



# ***MOUNTAIN BIKE AUSTRALIA***

## **2015 XCM National Series Rulebook**

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## 1: Description

Cross Country Marathon follows closely to other disciplines of Cross Country, with the major difference being an endurance aspect of a much longer event with less support. Courses will consist of trail ridden only once or up to a maximum of three times.

This format caters to mass-start races known to sometimes have as many as 1,500 participants in the same event.

As an established format the rules for XCM racing are defined in the 2011 MTBA National Technical Regulations.

The rules specified in this rulebook will mostly define amendments and supplementary regulations applicable to the 2011 MTBA National Technical Regulations, and regulations specific only to the series.

## 2: Entry of Events

### 2.1 Racing Licence / Membership

All competitors must comply with the licence regulations and entry requirements put in place by the organiser of each MTBA National Marathon Series. Specific information regarding entry requirements will be posted on each organiser's website and available on [mtb.subaru.com.au](http://mtb.subaru.com.au). It is the responsibility of the rider to check and comply with each MTBA organiser's entry requirements.

### 2.2 Attendance at presentations

Riders must ensure that they are able to attend event presentations, which must include arranging flights to enable them to be present at presentations.

While presentations may occur earlier, it should be assumed that presentations will occur at 3pm from a 9am start.

## 3: Age Categories

### 3.1 Juniors

Open to riders 15 to 18 years old. Based on rider age on the 31 December of competition year. Juniors with full MTBA memberships will accumulate points towards an overall MTBA Junior Cross Country Marathon series winner title but will not be eligible for MTBA series prize money.

In line with the junior participation policy describing race durations and maximum riding time for junior athletes, all Junior events will be half-marathon distance.

### **3.2 Elite Men**

The Elite Mens category will be offered for entry as the highest entry category available, and separate to all other categories. The start wave for Elite Men is to be separate and distinct from all other categories.

Elite Men is offered as full marathon only.

### **3.3 Elite Women**

The Elite Womens category will be offered for entry as the highest entry category available for women, separate to all other categories. Elite Women is offered as full marathon only.

### **3.4 Masters - Full Marathon**

Age classifications for the purpose of masters categories will be based on a riders age at 31st December 2015.

In all events, Masters categories will be offered.

For Women, series categories will be:

Masters 1/2

Masters 3+

For Men, series categories will be:

Expert

Masters 1/2

Masters 3/4

Masters 5+

These categories will have a separate ranking classification based on rider ages as listed in the groups above.

Individual events will also award podium places to the top three riders in each of these categories.

Riders who have participated in an event on the current International UCI Calendar are not eligible to enter Masters categories.

### **3.5 Masters - Half Marathon**

In all events, the following half-marathon categories will be offered:

Sport Women

Masters 3+ Women

Sport Men

Masters 3+ Men

Further categories may be offered for individual rounds, but categories will be merged for the purpose of series places.

There will be no further breakdown of categories for awarding of series places.

Riders who have participated in an event on the current International UCI Calendar are not eligible to enter Masters categories.

## **4: Course**

### **4.1 Structure**

The course may consist of either a single point-to-point course, or of a loop ridden up to a maximum of three times. The course will be between 60 and 120km in length for all categories, however the Elite course must be between 80 and 160km in length.

Because of the potential variation in course difficulty and technical nature, the actual race duration (time) may vary substantially for two courses of the same distance. Courses will generally be designed with an intention that the leading Elite Men riders will complete the course distance in approximately 4h30m, with a preference to not exceeding 5h15m for the winning time.

### **4.2: Directions and Course Markings**

Where different courses are used for the Full, Half and other marathon distances, arrows which are not common to both courses will be in a distinctly different, contrasting colour. It is the responsibility of riders to ensure they follow the correct course.

Where an event follows a lap based format, the use of different courses for categories and race lengths is forbidden as per the MTBA and UCI regulations, and will not occur.

