS COUNTRY ELIMINATOR (XCE)**

XCE is a short course cross country racing format where riders contest a course from 500m to 1km in length. Riders race in groups of 4 or 6 and are eliminated in a format similar to four-cross racing. The course may include a range of natural and artificial obstacles. Qualification rounds will take place in a similar format to a 4X event.

### **2.5 CROSS COUNTRY TIME TRIAL (XCT)**

Time trial is a format where riders start individually or as a team. Gaps of 30min to 2mins apart. Timed runs can be split into two (2) runs, and the results are based on the best of 2 runs. It can also be based on a qualifying-seeding run, before a final run. Or as a single run format.

### **2.6 HILL CLIMB (HC)**

Timed competition in which the finish line is located at a higher altitude than the start line. It can be an individual or a mass start.

## **2.7 ENDURO (END)**

The race includes several liaisons (transfer/neutral) stages and timed stages. The times achieved in all timed stages will be accumulated to a total time. An enduro course comprises varied off-road terrain. The track should include a mixture of narrow and wide, slow and fast paths, and tracks over a mixture of off-road surfaces. Each timed stage must be predominately descending but some pedalling or uphill sections are acceptable. Liaison stages can include vehicle uplift, pedal-powered climbs, or a mixture of both. The emphasis of the track must be on rider enjoyment, technical and physical ability.

## **2.8 CROSS COUNTRY POINT-TO-POINT (XCP)**

A cross-country format event utilising a point-to-point course of between 20-60km in length. Variations to course length may be allowed at the discretion of the Technical Delegate (TD) or President of the Commissaires Panel (PCP).

## **2.9 CROSS COUNTRY STAGE RACE (XCS)**

A multi-stage cross-country event that may include a range of different racing formats. Traditionally an XCS would include a group of time trial events over one or more days, though may now include any connotation of the cross-country events listed above.

## **2.10 DOWNHILL (DHI)**

DHI is a point-to-point format race involving a course of between 500m and 3.5km. Total race time should be between 1.5 to 5mins. The course must contain a maximum of 3% paved roads and will consist of a variety of different terrain types. There should be an emphasis on technical skills rather than pedalling.

## **2.11 DUAL SLALOM (DS)**

A dual is a competition where the cyclist must manoeuvre the bike around a series of gates. Similar to the dual slalom format used in alpine skiing, the fastest time wins.

## **2.12 FOUR-CROSS (4X)**

4X involves a descending course of between 30 and 60 seconds in length. The course should involve a variety of terrain including; jumps, banked turns, flat turns, and natural terrain features. 4X is a competition that consists of qualifying round/s or timed qualifying, followed by a series of races (motos) where four riders share one course. The first and second-placed riders in each moto advance to the next round.

## **2.13 CYCLOCROSS (CX)**

Cyclocross is a hybrid Road/XC-style event where riders negotiate multiple laps of a course with a length of 1.5-3.5km. The event is run to a set time format. The course should include a variety of terrain including, grass, sealed roads, gravel roads, and trails. The course should include a minimum of six obstacles that require riders to dismount. [UCI CX Regulations](#) (link)

## **2.14 COMBINATION OF FORMATS**

May be possible. Special categories may be implemented. Example, All Mountain (AM), Fat Bike (FB), Single Speed (SS), Gravel-cross (GX).

## **2.15 Pumptrack (PUM)**

A pump track is a track that consists of rollers and steep turns in various sizes and shapes. The rollers and turns are used to generate speed by pumping the bike, not by pedalling. A pump track is built in a way that promotes technical skills. Speed on a pump track is generated by pumping the bike - not by pedalling and not by gravity. Large flat sections that promote pedalling are to be avoided. [UCI MTB rules page: 37 \(link\)](#)

# **3 General Regulations**

## **3.1 General**

- 3.1.1 These General Regulations are applicable for all MTB disciplines at a national level of competition unless specifically noted within these rules and regulations.
- 3.1.2 Rules and regulations stated for specific MTB disciplines will take precedence over rules and regulations that appear under this chapter if any conflict exists.
- 3.1.3 Where any ambiguity or lack of a clear ruling exists, the current UCI rules will take precedence.
- 3.1.4 Only SCF has the right to conduct and/or award championship mountain bike events in Singapore.
- 3.1.5 The organisation of local races/National Series and Championships may be awarded to a third party at the discretion of SCF.

## **3.2 Eligibility**

- 3.2.1 All competitors in any SCF sanctioned event must be a member of SCF or hold a valid day licence.
- 3.2.2 Day licence are only valid for the duration of the activity at which they are sold.
- 3.2.3 Day permits are only valid for continuous days to a maximum of 5 days (example: in an event of a multi-day/stage race).
- 3.2.4 A valid SCF membership card (or receipt) must be presented by all riders before they may be allowed to compete in any event sanctioned by SCF.
- 3.2.5 International riders and permanent residence not holding a Singapore passport are welcome to race at National-Level events but will not be awarded UCI points at the National Championships.

## **3.3 Marathon and Endurance events**

- 3.3.1 Riders under 18 years of age will only be allowed to participate in marathon and related endurance above four hours in duration if the following conditions can be met;
- 3.3.2 Parental consent must be given - that is, the rider's coach, parents or team manager has read and understood the stipulated provisions and agree to indemnify SCF and/or the appointed Event Organiser.
- 3.3.3 All contact details for the coach, including appropriate details of qualifications to make the assessment.



### 3.4 Age classification and event categories

- 3.4.1 National-level events will recognize a competitor's age as of Jan 1<sup>st</sup> to Dec 31<sup>st</sup> of the birth year. Age is determined by the year of the event minus the year of birth (2022 minus 2003 = 19 years)
- 3.4.2 Age categories are defined below.

Age Category	Min. Age	Max. Age
Cadet D	4	6
Cadet C	7	8
Cadet B	9	10
Cadet A	11	12
Youth	13	16
*Juniors	17	18
*Under 23	19	22
*Elite	23	-
Masters	35	44
Seniors	45	54
Veterans	55	-
Sports (novice)	19 years & above	

\* UCI categories.

\*\* in case of races not having a U23 category, Elite will be 19 & above'

\*\*\*UCI Masters category is 30 years & above (for riders' participation at the UCI World Masters Championships or International Games)

Note: An Elite licence holder who is 30 years and above, are NOT allowed to take part in the UCI Masters category

National races-non-UCI races (not in UCI calendar & no UCI points allocated):

Combination of categories are possible: Example: Youth and Juniors (Youth: 13-18 years), U23 and Elite (Open: 19 years & above)

Top 3 (winners) participants that took part in the Sports category in 2021, will have to race in their age-group category for 2022

### **3.5 Racing outside of class**

- 3.5.1 Riders may choose to race outside of their age category at National Series events so long as there is no advantage.
- 3.5.2 The President Commissaire (PCP) has the final ruling in any rider category movement.
- 3.5.3 Riders must race in their own allocated category at National Championships and International events.
- 3.5.4 A derogation may be applied to a rider who would like to ride up a category.
- 3.5.5 If a rider moves up a category, they have to stay in the age group for the rest of the season.

### **3.6 OCBC Cycling Ranking Allocation**

- 3.6.1 Riders are allocated points based on their finish position at each event within the national series.
- 3.6.2 Riders can only contest a single category within an event.
- 3.6.3 Riders allocated points are not transferrable between race categories

### **3.7 Clothing Requirements**

- 3.7.1 There is no restriction on advertising that may appear on clothing, helmets, or equipment used by the rider (except for the race number plate) at any level of road events in Singapore. The only exception is the National Team, National Champion, and World Championship jerseys that must comply with the relevant UCI regulations.
- 3.7.2 Official National Champions (CN) jerseys are given to the best Singaporean rider in the categories that are registered under the UCI calendar: Example: Junior, Under 23, and Elite.
  - Different jersey designs are given to the non-UCI categories: Example: Youth, Masters, Veterans.
  - Only the CN jersey holders must wear their jerseys at any International UCI sanctioned events (except at the UCI Continental-World Championships and major Games events <example: Asian Games>)
- 3.7.3 [UCI Jersey Visual Guidelines \(link\)](#)
- 3.7.4 Bicycle helmets that satisfy the current international standards are compulsory in all SCF-sanctioned events.
- 3.7.5 Helmets must be fastened at all times whilst on a bicycle.
- 3.7.6 Helmets must be in good condition and fit for purpose.
- 3.7.7 All helmets used will be inspected for compliance as determined by the presence of an appropriate compliance sticker. Helmets may be inspected by the commissaires.
- 3.7.8 Closed-toe footwear must be worn at all times while practicing and competing in SCF events.
- 3.7.9 Singlets must not be worn while practicing or competing at SCF events. Jersey's must have sleeves.
- 3.7.10 The use of onboard cameras on a helmet or anywhere else on a rider's body is forbidden.

