

1. COMPETITION

1. All riders must agree to the Waiver and Terms and Conditions of Entry as stated on the online entry form.
2. A rider can only receive Technical outside assistance during a race under the following conditions:
 - a. Authorised technical outside assistance during a race consists of repairs to or the replacement of any part of the bicycle.
 - b. Technical outside assistance shall only be given in the Feed Zone. The Feed Zone location will be determined by the race director and will be indicated by signs.
 - c. Outside of the feed zones, technical assistance is forbidden.
 - d. In the case of a competitor providing assistance to a fellow injured competitor, this would **not** be considered outside assistance. In the case where a competitor's lap time has been affected by providing assistance, the Race Director may, at his or her discretion, alter the overall event results to take this time into account.
3. The rider must complete the entire race on one mountain bike. Any rider who changes bikes during the event will not be eligible for place prizes.
4. Food and drink may only be passed to a rider in the Feed Zone; the Feed Zone location will be determined by the race director and will be indicated by signs.
 - a. Food and drink may be carried by a competitor.
 - b. Glass containers of any sort can never be used by competitors during a competition.
 - c. Competitors may not stop on any other part of the track to receive/collect food and/or drink.
5. Competitors riding bikes have right of way over competitors pushing bikes. Competitors pushing bikes must allow right of way, and not impede competitors who are riding.
6. Competitors must act in a polite manner at all times and permit any faster rider to overtake without deliberately obstructing. Slower riders must allow right of way to riders who are overtaking them. The overtaking rider should indicate the side they intend passing on by calling 'Track Right' or 'Track Left' to indicate which side they will pass on.
7. Short cutting the course will result in disqualification. If a rider leaves the course, they must re-enter at the same point they exited. The responsibility for following the official route lies with the competitor. Not following the official route may result in time penalties and/or disqualification.
8. The course will be marked by 25 x 20cm markers. Where forward pointing markers are placed on either side of the track, this forms a gate. All competitors must pass through this gate.
9. Riders are not permitted to willingly alter the course in any way without first consulting with the race officials. This includes moving rocks, logs or other natural obstacles; tape or course signage.
10. Foul riding or un-sporting behaviour may be grounds for penalty or disqualification. The penalty imposed shall be decided by the Race Director.
11. All appropriate laws and ordinances of the relevant jurisdictions shall be observed by all parties during participation in any event, and while at the event location.
12. Only riders who are nominated at registration are permitted to compete.

13. Any and all protests/anomalies must be lodged in writing with the Race Director within 30 minutes of the competitor finishing the event.

2. TIMING

1. Start sequence/order and format is determined by the Race Director.
2. Competitors must display the race number supplied to them at all times during competition or whilst training on the course.
 - a. The numbers must be displayed by them on the front handle bar, unless advised by the Race Director.
 - b. It is the responsibility of the competitor to ensure the race number is fixed correctly, securely and is visible to the Time Keeper when crossing the start/finish line and lap point.
 - c. The Race Number is not to be defaced or obscured in any way.
3. If a race number is lost the Race Director must be informed immediately.
4. Riders must not try to overtake in the Lap Shute.
5. Riders who suffer mechanical problems and/or injuries may complete the lap on foot with their bike to qualify for a completed lap time.
6. A rider who decides to return to the lap point without completing the full lap will not have a lap time recorded.
7. Once on the course riders must continue in the course direction at all times.
8. All riders who do not finish a lap must advise the Time Keeper as soon as they return to Race HQ.

3. SAFETY

1. Every participant must wear a bicycle helmet that is fastened, fitted correctly and satisfies the current Australian Standard or equivalent when riding a bike anywhere at the event site.
2. Helmets must be worn at all times when riding a bike at the event site. All helmets must have a visible compliance sticker affixed to the helmet.

Equivalent standards are -

- AS/NZ 2063
 - ANSI Z90.4
 - Snell "B" or "N" series
 - ASTM F-1447
 - Canadian CAN/CSA-D113.2-M
 - U.S. CPSC standard for bicycle helmets
 - European CEN standard for bicycle helmets (EN1078)
3. Footwear must be fully enclosed.
 4. The ends of handlebars and any extensions must be solidly plugged to prevent injury.



XC MTB RACE RULES



5. Bikes must be fitted with at least one front and one rear brake, both in working order at the start of an event.
6. All bikes used in the competition must be powered by human power alone.
7. Bikes must use a wheel on both front and back that is no bigger than 73.6 cm (29 inches).
8. The Race Director may at any time prior to, or during an event, shorten, stop or cancel the event where there is a likelihood of serious injury to competitors or bystanders, or damage to the environment. In the case of an event halted due to adverse weather conditions, results are based on the last lap completed by the leaders.
9. In the case where a rider comes across an accident or injury the rider must stop to see if the competitor is OK and if necessary wait until the next rider comes along so that a message can be passed on to the next check point for assistance. You must remain with the injured competitor until assistance arrives.