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# Mountain Bike Race Regulations – REG-004

## INTRODUCTION

To host a sanctioned race event on behalf of the Saskatchewan Cycling Association (SCA), there are regulations that must be adhered to and organizing, and planning needs to occur to ensure a successful event.

The following regulations provide the framework for Mountain Bike racing in Saskatchewan.

## PURPOSE

These regulations are intended to supplement existing Cycling Canada Cyclisme' (CCC) and Union Cycliste Internationale / International Cycling Union (UCI) Regulations and provide a summary of the Mountain Bike Race Regulations of the SCA. It should be noted that the UCI Regulations are a dynamic reference document, and a particular section may be updated at any time during the year. It is recommended SCA members refer to relevant sections on a regular basis through the UCI / CCC websites. All preceding regulations will be considered invalid as of the date of the updated regulation.

The SCA reserves the right to change these regulations at any time.

The regulations contained herein ensure that a well-documented, consistent approach to mountain bike racing competition in Saskatchewan is maintained and will help to ensure that all participants are treated fairly and that the risk of injury resulting from participation is minimized.

## SCOPE

These regulations apply to all club, district and provincial mountain bike racing activities held in Saskatchewan and to National or International level events where noted.

## REGULATIONS

### GENERAL MEMBERSHIP / LICENSING REGULATIONS

Person's racing must be licensed by a SCA / CCC / UCI affiliated cycling association. This applies to national and international level races as well.

**All riders must hold a valid SCA In-Province or UCI license to be eligible to race in any Mountain Bike cycling race event in Saskatchewan and accumulate points and Race Day Wins (RDW) in any BMX race event. Riders must hold a UCI license to race out-of-province.**

See [General Race Regulations](#)

## SANCTIONED RACE REGULATIONS

An **'Expression of Interest'** applications must be completed by the hosting Club and sent to the SCA office for Mountain Bike Sask Cup race series by December 31 for consideration.

As the Mountain Bike Sask Cup Series are not limited in the number of events that can be sanctioned in any Series, in any discipline, Clubs are encouraged to request to host as many events as their goals and resources allow for one season.

Once all **'Expression of Interest'** applications have been received, the Technical Committee will begin developing the SCA Mountain Bike Race Calendar for the Sask Cup Series, and once the calendar has been approved by the Technical Committee, host Clubs will be notified of their event dates and can begin the race sanctioning process and other event planning.

An **'Event Sanction Application'** form must be completed by the hosting Club and sent to the SCA office for Sask Cup Mountain Bike race series at least **45 days in advance of the series or event start**.

For Sask Cup Mountain Bike events, the SCA provides race results and points tally assistance.

See [Expression of Interest Application](#)

See [Event Sanction Application](#)

See [General Race Regulations](#)

## MOUNTAIN BIKE FORMATS

- Cross-country: XCO

There are many other format variations of cross-country and downhill events, plus Four Cross, Enduro, Pump Track, Snow Bike, and E-Mountain Bike. In Saskatchewan, we mainly race the Cross-Country (XCO) format.

## CLASSES

Ability Categories (Includes Provincials)	~ Age	~ Laps
Elite Men	19+	5
Elite Women	19+	4
Expert Men	17+	4
Expert Women	17+	3
Sport Men	15+	3
Sport Women	15+	2
U15 Men	13 - 14	2
U15 Women	13 - 14	2
Novice Men	Any Age	2
Novice Women	Any Age	1
U13 Men	12 and Under	1

U13 Women	12 and Under	1
Beginner Men	Any Age	1

\*Organizers may elect to schedule a modified race prior to the main event.

\*Categories may be combined at Commissaire discretion dependent on the number of registrants in each category.

\*Provincial Championship age categories may be re-instated, instead of ability categories, at the discretion of the SCA Technical Committee.

\*The number of laps may be adjusted at Commissaire discretion dependent on the length of the course.

## Category Placement for First-Time Licensees

First time mountain bike license applicants may choose any category to start in, however once a category is selected the racer must remain there for the season.

## Upgrading

See [Upgrade Policy](#)

## COMPETITION RULES AND REGULATIONS

All races, in all disciplines, will follow the UCI / CCC rules and regulations for that specific discipline, except as modified by this and each specific discipline's document.

See [UCI Regulations](#)

Any modifications made by the SCA to the UCI / CCC regulations will be used at provincial, district, and club races. Such provincial modifications do not apply to national or international races.

While the UCI / CCC reserves the right to modify the regulations at any time during the year, the SCA will use the UCI / CCC regulations published as of January 1 of the current year for the entire calendar season for provincial, district, and club races. Exceptions to this regulation would be any rule modification that relates to athlete equipment and safety.

## Race Personnel

The following personnel are required to run a well-organized, low risk, successful Mountain Bike race.

At club races, a single person can do several of these jobs so long as their ability to perform each task is not hindered (e.g., Commissaire should not also be doing first aid), and some personnel may not be required for events with fewer riders registered. Good judgement is key.

At provincial races, the minimum requirements recommended for race personnel, are a Race Organizer, Chief Commissaire, Race Secretary, Finish Judge, medical support, and marshals.

**Race Organizer:** The person responsible for hosting the Mountain Bike race.

## Commissaires

**Chief Commissaire:** A licensed **Commissaire A** must be present to serve as the ‘**Chief Commissaire**’ and should have a team of licensed Commissaires as assistants. The number of Commissaires required for a Sask Cup race will be decided by the SCA Technical Committee and the Provincial Chief Commissaire for Mountain Bike in consultation with the event Chief Commissaire, keeping in mind the minimum recommended Commissaires required. The Chief Commissaire will inspect the race courses for safety and meets regulations, and post event reporting.