- 3.7.11 Bike-mounted cameras are permitted if they do not compromise the rider's and or any other rider's safety or mandatory safety equipment in any way. The use of such devices is ultimately at the discretion of the PCP.
- 3.7.12 Riders are not permitted to wear headphones or other similar music/communication devices during practice and competition.

### **3.8 Cross Country and related events Clothing Requirement**

SCF strongly recommends the use of the following protective equipment;

- 3.8.1 Sunglasses/protective eyewear
- 3.8.2 Full-fingered gloves.

### **3.9 Downhill and Four Cross Clothing Requirements**

- 3.9.1 Full-face/one shell' helmets with a fixed non-detachable mouthpiece are mandatory at all SCF events.
- 3.9.2 Short sleeves jerseys are acceptable.

SCF strongly recommends the use of the following protective equipment;

- 3.9.3 Neck brace designed for off-road cycling.
- 3.9.4 Back and shoulder protection expressly designed for the purpose.
- 3.9.5 Full finger gloves.
- 3.9.6 Knee and shin guards.
- 3.9.7 Elbow protectors and/or long sleeve jersey to the wrist.
- 3.9.8 Goggles expressly designed for the purpose.

### **3.10 Bicycle Requirements (may be specified in the event-specific or special regulations/s)**

- 3.10.1 All bikes must be presented upon registration and riders will not be given a start plate until their competition bike fulfills the requirements as stated below.
- 3.10.2 All bikes must have two working brakes, one front, and one rear.
- 3.10.3 All bikes must be fitted with handlebar plugs. Closed ended lock-on grips are acceptable.
- 3.10.4 All bikes must have a maximum wheel diameter size of 29 inches.
- 3.10.5 All bikes must have the same wheel size, front, and back.
- 3.10.6 All bikes are subject to random inspection throughout an event and those bikes not meeting the above requirements will be forfeited from the immediate competition and not allowed back into competition until deemed satisfactory by a race official.

### **3.11 Race entries and programs**

- 3.11.1 The correct details of each competitor's entry must be submitted to the organiser on the approved entry form, or via the approved entry process. This should occur no later than 1 hour before the commencement of the format and race category entered, or as directed on the registration form.
- 3.11.2 Special provisions for late entry may override the above rule. If such provisions are to be used, they must be indicated on the approved entry form.

- 3.11.3 Complete registration details, including the membership status of all participants will be prepared and made available to SCF upon request.

### **3.12 Race Program/Technical Guide**

- 3.12.1 The organiser must establish a program guide each time he/she holds a race.
- 3.12.2 The program shall include at least the following details of the event organisation:
- 3.12.3 That the event will be run under SCF rules and regulations.
- 3.12.4 The age calculation date for the event.
- 3.12.5 The specific regulations for the event if variations are present from the SCF regulations.
- 3.12.6 Directions to the venue, including accommodation options where possible.
- 3.12.7 The place and time of registration.
- 3.12.8 The categories and starting time for each category.
- 3.12.9 The program for any awards ceremonies.
- 3.12.10 The name, address, and telephone number of the event race director.
- 3.12.11 The time and place of the awards ceremony and who must attend.
- 3.12.12 The prize/s or prize pool.
- 3.12.13 Any drug test regulations that may apply.

### **3.13 Race Categories**

- 3.13.1 The race categories that are recognised at National-Level Mountain bike events are in article 3.4.2.
- 3.13.2 The competitor's age is as determined in article 3.4.1.
- 3.13.3 With limited race entries in a category at the entry deadline the PCP may merge the category with another category as near to possible to that category as deemed necessary. Merging categories must not exclude the recognition of their performance in their original entered category.
- 3.13.4 PCP has the right to disallow a competitor to enter a category when the competitor is considered to be of a higher standard or when the competitor wishes to ride in an age class different from what he/she is entitled to.
- 3.13.5 Identification of Riders during Competition
- 3.13.6 Competitors must securely fasten a number plate supplied by the race organisation on the front of the bike and must be clearly visible.
- 3.13.7 Organisers may additionally provide other race numbers (such as body numbers). In such cases, the design of the numbers must be at least the specification noted below.
- 3.13.8 The figures on the front number plate must have a minimum height of 7.5cm and a minimum width of 1.0cm.
- 3.13.9 All figures must be block figures in a high contrast colour compared to the race plate colour.
- 3.13.10 All race numbers should be waterproof.
- 3.13.11 The outside dimensions of all numbers must not exceed 20.5cm (wide) by 13.5cm (high).
- 3.13.12 Riders are not allowed to cut, bend, fold or otherwise modify the race plate without the express permission of the PCP.

- 3.13.13 NO, stickers, written text, or other forms of self-advertising are to be placed on the number plate.
- 3.13.14 Only official sponsors of the event or the race organisers are allowed.

### **3.14 Penalties**

#### 3.14.1 General

3.14.1.1 Penalties can be imposed according to the nature of the offense and one or more of the following can be used:

3.14.1.1.1 Verbal warning

3.14.1.1.2 Relegation of position (by one or more positions)

3.14.1.1.3 Time or points penalty

3.14.1.1.4 Disqualification (DSQ)

3.14.1.1.5 Suspension (as per the provisions of the SCF Constitution on Dispute and Disciplinary matters and in consultation with the SCF Commissaires' and Technical Commission)

3.14.2 Disregarding these rules and regulations may result in any of the above penalties being made.

3.14.3 SCF retains the right to suspend any of its licensed members from participating in events for which SCF has issued a permit, for any period about any violation of these regulations.

3.14.4 A SCF licensed member may be penalised or suspended for, but not limited to, any of the following reasons:

3.14.5 Flagrant or persistent violation of the rules and regulations of SCF as outlined in this membership guide, the SCF technical regulations, or of the race-specific rules as set forth by a Race Director/Technical Delegate/PCP.

3.14.6 Deliberate and Repeated violation.

3.14.7 Negligence regarding personal, competitor, spectator, Commissaire, Technical Delegate, Race/event official, or volunteer safety and proven jeopardy of SCF insurance eligibility.

3.14.8 Un-sportsman-like conduct and/or conduct that may bring SCF, and/or other agencies/persons associated with the event into disrepute. These infractions may include behaviour such as overly aggressive pushing, shoving, physical and verbal abuse.

3.14.9 Failure to pay any fees or other financial obligations owed to SCF.

3.14.10 Failure to make good on invalid cheques presented as payment to SCF or for SCF sanctioned events for such fees or financial obligations. Suspension may be lifted when appropriate payment is made.

3.14.11 Negligence concerning the land/venue upon which a race is being conducted.

3.14.12 Proven disregard of land use policies set by official management organisations such as municipalities, national parks, or landowners.

3.14.13 Misrepresentation of information on license application.

3.14.14 Observe and comply with the Anti-Doping Rules:

<https://www.antidoping.org.sg/public/home.aspx>

<https://www.searado.com/>

### **3.15 Application of Penalties**

- 3.15.1 Penalties should be administered and distributed by the PCP and Secretary Commissaire.
- 3.15.2 Ignorance of the rules is not admitted as an excuse.
- 3.15.3 No appeal is allowed.