Courses must be marked with some kind of arrow at least every kilometer. Ideally the entire course should be marked so that reflective tape or bunting is visible at all times, such as tied in a knot on a tree.

### **4.3 Safety**

#### **4.3.1 First Aid + Evacuation**

A Medical Plan and location of the First Aid Base will be available at race headquarters.

Medical staff should carry a first aid qualification and meet the standards required in the given territory of the event.

The organiser must supply each competitor with the details of who to contact in the event of an accident on course.

Where a rider believes another competitor is injured on course, they should alert the next race official/marshal they see.

## 5 Competition Requirements

### 5.1 Race Format

The race will be run as a Cross Country Marathon event as per the definition in the 2011 MTBA National Technical Regulations. Rules within this rulebook will override any rules written in the 2011 MTBA National Technical Regulations.

Further changes to rules for individual events must be approved by MTBA.

### 5.2 Training

There will be no requirement or expectation that the course either in full or part will be available for riders to practice prior to the race.

### 5.4 Seeding and Start Order

#### 5.4.1. Category start wave

Categories will start in the following order:

- Marathon - Elite Women
- Marathon - All remaining women

(minimum 30 minute gap)

- Marathon - Elite Men
- Marathon - Masters Men categories. Where categories would exceed 100 riders, this will be in waves.
- If a separate Masters 7+ category is offered, they must start with other Masters 5+ categories.

Where a different loop is used for full-marathon and half-marathon, all waves must be started at least 15 minutes prior to the expected start of the Elite Men finishing the first loop of that course. Waves will only be started after Elite Women if a prologue loop is used which would not hinder womens categories being impeded around the start area.

#### 5.4.2. Seeding

Seeding priority will be given to the following ranges in categories:

- Top 40 riders in Elite Men
- Top 20 riders in Elite Women
- Top 30 riders in Junior Men
- Top 10 riders in Junior Women
- Top 30 riders in all other Mens categories
- Top 10 riders in all other Womens categories

For round 1, the seeding order will be:

- By individual ranking in the 2014 ReallInsurance XCM Series

For all subsequent rounds, the seeding order will be

1. The current XCM Series Leader in that category
2. The current XCM National Champion in that category

3. Top top five placed riders in the series round immediately preceding the current round of the series.
4. Rankings down to the maximum allocated place in the current series standings.

Outside of these positions riders are expected to line up in a self-seeded manner.

#### **5.4.3. Start grids**

A maximum of eight riders will be permitted on each start grid row. Where the start area of the course is not wide enough to accommodate eight riders, this may be reduced down to a minimum of four.

#### **5.4.4. Start wave spacing**

As a guide, a minimum of a three minute gap will be used between waves, allowing time for seeded riders to be called up. An additional 1 minute spacing should be added for every 75 riders in the wave prior. So for example, a category with 220 starters *should* have a 6 minute gap after it. This is to allow the field to sufficiently string out before the leaders of the next group are able to catch the tail of this field.

### **5.5 Result**

#### **5.5.1. Finish Order**

The finish order will be determined by the order of riders crossing the finish line within their category, after adding any penalties incurred. The result of sprints and dead-heats will be determined by an event commissaire using visual observation, finish line camera, or light beam.

#### **5.5.2. Timing - technical requirements and accuracy**

Times generated by electronic timing systems with a timebase determined solely by transponder will not be used to split close finishes.

Start times for a rider must be based on the gun time for that start wave, not the time at which a rider crosses the start line. Should a rider start any time after the start of that wave, their start time will be taken from the time their wave was started by the start judge.

Times generated by timing systems on any segment where a prize is awarded must be derived from a fixed point and must not be derived from transponder activation. If an event is manually timed the finish time may come from a dedicated operator with the sole responsibility of providing time record for every rider crossing the line (eg, a mouse press generating a time record). This must be completely independent to number entry.