**Race Secretary:** Checks validity of each rider’s race license, ensures that rider is correctly registered, distributes race numbers, ensures that start lists are produced and distributed.

**Finish Judge:** Responsible for final ranking and finish times. Responsible for results production. May be assisted by timing / photo finish operator.

**Medical Considerations:** Medical support is required at all races, whether they be club, district, or provincial race events.

See *Medical Support Policy*

**Volunteers:** Marshals on the course, and to assist with scoring the races, registration, and results posting.

## Results – Protest Period

The protest period for race results will be as follows:

One-day races – 15 minutes after provisional results are posted.

## Equipment

No screws or other homemade method of studded / spiked tire will be permitted.

No traditional road handlebars may be used during mountain bike races.

No E-Mountain bikes are allowed on the course at any time during training and competition during any mountain bike race.

## Race Course

Without prejudice to the relevant legal and administrative provisions and the general duty of care, the organizer shall ensure that the race course or the competition grounds include no places or situations that could constitute a particular safety risk to anyone (riders, attendants, officials, spectators, etc.). (*UCI 1.2.061*)

The course may not be held on or across a frozen body of water.

The course for a cross-country race normally includes a variety of terrain such as road sections, forest tracks, fields, and natural or gravel paths, and includes significant amounts of climbing and descending. Paved or tarred/asphalt roads cannot exceed 15% of the total course.

The course must be wholly rideable even in difficult weather conditions. Parallel sections must be provided on sections of the course likely to deteriorate easily.

Extended single-track sections must have periodic passing sections.

Any wooden bridges or ramps must be covered with non-slip surface (carpet, chicken wire or special anti-slip paint).

## **Start and Finish Zones**

The start zone for a cross-country event (massed start events) must:

- Be at least 6 meters wide for at least 50 meters before the start line
- Be at least 6 meters wide for at least 100 meters after the start line
- For all events the start must be on a flat or uphill section of the course
- The first narrowing after the start must allow riders to pass through together easily

The finish zone for a cross-country event (massed start event) must:

- Be at least 4 meters wide for at least 50 meters before the finish line
- Be at least 4 meters wide for at least 20 meters after the finish line
- Be on a flat or uphill section of the course

Course will be previewed and approved for safety and meeting regulations by the Chief Commissaire before racing begins.

## **Conduct of Riders**

A rider must always act in a sporting manner and must permit any faster rider to overtake without obstructing.

If a rider exits the course for any reason, he/she must return to the course between the same two course markers 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.

The riders must respect nature and must make sure that they do not pollute the course venue.

Anyone who is found to have altered the course has his / her accreditation removed or, in case of a rider, is disqualified (DSQ).

Riders who abandon the race are marked on the result sheet as "DNF" (did not finish) and are not awarded any points for this event.

## **Technical Assistance / Feed Zone**

Authorized technical assistance during a race consists of repairs to or the replacement of any part of the bicycle other than the frame. Bike changes are not permitted, and the rider must cross the finish line with the same handlebar number plate that he had at the start.

Technical assistance can only be given in the feed / technical assistance zones.

Feeding may occur only in zones established by the organizer for that purpose.

No rider may turn back on the course to reach a feed / technical assistance zone. Any rider doing so is disqualified.

## Finish Sprint

Maintain your line in a finish sprint so as not to interfere with another rider – penalty may result in relegation or disqualification.

## Club Racing

The SCA will not assign Commissaires to Club races; however, host clubs should ensure at least one Commissaire is present at all club races.

## COMPLIANCE

All participants must comply with the SCA Code of Conduct. Commissaires must also comply with the SCA / CCC / UCI Commissaire Code of Conduct.

Failure to comply with the Mountain Bike Race Regulations may result in disciplinary action, up to and including loss of race sanctioning privileges or loss of a Commissaires' license.

A sanction may be withdrawn, or Commissaire license suspended / revoked, if in the opinion of the Technical Committee, the sanction holder does not respect the responsibilities and conditions as set out by the race sanction, race regulations, and / or takes action considered contrary to the development of cycling in Saskatchewan.

Furthermore, a Provincial or District Race sanction may be withdrawn the day of the race by either the VP Technical, Provincial Chief Commissaire or the event Chief Commissaire, should the conditions of the sanction and / or Race Regulations not be satisfied.

## DEFINITIONS

<b>Term</b>	<b>Definition</b>
<b>SCA</b>	Saskatchewan Cycling Association.
<b>UCI</b>	Union Cycliste Internationale / International Cycling Union.
<b>CCC</b>	Cycling Canada Cyclisme'.
<b>Commissaire</b>	Commissaires are the sports officials that supervise races in each cycling discipline. Their responsibilities are to ensure a safe and fair play competition, in accordance with SK / CCC / UCI Rules and Regulations.
<b>SCA Provincial Chief Commissaire</b>	Elected or appointed person in charge of Commissaires in Saskatchewan for each discipline – Road / CX, MTB, and BMX.
<b>Sask Cup Races</b>	Series of SCA sanctioned Provincial races, culminating with the Grands and Championship races. Series points are awarded for achievement and upgrading. Medals and prizes may be awarded

	by the SCA. Clubs apply to host Sask Cup races and the schedule is determined by the SCA Technical Committee.
<b>District Races</b>	Series of SCA sanctioned Provincial District races within each district in Saskatchewan (Saskatoon and Regina). Series points are awarded for achievement and upgrading. Medals and prizes may be awarded by the District Clubs. Each District Club determines the schedule for their Club and notifies other Clubs.
<b>Club Races</b>	Series of Club members only races as determined by each Club. No district or provincial points are awarded at Club races.
<b>Sanction</b>	Official permission given to an organizer by the Saskatchewan Cycling Association (SCA) to hold an event. The sanction recognizes the validity of the Organizer and the race and offers protection under SCA insurance.

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