### **3.16 Protests**

- 3.16.1 Individual riders or their team management must first approach the PCP concerning an incident in an event.
- 3.16.2 A protest arising out of the conduct of a race or an incident must be made in writing to the PCP within fifteen (15) minutes after the completion of the event or within 15 minutes of the provisional results being posted (whichever is the latter), together with the fee of S\$200.
- 3.16.3 This fee is refundable only if the protest is upheld.

## **4 The Venue**

### **4.1 General Facilities/Amenities**

- 4.1.1 The race organisation must provide suitable communication for the Commissaire/s, race officials, first aid, and all course marshals. In most cases, this will be a radio system.
- 4.1.2 The communication system must be tested at least 24hrs before the event's start.
- 4.1.3 The radio system must have a private Commissaire channel that is not disclosed to general event staff and/or the public.
- 4.1.4 An undercover area away from the general event activity must be provided for Commissaires and race officials to conduct their work.
- 4.1.5 Warm-up areas may be provided at course starts for all cross country and downhill events.
- 4.1.6 Toilets must be provided in line with the venue manager's requirements.

### **4.2 Start-Finish at XCO and other mass start events**

- 4.2.1 The start and/or finish lines must be marked by a gantry or flag structure. Inflatable arches may be used and must be appropriately weighted, secured, and not obstruct the conduct of the race if it is deflated.
- 4.2.2 The structure for marking the start/finish must be approved by the Technical Delegate (TD) or PCP before the commencement of official practice.
- 4.2.3 The start of the course must be at least 5m wide for a minimum of 50m after the line, after which the riding area may narrow.
- 4.2.4 The start of the course must be either flat or gentle climbing for a minimum of 100m or 1 minute after the start line.
- 4.2.5 The finish area must be at least 5m wide for a minimum distance of 50m before the finish line.

- 4.2.6 An exit should be created after the start/finish line to allow the removal of 'finished' riders or 'lapped' riders.
- 4.2.7 A clear exit must be marked before the start/finish to allow for rider removal when implementing the 80% rule.
- 4.2.8 Barriers or a similar form of hard fencing must be erected at least 50 metres before and 50 metres after the finish line, or after the finish line if it is in a separate location.
- 4.2.9 The finish line drawn on the course surface must be placed across the entire width of the course by the shortest possible length.

### **4.3 Start-Finish at Downhill events**

- 4.3.1 The downhill start must be at least 2 metres wide for the first 20 metres of the course.
- 4.3.2 The course start must be flat or on a slight decline.
- 4.3.3 A covered structure of at least 3 x 3 metres in size must be provided at the course start.
- 4.3.4 The finish must be a minimum of 6 metres wide for at least 30 metres before and 35 metres after the finish line.
- 4.3.5 The area after the finish line must be free from obstacles and conducive to a safe slowing of riders.
- 4.3.6 Barriers or a similar form of hard fencing must be erected at least 25 metres before and 50 metres after the finish line, or greater as required by the TD or the PCP.
- 4.3.7 The finish area must be hard fenced in a 'bowl' or similar form, restricting general access to the area.
- 4.3.8 The finish line drawn on the course surface must be placed across the entire width of the course by the shortest possible length.

### **4.4 XCO Course Requirements**

- 4.4.1 The course must be 99% rideable regardless of the terrain and weather conditions.
- 4.4.2 The course must be between 3km and 6km in length.
- 4.4.3 No more than 15% of the course shall be sealed or paved road.
- 4.4.4 Extended sections of single track must have passing bays included in appropriate places.
- 4.4.5 The target winning time for a cross-country circuit race should be within the minimum range for each category.
- 4.4.6 Weather conditions may require a change of laps to be completed to achieve target race times. In such cases, the decision will be made by the PCP.
- 4.4.7 If weather conditions require the use of an alternative route(s) it must be marked for the last training session and marked clearly on the rider information board.
- 4.4.8 **Course marking**
  - 4.4.8.1 The course should be marked clearly at a minimum of 250m intervals or to a standard that allows course marking to be seen from any point of the course.
  - 4.4.8.2 Any course signage or marking should not hinder the rider.

- 4.4.8.3 Course marking should involve a combination of arrows and tape/bunting.
- 4.4.8.4 All intersections or junctions must be marked.
- 4.4.8.5 Arrows and other directional or warning signage should be black arrows on white or yellow panels and have minimum dimensions of 20cm x 40cm and be sited no more than 1.5 metres off the ground.
- 4.4.8.6 Arrows should be placed on the rider's right-hand side, except for right-hand turns where arrows should be placed on the riders left hand side.
- 4.4.8.7 Each intersection will be marked by an arrow placed 10m before the intersection. Another arrow will be placed at the intersection.
- 4.4.8.8 A sign "X" will be positioned within easy eyesight to mark the wrong direction.
- 4.4.8.9 In all potentially dangerous situations, one or more arrows will be placed upside down 10m to 20m before the obstacle, and at the obstacle.
- 4.4.8.10 Two upside-down arrows mean a more dangerous situation.
- 4.4.8.11 Three upside-down arrows means a most dangerous situation, proceed with caution.
- 4.4.8.12 Water crossings and bridges must be marked appropriately.
- 4.4.8.13 Signage templates can be found in Appendix B.
- 4.4.8.14 Stakes must not be metallic or wooden, with PVC plastic conduit being the preferred option.
- 4.4.8.15 Distance markers must be placed at 1km intervals along the course.
- 4.4.8.16 Templates for course marking signage can be found at Appendix B.

#### 4.4.9 **Feed and Technical Assistance zones**

- 4.4.9.1 National level events require the use of a formal, control managed feed zone.
- 4.4.9.2 The final location and design of the feed zone must be approved by the TD or PCP.
- 4.4.9.3 Where possible the feed and technical zones should be on the right of the course.
- 4.4.9.4 The feed zone must be a minimum of 25 metres in length. Variations to this rule must be approved by the TD or PCP.
- 4.4.9.5 The feed zone should be on a slight incline or flat ground, with a slow, clear entry and exit.
- 4.4.9.6 The technical zone will ideally be on the same side as the feed zone.
- 4.4.9.7 A single feed and technical zone will generally be adequate, though in hot weather, or on longer courses a second zone may be required. The need for a second zone will be at the discretion of the PCP.

### **4.5 Cross Country Short Course (XCC)**

- 4.5.1 XCC course should be between a (500m-1.5km) / (1:00 and 2:30 minute per lap) or (10-20min complete race).
- 4.5.2 The final 100m of the course should be straight and devoid of obstacles.
- 4.5.3 The entire course should allow for passing and riders to travel at least two abreast.



- 4.5.4 Short climbs and descents are preferred, with no sections that will significantly slow the field down.
- 4.5.5 Basic technical features are permissible at the discretion of the TD or PCP.
- 4.5.6 A clear exit must be marked where riders may be removed from the course, this must be before the start/finish line.
- 4.5.7 **Course marking**
  - 4.5.7.1 The entire course should be marked on both sides. Modification to this rule is at the discretion of the TD or PCP.
  - 4.5.7.2 Additional requirements can be found in Appendix B.

#### **4.6 Cross Country Marathon (XCM)**

- 4.6.1 An XCM course must be between 50 to 120 km in length with a preferred length of 100km.
- 4.6.2 The course may involve a lapped format of a maximum of three laps.
- 4.6.3 The course may involve a point-to-point format where no section of the course is repeated in either direction.
- 4.6.4 Extended single-track sections should be avoided, where necessary these sections should allow for regular passing.
- 4.6.5 The course may involve a single lap format where no section of the course is to be repeated in either direction.
- 4.6.6 **Course marking**
  - 4.6.6.1 See Appendix B plus the following;
  - 4.6.6.2 The course must be marked every 10km with distance markers.
- 4.6.7 **Feed and technical zones**
  - 4.6.7.1 Marathon events run in a multi-lap format must utilise a feed zone as described in article 8.3.3 These events may also include a second feed zone, which may be a neutral feed zone.
  - 4.6.7.2 Single loop or point-to-point events must provide a feed station at a minimum of every 30 km.