#### **5.5.3. Split times, feed zones and marshal points**

A split time must be published for competitors on results at least every 35km of event distance. On a lap-format course this may come from timing at the start/finish area. On a point-to-point course this should occur either at a feed zone or a marshal point.

Manual timing may be used where timing is required to provide spit or sector times throughout the course.



#### 5.5.4. Result publication

Interim results for Elite Men and Elite Women must be published on-site either printed or on a monitor no later than one hour after the first Elite Men riders have finished the race. Results which are published solely to the internet are not a sufficient substitute.

Results for Elite Women and Elite Men must be published online and be available to the general public and media no more than two hours after the final rider has crossed the finish line, unless there is a protest under investigation.

For all other categories, provisional results must be published no more than one hour after the sweep rider has completed their final course check.

### 5.6 Equipment Requirements

#### 5.6.1 Helmets

All riders must wear an AS2063 helmet at all times while on a bike at the event. This includes prior to race start and after the conclusion of the race.

All helmets are required to be presented at registration, where they may be marked with a check seal visible to event officials. The commissaires will decide on the placement of this sticker which is to be common to all competitors at the event.

#### 5.6.2 Rider Equipment

Each rider must be self-sufficient during the entire duration of the race (Food stashes are not permitted – see Section 6). Personal responsibility and self-sufficiency are a large part of the spirit of enduro racing and riders are encouraged to carry adequate equipment for operating in mountainous environments. Each rider should remember that they are solely responsible for themselves but are urged help other competitors on course.

It is **strongly recommended** that all competitors carry:

- Inner tubes/puncture repair kit
- Multi tool
- Basic, well maintained first aid kit
- Food and fluids
- Eye protection (glasses or goggles)
- Emergency contacts supplied by organiser

### 5.7 Equipment

Only one frame can be used by a competitor during a race. Only competitors in Elite Men and Elite Women are permitted to use replacement wheels.

Organisers may elect to mark one or more of the below components with an official seal or marker:

- Swingarm / Rear triangle

- Front triangle
- Both wheel rims

A rider found to be changing bicycles or wheels (except Elite) will be disqualified from the event.

## **5.8 Rendering of assistance**

It is expected that riders participating in all MTBA events 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 have a time deducted from their finish time determined by the commissaires, which will approximately scale to their time within check-points.

## **5.9 Feed and technical zones**

Depending on the course and access to areas, one or more feed and/or technical zones may be provided for competitors to leave feed and/or technical equipment, or access neutral support.

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.

### **5.9.1 Neutral feed/technical zones**

Neutral zones may provide:

- Water
- Water/electrolyte mix
- Food of various description
- Technical assistance of a varying nature

No helpers or spectators are permitted at neutral zones.

What provisions and assistance is available at neutral feed zones will be published by the race organisers at registration.

### **5.9.2 Regular feed/technical zones**

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").

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 labeled, and it is the riders responsibility to ensure items can be identified both by the rider and marshals.

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.

### **5.10 Attendance at presentations**

Non-attendance at presentations will result in forfeiture of prizes. Non-attendance by a rider who inherits the series leader jersey, or repeat offenses, will also result in forfeiture of points from that event.

Riders must be present in race kit at presentations.

Where a rider was required to race in a series leader jersey, they must be present at presentations in their regular race kit, not their series leader jersey.

### **5.11 Series Leader jerseys**

Series leader jerseys are mandatory to be worn at the event following the event where it was awarded to a rider. They may only be worn in the category for which they were earned and do not follow a rider if they elect to enter a different course distance or category at a subsequent event.

### **5.12 Cut-off times**

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.

### **5.13 Early race end due to incident**

In extreme circumstances there may be a requirement to end the race of all riders who have not yet reached a particular point on course, such as due to extreme weather conditions, course blockages, or other uncontrollable events. This is not the complete cancellation or nullification of the race.

Should this occur the chief commissaire may rule that all riders passing the affected marshal point will then be removed from the race. The riders finish order will be recorded and the rider will be recorded as a finisher. Arrangements will be made and instructions given to have affected riders returned to the race village.

## **6 Environmental Rules**

XCM 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.

- No disposable goggle tear offs are allowed to 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.
- 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.

## 7 Rule Violations

The organisers of individual events throughout the series may define more severe penalties for offences. These must be clearly published prior to the start of the event.

### 7.1 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 biking 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.

### 7.2 Missed start

Riders arriving late to the start must follow the starter's orders and join the course when instructed to do so. They may be permitted to start the event late, but their start time will not be adjusted.

### 7.3 Illegal outside assistance

Any competitor receiving outside assistance from either another competitor or a non-competitor 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. See also Food Stashes (Section 6).

Riders drafting or pacing riders in a category other than their own is not permitted. For this reason, Elite Women will begin the race 30 minutes prior to all other categories.

### 7.4 Rule Violation Recording

The MTBA-appointed commissaires are responsible for the application of the rules and the chief commissaire has the final say on all rulings.

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 or protests must be registered with the commissaires within 30 minutes of the last competitor finishing, unless an involved rider is under the attention of medical personnel or drug testing.

## **8 Communication**

### **8.1 Race Information**

The Race Information documents will be made available from the date of race entries opening and will outline the basic format, provisional timetable and protection rules for each event.

Race documents are available on [mtb.subaru.com.au](http://mtb.subaru.com.au)

### **8.2 Rider Info kit**

One week prior to each MTBA event, an Individual info kit will be published. This document will outline the detailed programme, local rules and venue details that every rider must know.

It is the rider's responsibility to download and read the information contained in the event kit. Having not read the rules will not be accepted as an excuse for any rule violation by any rider.

### **8.3 Rider Briefing**

Every MTBA 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. 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 not being permitted to start the event.

## **9 MTBA Cross Country Marathon National Series Points**

### **9.1 Individual Titles**

The MTBA Cross Country Marathon National Series winner title will be awarded to the athlete with the highest amount of ranking points after the final round. The riders best four results of the MTBA Cross Country Marathon National Series will count towards the overall points total.

### **9.2 Series Points**

Points will be awarded for individual categories as specified in Section 3. Other categories which are offered for individual races will not accrue series points.

All rounds count equally towards overall MTBA Cross Country Marathon National Series point scores.

To determine the leading point scorers and ultimate winner of the MTBA Cross Country Marathon National Series, a riders top scores will be calculated from the best four results they have achieved during the series.

In order to be eligible for a final series placing, riders must participate in at least 4 events in the same category throughout the series. This requirement is the same for all categories.

In the event of point scores being equal, the tie will be decide based on the following;

1. The rider achieving the highest number of first place finishes at an event
2. If still tied, achieving the highest number of second place finishes, and so on until the tie is broken
3. If a tie still exists, the tie will be broken by the results in the last round of the series in which either competitor participated.

MTBA Ranking Points will be awarded separately for the following;

- Marathon - Elite Men
- Marathon - Elite Women
- Marathon - Expert Men
- Marathon - Masters 1/2 Men
- Marathon - Masters 1/2 Women
- Marathon - Masters 3/4 Men
- Marathon - Masters 3+ Women
- Marathon - Masters 5+ Men
- Half-Marathon - Junior Men
- Half-Marathon - Junior Women
- Half-Marathon - Sport Men
- Half-Marathon - Sport Women
- Half-Marathon - Masters 3+ Men
- Half-Marathon - Masters 3+ Women

Series points will not be awarded for other categories, including any additional categories run as individual races on a per-event basis.

Where a shorter distance event is scheduled that is not approximately half distance, the next highest distance above 40% should be used. This will be common in a 3-lap marathon, so for example if the "Full" marathon is 3 laps of a 30km course totaling 90km, the "half" marathon distance will be considered to be the 60km distance, even if a 30km distance event is offered.