#### **4.7 Cross-country Point to Point Course (XCP)**

- 4.7.1 An XCP course must utilise a point-to-point course of between 20-60km in length.
- 4.7.2 No part of the course may be repeated in either direction.
- 4.7.3 Aside from differing lengths and a point-to-point format the course will follow the same guidelines as an XCO event course.

#### **4.8 Downhill Course (DHI)**

- 4.8.1 The course must be between 1.30 minutes and 5 minutes for the winning Open male time or the fastest time of the day, whichever is lower.
- 4.8.2 A course of between 500m-3.5km must be utilised.
- 4.8.3 The downhill course should follow a descending route. Short uphill sections are permitted if they have a fast entry.

- 4.8.4 The course should comprise varied terrain sections: narrow and broad tracks, woodland roads and paths, field paths, and rocky tracks. There should be a mixture of fast and technical sections. The emphasis of the course is to test the riders' technical skills and physical ability.
- 4.8.5 The course must contain no more than 3% sealed or paved roads or paths.
- 4.8.6 **Course marking**
  - 4.8.6.1 The course will be marked on both sides over its entire length; any variations to this rule must be approved by the TD & PCP.
  - 4.8.6.2 Warning signs such as double and triple down arrows should only be used where an obstacle does not have an easier route around and/or where an obstacle has a fast and/or blind approach. Sign templates can be found in [Appendix B](#).
  - 4.8.6.3 Course marking tape/bunting should be 1.5m off the ground.
  - 4.8.6.4 Stakes must not be metallic or wooden, with PVC plastic conduit being the preferred option.
  - 4.8.6.5 Secondary marked 'fall zones' should be provided in areas of high spectator interest, or where there is a high likelihood of riders crashing and/or unintentionally leaving the course.

## 5 Running the Events

### 5.1 Preliminaries

- 5.1.1 The TD & PCP will complete a course inspection at least 24hr before the event start. A report following this inspection will be submitted to the Race Director and the PCP.
- 5.1.2 Any required changes will be the responsibility of the Race Director or their delegate/s.

### 5.2 General Safety Requirements

- 5.2.1 A safety system will be implemented to give assistance to all riders at all points of the course at all times, with the least possible delay.
- 5.2.2 Only essential vehicles of the organisation, security, safety, and the accredited media are permitted access to the course. Vehicles are only permitted on the course during racing in extenuating circumstances and only under direction from the TD or PCP.
- 5.2.3 The course may only be ridden by the riders (with race numbers displayed) during the event, which includes official practice and competition.
- 5.2.4 Spectators, including those on bikes, must be kept off the course at all official training and racing times.
- 5.2.5 Once a race starts the only riders on the course will be those competing in that race.

### **5.3 Course Safety**

- 5.3.1 In high-speed sections of the course or in sections that can be assumed to have a high spectator activity the course should be double taped so that if a rider fails to negotiate the course, he/she will not adversely make contact with spectators.
- 5.3.2 Inappropriate areas, such as walls, or on course tree trunks, there must be adequate padding used to protect the riders. Such protective measures must not restrict the ride-ability of the course.
- 5.3.3 Inappropriate areas, such as along the edge of steep drops, catch fences of a smooth flat surface must be used. Nets or mesh fencing with a gauge (hole) greater than 5cm x 5cm cannot be used.

### **5.4 Communication**

- 5.4.1 A radio communications system must be installed which is capable of covering the entire course without dead spots from start to finish.
- 5.4.2 Where necessary a radio repeater should be used.
- 5.4.3 A rider information board should be utilised in a prominent location for the display of important event information.

### **5.5 Medical / First Aid**

- 5.5.1 Minimum staff/infrastructure requirements
- 5.5.2 National-level events require the following at a minimum;
- 5.5.3 A minimum of one trained doctor or paramedic to be on-site for the duration of the event. Where possible this doctor should be experienced in emergency medicine.
- 5.5.4 A minimum of two first aid officers per event discipline. This excludes marathon events where additional first aid personnel will be required, at the discretion of the TD or PCP.
- 5.5.5 There must be a clearly defined first aid area in the main event village.
- 5.5.6 The first aid area must be manned continuously throughout the event (for both practice and competition). The first aid area must be obvious and identifiable to all participants.

### **5.6 Minimum Standards**

- 5.6.1 Maps that define access arrangements must be distributed to the first aid person/medical crew.
- 5.6.2 All first aid/rescue personnel must be easily identifiable with an appropriate mark or uniform which is unique.
- 5.6.3 The local ambulance service and the closest hospital must be notified of the race at least 2 weeks before the event date. The local ambulance service must be available to be on the course in case of an accident within 15 minutes.
- 5.6.4 Ideally, motorbikes or quad bikes could be used to quickly access awkward areas. Where possible, paramedics should be ready to ride as a pillion passengers and drivers must be skilled and experienced.

- 5.6.5 Potential hazard areas must be identified and should be accessible by ambulance (four-wheel drive if necessary).

## **5.7 Accident Reporting**

- 5.7.1 A report must be submitted by the organiser to SCF seven working days after the end of the race listing all injuries and treatments rendered with the rider's name and license number.

# **6 Description of Official Duties**

## **6.1 Technical Delegate**

### **6.1.1 General**

- 6.1.1.1 All National Level events must have a Technical Delegate.
- 6.1.1.2 The Technical Delegate will be provided by SCF.
- 6.1.1.3 The Technical Delegate must not be an event participant.

### **6.1.2 Responsibilities**

- 6.1.2.1 Overall responsibility for the race courses and race village design.
- 6.1.2.2 Inspect the venue a minimum of one month before the event. Provide a written report to event organisers following this inspection, no later than five working days from the inspection.
- 6.1.2.3 Conduct a pre-event inspection, a minimum of 24hrs before the start of official practice.
- 6.1.2.4 Provide a report of this inspection to the race organisers and the PCP.
- 6.1.2.5 Oversee any changes required as detailed in the report.
- 6.1.2.6 Liaison between the event organisers and SCF.
- 6.1.2.7 Provide a confidential post-race report.

## **6.2 Event Manager**

### **6.2.1 General**

- 6.2.1.1 The Event Manager will be provided by SCF for all National Series Events.
- 6.2.1.2 From 2018 the Event Manager will be provided by SCF for XCO, XCC, DH, and 4X National Championship Events.
- 6.2.1.3 The host organisation must provide an Event Manager for XCM, and Solo 24-hour Championships Events.

### **6.2.2 Responsibilities**

- 6.2.2.1 Overall responsibility for the event preparation including the event bump in and bump out.
- 6.2.2.2 The organisation and provision of all event infrastructure including but not limited to; crowd control barriers, tents and shelters, food providers, and downhill transportation.
- 6.2.2.3 Liaise with the Technical Delegate or PCP in the set-up of the event village area.

6.2.2.4 Liaise with the Technical Delegate or PCP in the set-up of the course start and finishes and their interaction with the race village.

## **6.3 President of The Commissaires Panel**

### **6.3.1 General**

6.3.1.1 All National-level events must have a PCP.

6.3.1.2 The appointment of the PCP is the responsibility of SCF.

6.3.1.3 The PCP must not be a race participant.

6.3.1.4 The PCP must be a minimum level 2 National Commissaire.

### **6.3.2 Responsibilities**

6.3.2.1 Responsible for the overall competition.

6.3.2.2 Supervises the start arrangements, other Commissaires, the officials, and the results service.

6.3.2.3 Ensures the application and respect of the regulations in all circumstances and collaborates with the Race Director in the conducting of his/her duties.

6.3.2.4 Will discuss any penalties with the appropriate officials.

6.3.2.5 Receives complaints/protests from competitors.

## **6.4 Assistant PCP (Commissaires)**

### **6.4.1 General**

6.4.1.1 The appointment of the Assistant PCP is the responsibility of SCF.

### **6.4.2 Responsibilities**

6.4.2.1 The Assistant PCP is directly responsible to the PCP and will relieve them in their absence.

6.4.2.2 Will assist the PCP in their duties.

## **6.5 Secretary Commissaire**

### **6.5.1 General**

6.5.1.1 The appointment of the Secretary Commissaire is the responsibility of SCF.

### **6.5.2 Responsibilities**

6.5.2.1 Will take responsibility for ensuring the accuracy and validity of the entry process.

6.5.2.2 Ensure the timing system/providers are informed of any entrant/ schedule changes.

6.5.2.3 Collaborate with the Race Director and their team in the delivery of the event.

6.5.2.4 Send results to the UCI dataride.

## **6.6 Start Commissaire**

### **6.6.1 General**

6.6.1.1 The appointment of the Start Commissaire is the responsibility of SCF.

### **6.6.2 Responsibilities**

- 6.6.2.1 Control of the start line and start area.
- 6.6.2.2 Give full start instructions and carry out the start procedure.

## **6.7 Finish Commissaire**

- 6.7.1 **General**
  - 6.7.1.1 The appointment of the Finish Commissaire is the responsibility of SCF.
- 6.7.2 **Responsibilities**
  - 6.7.2.1 Control of the finish line and finish area.
  - 6.7.2.2 Decide on the finish order of riders.
  - 6.7.2.3 Keep a running order of the event finishers

## **6.8 Race Director**

- 6.8.1 **General**
  - 6.8.1.1 All events must have a race director/medical coordinator or chief medic.
  - 6.8.1.2 The Race Director must not be an event participant.
- 6.8.2 **Responsibilities**
  - 6.8.2.1 Responsible to the sanctioning authority and will coordinate the organisation of the race and ensure that adequate personnel for each duty are available.
  - 6.8.2.2 Responsible for setting up the venue and courses or delegating these tasks appropriately.
  - 6.8.2.3 Will ensure that training and competition can be safely held.
  - 6.8.2.4 Will arrange provision of all necessary equipment and facilities for the timing of the event.

## **6.9 Time Keepers – Passing order recorders**

- 6.9.1 **General**
  - 6.9.1.1 All events must have a dedicated time keeper/s.
  - 6.9.1.2 SCF will allocate timekeepers for all National- level events.
  - 6.9.1.3 The timekeeper/s must not be event participants.
- 6.9.2 **Responsibilities**
  - 6.9.2.1 Time each competitor and collaborate with the commissaire at the start and the finish in the completion of their duties.

## **6.10 Course Managers**

- 6.10.1 **General**
  - 6.10.1.1 Each discipline must have an individual Course Manager.
  - 6.10.1.2 Course Managers will be appointed by the host organisation.
  - 6.10.1.3 Each course manager will answer directly to the Race Director and the Technical Delegate or PCP.
  - 6.10.1.4 The Course manager must not be an event participant
- 6.10.2 **Responsibilities**
  - 6.10.2.1 The provision, set up and marking of the race course.
  - 6.10.2.2 Enact on any course changes as directed by the Technical Delegate or PCP.

- 6.10.2.3 Conduct frequent course inspections throughout the event.
- 6.10.2.4 Undertake or delegate any repairs to the course and course marking during the event.

## **6.11 Course Marshals**

### **6.11.1 General**

- 6.11.1.1 The number of course marshals required set by the Technical Delegate or PCP. Course marshals must be over the age of 15 unless approval is given by the PCP for an alteration to this rule.

### **6.11.2 Responsibilities**

- 6.11.2.1 Stationed on course to assist in rider navigation, injury, course closure , and course marking repair.
- 6.11.2.2 Liaises with the commissaire and race director in any injury or emergency.
- 6.11.2.3 Closes the course with the approval of the PCP or Technical Delegate.

## **6.12 Protocol Officer**

### **6.12.1 General**

- 6.12.1.1 The Protocol Officer will be appointed by the host organisation.

### **6.12.2 Responsibilities**

- 6.12.2.1 Responsible for the smooth running of the presentation ceremony.
- 6.12.2.2 Coordinate the official presenters.
- 6.12.2.3 Coordinate the place getters in readiness for the podium.

# **7 Practice**

## **7.1 General**

- 7.1.1 All riders on the course during an event must be registered participants.
- 7.1.2 All riders on course during an event must have an event number plate specific to the event attached at all times.
- 7.1.3 No practicing is permitted on a course while a race is being conducted.

## **7.2 Cross Country Olympic (XCO)**

- 7.2.1 The organisation must make the courses available for practice at least 24 hours before the event.

## **7.3 Marathon Cross Country (XCM)**

- 7.3.1 The organisation should where possible make the courses available for practice at least 12 hours before the event.
- 7.3.2 For XCM events it is appropriate to offer no practice on the race course.

## **7.4 Short Course Cross Country (XCC) and Cross-Country Eliminator (XCE)**

- 7.4.1 The organisation must make the courses available for practice at least one hour before the event.

## **7.5 Enduro**

- 7.5.1 Races courses must be available for practice at least 4 hours before the event.

## **7.6 Cross Country point-to-point (XCP) & Cross-Country Stage Race (XCR)**

- 7.6.1 Where possible a practice session on these courses should be provided.
- 7.6.2 It is appropriate to offer no practice on the race course.

## **7.7 Downhill (DHI)**

- 7.7.1 Practice must be made available at least 24 hours before the event's start.
- 7.7.2 Riders must have access to at least 1-2 hours of practice time.
- 7.7.3 Vehicle up-lift transport to the course start may be provided.
- 7.7.4 Opportunity before practice and competition for an on-foot inspection must be provided.
- 7.7.5 A compulsory practice run must be provided which all riders must complete before the qualifying run.
- 7.7.6 A sticker is to be placed on the rider's number plate after the completion of a run during compulsory practice.

## **7.8 Four Cross**

- 7.8.1 Practice must be made available at least 4 hours before the event start.
- 7.8.2 Riders must have access to at least 4 hours of practice time.
- 7.8.3 Gate starts must be available for at least the last 30 minutes of practice.
- 7.8.4 The course and gate placement can be adjusted during practice up until the last 30 minutes of practice.

# **8 Running the Competition**

## **8.1 Race start grid**

### **8.1.1 Cross-Country Olympic (XCO)**

- 8.1.1.1 The Start grid, ranking order will be in the following order:
- 8.1.1.2 The defending format class National Champion.
- 8.1.1.3 The series leader.
- 8.1.1.4 Riders who have the series ranking.
- 8.1.1.5 UCI ranking.
- 8.1.1.6 All other riders.



### 8.1.2 **Cross-Country Marathon (XCM)**

8.1.2.1 The first 40 grid spaces will be reserved for ranked riders. Riders will be called as follows:

8.1.2.2 The reigning Open National Champion.

8.1.2.3 The Open Marathon National Series Leader, if such a series is held.

8.1.2.4 The current National XCO Champion.

8.1.2.5 The current XCO National Series Leader.

8.1.2.6 UCI ranking.

8.1.2.7 All other riders.

### 8.1.3 **Cross-Country short course (XCC)**

8.1.3.1 Riders will be assembled on the grid utilising a ranking from their fastest lap in the preceding XCO event.

8.1.3.2 Where an XCO event is not held or where riders do not contest such an event, riders will be seeded in the same fashion as in XCO. See article 8.1.1

### 8.1.4 **Downhill (DHI) seeding/qualifying**

8.1.4.1 National level event will hold a seeding round for all downhill classes. Riders will start in number order per category. Category order will be decided by the Technical Delegate or PCP.

8.1.4.2 Number allocation will be as per the Downhill National Series ranking or UCI ranking, followed by random.

### 8.1.5 **Four Cross (4X) seeding/qualifying**

8.1.5.1 The qualifying round must take place the same day as the finals.

8.1.5.2 The qualifying session shall take the form of either:

8.1.5.2.1 A timed run over the course by each rider, or,

8.1.5.2.2 Three or more heats of riders at a time with riders of each heat drawn at random.

8.1.5.3 If there are four or fewer riders in a category, they will proceed straight to finals.

8.1.5.4 When multiple heats are used points are awarded for the place gained in each heat, for example, 1st - 22 points, 2nd - 16 points, 3rd - 11 points, and 4th - 9 points.