If categories have alternative names (such as the old MTBA naming convention - Veteran, Masters, Super Masters etc), or there are multiple distance options beyond full and half marathon options, a notice must be posted at registration indicating what the direct mapping between event categories and series categories will be.

### 9.3 Category changes

Where a rider changes category throughout the series due to age calculation dates being enforced differently at events early in the season, riders will be moved in to the older of the categories which they are eligible for when calculating series results.

**Full points table available in Appendix 1**

## 10 Financial Obligations

Overall Series prize money (provided by MTBA)

<b>Elite Men and Elite Women</b>	<b>Prize Money (AUD)</b>
1st	\$5,000
2nd	\$1,500
3rd	\$1000

Individual prize-money per round must be paid equally to Men and Womens equivalent categories.

## 11 Anti-Doping Policy

The MTBA XCM National Series organisers will respect and assist MTBA's operating anti-doping controls at any MTBA XCM National Series event.

Any competitor entering an MTBA XCM National Series event must follow any anti-doping procedure that may be asked of them by an MTBA XCM National Series organiser.

With the interests of keeping enduro mountain biking clean from the start and to avoid the spirit and reputation of enduro mountain bike racing from being brought into disrepute, any cyclist, regardless of cycling discipline, who has previously been found guilty by any court or regulatory body of any use of or involvement with banned, performance enhancing drugs will not be entitled to compete or take part in any MTBA sanctioned event..

Any cyclist prevented from competing or taking part in any MTBA event by virtue of the foregoing paragraph may appeal to the Management Committee of MTBA for exemption from that rule and in exceptional circumstances the Management Committee of MTBA may at its absolute discretion grant such an exemption. However, in the interests of transparency within the sport of enduro mountain bike racing, the Management Committee of MTBA reserve the right to maintain a zero tolerance approach to drug taking in cycling and will communicate any appeal decision publicly.





## Appendix 1 : Points Table - MTBA XCM National Series

Psn	Pts	Psn	Pts	Psn	Pts	Psn	Pts	Psn	Pts	Psn	Pts
1	250	33	168	65	136	97	104	129	72	161	40
2	235	34	167	66	135	98	103	130	71	162	39
3	225	35	166	67	134	99	102	131	70	163	38
4	218	36	165	68	133	100	101	132	69	164	37
5	213	37	164	69	132	101	100	133	68	165	36
6	208	38	163	70	131	102	99	134	67	166	35
7	203	39	162	71	130	103	98	135	66	167	34
8	199	40	161	72	129	104	97	136	65	168	33
9	195	41	160	73	128	105	96	137	64	169	32
10	192	42	159	74	127	106	95	138	63	170	31
11	190	43	158	75	126	107	94	139	62	171	30
12	189	44	157	76	125	108	93	140	61	172	29
13	188	45	156	77	124	109	92	141	60	173	28
14	187	46	155	78	123	110	91	142	59	174	27
15	186	47	154	79	122	111	90	143	58	175	26
16	185	48	153	80	121	112	89	144	57	176	25
17	184	49	152	81	120	113	88	145	56	177	24
18	183	50	151	82	119	114	87	146	55	178	23
19	182	51	150	83	118	115	86	147	54	179	22
20	181	52	149	84	117	116	85	148	53	180	21
21	180	53	148	85	116	117	84	149	52	181	20
22	179	54	147	86	115	118	83	150	51	182	19
23	178	55	146	87	114	119	82	151	50	183	18
24	177	56	145	88	113	120	81	152	49	184	17
25	176	57	144	89	112	121	80	153	48	185	16
26	175	58	143	90	111	122	79	154	47	186	15
27	174	59	142	91	110	123	78	155	46	187	14
28	173	60	141	92	109	124	77	156	45	188	13
29	172	61	140	93	108	125	76	157	44	189	12
30	171	62	139	94	107	126	75	158	43	190	11
31	170	63	138	95	106	127	74	159	42	191	10
32	169	64	137	96	105	128	73	160	41	192	9