8.1.5.5 A list of participants (called the ranking list) will be drawn up based on the following:

8.1.5.5.1 Times achieved for an individual timed run

8.1.5.5.2 The total points gained in the qualifying heats.

8.1.5.6 When multiple heats are used in qualifying the riders in each group of four may choose their starting position in order of their number plate number. The highest placed rider (the lowest number) shall get the first choice and so on.

8.1.5.7 For the finals the riders in each group of four may choose their starting position based on their qualifying rank as listed in the finals list. The top qualifier shall get the first choice and so on.

8.1.5.8 Riders entered who fail to start as prescribed shall be deemed not to have qualified or be relegated.

8.1.5.9 If the four riders fall or fail to cross the finish line in a preliminary round, the winner will be the rider who covered the largest part of the course.

## **8.2 Start Procedure**

### **8.2.1 Cross-Country and other mass start events**

8.2.1.1 Staging of the riders must commence no later than 10 minutes before the scheduled start of the race.

8.2.1.2 A rider briefing may be given on the start line, once all riders are staged. This briefing must be audible by all riders.

8.2.1.3 Start announcements will be made at 2 minutes before the start, 1 minute, 30 seconds, and 15 seconds. The Start Commissaire will then start the race anytime between 15 seconds and 0 seconds. No countdown announcement can be given when less than 15 seconds are remaining.

8.2.1.4 Mass start competitions will be started by an audible device such as starting gun or whistle.

8.2.1.5 All riders must have at least one foot on the ground and may not lean/hold on fences/other infrastructure, or other competitors/bystanders.

### **8.2.2 Downhill and related events**

8.2.2.1 Riders must start with both hands on the handlebar, one foot on the ground and the other foot on the pedal unless special instructions from the Start Commissaire to allow a bike holder.

8.2.2.2 The start procedure should include a 30-second warning followed by 10secs, 5-4-3-2-1, followed by the command 'Go' at the '0 / zero' time.

8.2.2.3 Individual start times may be at 2mins, 1.30, or 1min, but the minimum is at least a 30-second interval gap between riders.

8.2.2.4 If a timing system is used, riders need 'to start/activate' the 'beam/wand/photocell, only with the tip of the front tire/wheel.

8.2.2.5 Any false start will be up to the discretion of the Start Commissaire to give a time penalty.

### **8.2.3 Four Cross (4X) events**

8.2.3.1 Four cross starts should utilise a start gate expressly designed for the purpose. This gate should be electronic where possible.

8.2.3.2 The riders shall start when the order is given by the Start Judge. The sequence of start commands will be:

8.2.3.3 The start calls for gated riders should be; 'OK riders random start, riders ready watch the gate'.

8.2.3.4 If utilising a manual gate, the gate must be activated in a 7-second window from the call 'watch the gate'.

8.2.3.5 Riders must remain in their assigned start lane for 5 metres from the start gate.

- 8.2.3.6 Riders entered who fail to start as prescribed shall be deemed not to have qualified or be relegated.
- 8.2.3.7 Each heat/moto must not be started until all riders from the previous heat have exited the course.

## **8.3 The Race**

### **8.3.1 General**

- 8.3.1.1 Riders must complete the entire distance of the race or as directed by Race Officials.
- 8.3.1.2 Riders must finish with their bicycle at hand.
- 8.3.1.3 The rider's finish is defined by the moment the leading edge of the front wheel crosses an imaginary plane rising vertically from the finish line drawn on the course surface.
- 8.3.1.4 The responsibility for following the official course lies with the rider.
- 8.3.1.5 A rider is not permitted to take any shortcuts or to omit a circuit or take another advantage of a similar nature against opponents.
- 8.3.1.6 If a rider exits the course for any reason, he/she must return to the course where he/she exited. In case a rider fails to return to the course as provided for in this article, the commissaires' panel can disqualify the rider.
- 8.3.1.7 Riders must act in a sporting manner always and shall permit any faster rider to overtake without obstruction at the earliest opportunity.
- 8.3.1.8 Any walking or running of the course is carried out in deference to any riders still riding their bicycles.
- 8.3.1.9 A rider may only change his/her bike between races.
- 8.3.1.10 A rider must not use offensive or abusive language, act in an un-sportsmanlike manner, be disrespectful to the officials, or ignore the race regulations.
- 8.3.1.11 Riders must respect the countryside and ride only on the official course. The rider must avoid polluting the area and must not leave any waste or litter.
- 8.3.1.12 No glass containers of any kind are permitted on or near the race course.

### **8.3.2 Technical Assistance**

- 8.3.2.1 Riders may receive technical assistance only in the designated technical zone/s, provided in cross country and related events.
- 8.3.2.2 Riders may not receive technical assistance of any kind while on the race course.
- 8.3.2.3 Breach of the above rule will lead to disqualification or relegation.

### **8.3.3 Feed and Technical Zone regulations**

- 8.3.3.1 Only have one allocated feeder per rider is allowed in the feed zone. Teams may also utilise one feeder per rider.
- 8.3.3.2 All feeders must have an allocated feed zone pass.
- 8.3.3.3 Feeders must remain behind the second line until their rider is within the sight of the feed zone.

- 8.3.3.4 Riders may only travel in a forward direction in the feed/technical areas.
- 8.3.3.5 Feeders must remain stationary for the duration of the feed.
- 8.3.3.6 Contact between the mechanic/feeder and the rider is only permitted in the technical zone.
- 8.3.3.7 The feeder may only pass items via the hand and may not throw items or place items into/onto the rider's bicycle.
- 8.3.3.8 Water/other liquids are not to be sprayed on the rider.
- 8.3.3.9 No storage of technical equipment is to take place in the feed zone.
- 8.3.3.10 Technical assistance must take place only in the designated technical zone.
- 8.3.3.11 Eyewear may only be exchanged in the technical zone.
- 8.3.3.12 Failure to comply with the above rules will result in relegation or disqualification of the rider.

**8.3.4 Cross-Country Olympic (XCO) rider removal**

- 8.3.4.1 The 80% Rule may be used at National Level XCO Events- any rider falling outside of 80% of the leading time will be removed from the course
- 8.3.4.2 Lapped riders must be pulled from the course.
- 8.3.4.3 Riders lapped or pulled out at 80% will still get a rank.
- 8.3.4.4 Riders that withdraw from their event before being verified by the Commissaires as a lapped rider or an official finisher, are classed as "Did Not Finish" (DNF) and will lose all benefits, such as placing, competition points, and ranking points.
- 8.3.4.5 Riders who voluntarily pull out of the event due to injury, mechanical failure, or otherwise must inform the Race Officials/marshals (also classified as a DNF).

**8.3.5 Cross Country short course (XCC)**

- 8.3.5.1 There should be a minimum of 4 hours of rest between an XCO and the XCC event.
- 8.3.5.2 Race times will be: (Example)
  - 8.3.5.2.1 Men Open: 25 minutes + 3 laps (Maximum total time 30 minutes)
  - 8.3.5.2.2 Women Open: 15 minutes + 3 laps (Maximum total time 20 minutes)
  - 8.3.5.2.3 Men Junior A and B: 15 minutes + 3 laps (Maximum total time 20 minutes)
- 8.3.5.3 Alterations to these race times are permitted at the discretion of the PCP.
- 8.3.5.4 Lapped riders and riders who in high likelihood will soon be lapped must be removed from the course. The decision to remove these riders rests with the PCP.
- 8.3.5.5 At the conclusion of the time part of the race the timers will blow a whistle and display a race lapboard for "3" laps to go. Each lap after this will have the race board displayed with "2" laps and then a "1" lap to go. The timers will also ring a bell when there is "1" lap to go.
- 8.3.5.6 The race ends when the race leader crosses the finish line at the end of the + 3 laps.

- 8.3.5.7 All riders who are still left in the race when the winner crosses the finish line will be recorded in the order they cross the finish line.
- 8.3.5.8 Riders who are lapped or pulled out of the race will have their lap number recorded at the time of their withdrawal.

### 8.3.6 **General Cross-Country events**

- 8.3.6.1 XCO and other general cross-country-related events will be run to the standard guidelines as contained in these regulations.

### 8.3.7 **Downhill (DHI)**

- 8.3.7.1 The seeding and final runs must use a single course/single run format.
- 8.3.7.2 A minimum of 30 seconds must be left between rider race starts.
- 8.3.7.3 Riders are started from slowest to fastest.
- 8.3.7.4 The decision to grant a run is solely at the discretion of the PCP.
- 8.3.7.5 Riders will begin in the direction of the Starter.
- 8.3.7.6 Transportation
  - 8.3.7.6.1 If possible, Vehicle transport should be provided.
  - 8.3.7.6.2 Transportation must not interfere with the course in any way.
  - 8.3.7.6.3 Transport must be capable of transporting at least 120 riders per hour.
  - 8.3.7.6.4 If utilising vehicle transport all riders must have a fixed seat inside the vehicle. No transportation is to take place in the back of routes or via similar means.
  - 8.3.7.6.5 Competitors must not use their own transportation to the course start.

### 8.3.8 **Four Cross (4X)**

- 8.3.8.1 After the qualifying session, the fastest 64, 32, 16, or 8 riders shall qualify for the finals depending on the number of initial entries in each race category. This list of riders is called the finalist list.
- 8.3.8.2 When multiple heats are used to determine the ranking list and subsequently the finalist list riders on the same number of points will be resolved as follows:
- 8.3.8.3 Riders finishing on the same points at the end of qualifying will be seeded based on their overall ranking, Example: Rider number plate 4 would be higher than rider number plate 9.
- 8.3.8.4 Riders who at the end of qualifying are of equal points and at the same number of points that will be used as the cut-off point for the finalist list will be subject a "race off" with randomly drawn gates.
- 8.3.8.5 In addition to the final, a minor final shall be held for the four losers from the penultimate rounds, in order to determine the 5th to 8th placings.
- 8.3.8.6 The riders finishing below 8th place are ranked on the basis of the round which they reached followed by their qualifying time.
- 8.3.8.7 The formula used will be the automatic elimination of the last two riders placed in each group of four. The first and second placed riders shall qualify for the next round. Each group of four riders shall ride only once.

## 8.4 Penalties and Disqualifications

### 8.4.1 Relegation offences

8.4.1.1 Missing a gate, straddling a gate, or failure of the bicycle to pass the gate with both wheels.

8.4.1.2 If a part of the front wheel crosses the start line before the start order.

8.4.1.3 Crossing into another lane or onto the lane line within the first 5 metres of the course.

8.4.1.4 Disqualification offences

8.4.1.5 Endangering another rider.

8.4.1.6 Card procedure

8.4.1.7 Officials will utilise a card procedure as follows;

Card	Offence	Code	Penalty
Yellow	<ul style="list-style-type: none"><li>Breach of regulations – No advantage gained</li></ul>	WRN	No penalty first offence
Blue	<ul style="list-style-type: none"><li>Straddling a gate / missing a gate</li><li>Crossing or riding on the start lane lines</li></ul>	REL	Relegated one or more finish positions
Red	<ul style="list-style-type: none"><li>Endangering another rider</li></ul>	DSQ	Excluded from competition. No rank recorded.

## 8.5 Inclement Weather Protocol

### 8.5.1 General

8.5.1.1 An event should be cancelled or modified in inclement weather in the following circumstances;

8.5.1.1.1 Conducting the event will cause significant damage to and/or an unacceptable level of damage to the venue. Exemptions to this rule may be made at National Level events in conjunction with land managers and owners.

8.5.1.1.2 Conducting the event in the given conditions will pose a significant risk to the participants, race officials, medical staff and the public.

8.5.1.1.3 In areas with strict fire danger protocols that may prohibit the running of the event in certain conditions.

8.5.1.1.4 In any other situation that gives rise for the land owner/manager to prohibit the running of the event.

8.5.1.2 An event may be cancelled during the event by the race organisers, the Commissaire and/or the land manager.

### 8.5.2 Procedure (Pre-event cancellation)

8.5.2.1 The decision to cancel the event must be made with as much notice as possible prior to the event start.

- 8.5.2.2 Where possible, participant should be notified by email or phone prior to the day of the event.
- 8.5.2.3 Any refund or reimbursement to the competitor is entirely at the discretion of the race organisers.

### **8.5.3 Procedure (During event cancellation)**

#### **8.5.3.1 Cross-Country and related events**

- 8.5.3.1.1 The recommended protocol is to place riders in their order at the time of cancellation.

#### **8.5.3.2 Downhill and related events**

- 8.5.3.2.1 Organisers may elect to utilise one of the following protocols:
- 8.5.3.2.1.1 Revert to qualifying results for final standings.
  - 8.5.3.2.1.2 Leave the results as they stand with some riders unable to complete the event.
  - 8.5.3.2.1.3 Cancel the event entirely and omit the awarding of any individual titles or series points.
  - 8.5.3.2.1.4 Postpone the finals to another day/time

#### **8.5.3.3 Four Cross (4X)**

- 8.5.3.3.1 Organisers may elect to utilise one of the following protocols;
- 8.5.3.3.1.1 Revert to qualifying results for final standings.
  - 8.5.3.3.1.2 Cancel the event entirely and omit the awarding of any individual titles or series points

## **9 Presentation Ceremonies**

### **9.1 General**

- 9.1.1 Presentation ceremonies must take place as soon as possible after the completion of an event.
- 9.1.2 Presentation times must be publicised in the event program and over the public-address system.
- 9.1.3 The Protocol Officer will assemble the place getters for the presentation.
- 9.1.4 Any podium competitor who fails to report to the time and place of the presentation will be penalised.
- 9.1.5 All medal presenters will be appointed by the Event Organiser in consultation with SCF.
- 9.1.6 The podium will be organised with the winner in the centre, second place on the left and third place on the right when looking at the podium.

### **9.2 Podium Clothing and Accessories**

- 9.2.1 Riders should present for podiums in their race kit, or in neat attire.
- 9.2.2 Hats and sunglasses may be worn and may be asked to be removed for photographs at the request of event officials.
- 9.2.3 Riders may bring one item of personal sponsor material onto the podium. This may include items such as drink cans, helmets, goggles and flags. These items

must be removed from the podium for photographs at the request of event officials.

- 9.2.4 Modifications to the above rules may be made by the PCP on a per- event basis.

## **10 SCF Code of Conduct**

### **10.1 Purpose**

- 10.1.1 The purpose of Code of Conduct (code) is to describe the type of behaviour that SCF is seeking to promote and encourage its members and supporters to adopt. The code was developed by SCF. The organisation is committed to the promotion of the sport of mountain biking as a positive life model; this code will help set the groundwork in that respect.

### **10.2 Application**

- 10.2.1 The code shall apply to all persons formally associated with mountain biking, within Singapore. It shall apply to:
- 10.2.2 Persons acting for or on behalf of SCF.
- 10.2.3 Athletes, coaches, managers and support staff of SCF.
- 10.2.4 All persons participating in SCF sanctioned events.
- 10.2.5 Officials, Commissaires and support personnel assisting in or conducting SCF events.
- 10.2.6 SCF appointed Delegates and employees of SCF.

### **10.3 Key Principles and SCF wishes to:**

- 10.3.1 operate in an environment where people show respect for others and their property.<sup>1</sup>
- 10.3.2 operate in an environment that is free from harassment.<sup>2</sup>
- 10.3.3 operate in a non-discriminatory environment. Respect the right, dignity and worth of every human being - within the context of the activity, treat everyone equally regardless of gender, ethnic origin or religion.
- 10.3.4 Persons to whom this Code applies acknowledge and agree to comply with the disciplinary and grievance procedures promulgated by SCF. If any disciplinary action is taken, persons directly affected shall be given the opportunity to participate in those proceedings and the right to appeal against any decision against them.

### **10.4 Key Elements**

- 10.4.1 All persons who are bound by this code shall:
- 10.4.2 Act in a manner that is compatible with the interests of the SCF;
- 10.4.3 Accord people involved in mountain biking (and cycling more generally) with the appropriate courtesy, respect and regard for their rights and obligations;
- 10.4.4 Treat people's property with respect and due consideration of its value;



- 10.4.5 Show a positive commitment to SCF's policies, rules, procedures, guidelines and agreements;
- 10.4.6 Respect the law and customs of the places they visit;
- 10.4.7 Respect the confidentiality of information that they receive during fulfilling their duties;
- 10.4.8 Uphold the standing and reputation of mountain biking (and cycling more generally) within Singapore;
- 10.4.9 Not misuse provided funds or property belonging to another party; and
- 10.4.10 Observe and comply with the Anti-Doping Rules set out in the Anti-Doping Singapore Policy SCF website: <https://www.antidoping.org.sg/public/home.aspx>

## **10.5 Unacceptable Behaviour**

- 10.5.1 This list provides examples of behaviour deemed to be unsuitable and not in the best interests of the sport.
- 10.5.2 'Sledging' other athletes, officials or event organisers.<sup>3</sup>
- 10.5.3 Excessive use of alcohol, acting in a way that becomes a public nuisance, or creating a public disturbance.
- 10.5.4 Damaging another person's property or depriving them of that property.
- 10.5.5 Sexual relations between an appointed official and a junior athlete (under the age of consent), irrespective of the wishes and desires of the athlete. In all other cases such relations are strongly discouraged
- 10.5.6 Any physical contact with athletes shall be appropriate to the situation and be necessary for the further development of the athlete's skill.
- 10.5.7 The use or encouragement of the use of banned substances.<sup>4</sup>
- 10.5.8 Statements that are deemed to denigrate the group that an individual is representing.
- 10.5.9 Any type of gambling, betting or organisation of betting at any MTB event, while competing, officiating or undertaking a management role.
- 10.5.10 Any form of harassment.

## **10.6 Officials Code of Ethics**

- 10.6.1 The responsibility for the ethical conduct of mountain bike events rests equally with officials and participants as well as coaches, media, and spectators.
- 10.6.2 The duties of an official carries with it an obligation to perform those duties with accuracy, consistency, objectivity and a high sense of integrity. To preserve and encourage confidence in the professionalism and integrity of mountain bike officiating all officials are expected to follow ethical behaviour.
- 10.6.3 SCF officials expect that:
  - 10.6.3.1 Their health and safety will be considered of paramount importance;
  - 10.6.3.2 They will be treated with respect and openness;
  - 10.6.3.3 They will be appointed to a level of event appropriate to their level of competence; and
  - 10.6.3.4 They will have access to self-improvement opportunities
  - 10.6.3.5 SCF officials will observe and adhere to the following code of ethics:
  - 10.6.3.6 Place safety and welfare of the participants above all else;
  - 10.6.3.7 Accept responsibility for their actions;

- 10.6.3.8 Be impartial;
- 10.6.3.9 Avoid any conflict of interest;
- 10.6.3.10 Be courteous, respectful and open to discussion and interaction;
- 10.6.3.11 Value the individual;
- 10.6.3.12 Seek continual self-improvement through study, performance appraisal and regular updating of competencies;
- 10.6.3.13 Encourage inclusivity and access to all potential participants;
- 10.6.3.14 Be a positive role model in behaviour and personal appearance;
- 10.6.3.15 Refrain from any form of personal abuse to others;
- 10.6.3.16 Refrain from any form of sexual harassment to others; and
- 10.6.3.17 Show concern and caution towards sick and injured participants

- <sup>1</sup> Respect is defined as consideration for another's physical and emotional well-being and possessions, to ensure no damage or deprivation is caused to either.
- <sup>2</sup> Harassment is defined as any action directed at an individual or group that creates a hostile, intimidating or offensive environment.
- <sup>3</sup> Sledging is defined as a statement that is deemed to denigrate and/or intimidate another person, or behaviour likely to constitute emotional abuse.
- <sup>4</sup> The banned substance list is as outlined under current Anti-Doping Singapore listings <https://www.antidoping.org.sg/public/home.aspx>.

## GLOSSARY OF TERMS

**ADS** – Anti Doping Singapore.

**SCF** – Singapore Cycling Federation. Recognised by Sport Singapore as a National Sports Association (NSA) and the UCI as the National Federation (NF) for the sport of cycling.

**TD** – Technical Delegate

**Commissaires panel** - An appointed qualified official/referee/s conversant with the SCF Technical Regulations (in a specific discipline), responsible to hear and make final judgement on all rule violations reported by Race Officials. Responsible for the application and adherence to the rules during an event. National or International level.

**PCP** – President of the Commissaires panel. The main official in charge

**Course** - A forward line of progress from start to finish, which must be clearly marked and measured to prescribed specification.

**Disqualification** - A penalty, which the PCP has assigned as appropriate for the rule violation which has been reported or for which a protest has been upheld. Because of this penalty the competitor will not be given finish times for the event, no account will be taken of the competitor when the places are assessed for any category or for the race, and the competitor's details will not be included in the published race results.

**Event** - The whole set of races that may encompass multiple days.

**Finisher** - A competitor who completes the entire race course within the rules and crosses the finish line, or a vertical extension of the finish line with any part of the bicycle wheel.

**Format** - The type of MTB race. For instance, XC or DH etc.

**Protest** - A formal complaint against the conduct of another competitor or a race official, or against the conditions of the competition.

**Race** - Any one competition of a class within a format at an event.

**Race director** - The person charged with the responsibility of organising the event, and the general running of the event on the day.

**Race official** - Any person authorised to perform an operational, administrative or race judging task to enable the conduct of an event in accordance with the rules outlined in these Technical Regulations. The minimum age for a race official is 18.

**Race Marshal** - A race official who is responsible for maintaining the flow of the event, keeping control of spectators and traffic, or maintaining safety. The minimum age for a race marshal is 15.

**Results** - The timed finish or points awarded positions of all competitors after violation reports have been ruled on, protests and appeals have been heard, and penalties have been awarded.

**Suspension** - A competitor penalised by suspension will not be permitted during the stated suspension period, to take part in any SCF sanctioned event or any UCI sanctioned event or any event sanctioned by a national governing body with the UCI.

**UCI** - Union Cycliste Internationale (International Cycling Union) the international controlling body of cycling, including mountain biking.

## Appendix A

### Helmet Specifications

For Enduro riders are required to wear s Full-Face helmet whilst riding the special stages of the events. Helmets with a detachable mouthpiece are permitted subject to the below conditions. XC/Road style helmets which do not offer full face protection are prohibited in all special stages.

The race director may choose from helmet requirements from the below options. Unless specified by the event organisers, Standard A will be used. All National level events will use Standard B. Events which utilize courses commonly used for Downhill competition should use Standard B.

	Downhill and 4X	Enduro	XC Standard
	All Downhill Events and 4X events.	All other Gravity Enduro events.	All events not requiring Gravity Enduro Standards.
Special or race stages	Full faced helmet	Full faced helmet Or Helmets (only) with detachable mouthpieces will be permitted.	Any helmet
Liaison or non-race stages	Full faced helmet Or Helmets (only) with detachable mouthpieces will be permitted. Or Any open face helmet will be permitted.	Full faced helmet Or Helmets (only) with detachable mouthpieces will be permitted. Or Any open face helmet will be permitted.	Any helmet

## Signage Specifications

The minimum dimensions of directions arrows must be 40 cm by 20 cm and they must not be sited more than 1.5m above the ground.

An arrow is located 10m before each junction, at the junction and 10m after the junction to confirm that the correct route has been followed.

In a potentially dangerous situation, one or more arrows pointing downward are placed 10m to 20m before the obstacle or potential danger, and where the obstacle or potential danger is.

Two arrows pointing downwards are used for a more dangerous situation. A serious hazard requiring great caution must be marked with three arrows pointing downwards.

Copies of the following signs must be used:

