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Nepal Cycling Association

REGULATIONS: MOUNTAIN BIKING

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MOUNTAIN BIKING SPECIFIC REGULATIONS

Note:
The following regulations are specific to the mountain bike disciplines of Nepal Cycling Association (NCA).

Note to Organizers:

These regulations have been adopted and amended from the UCI General Regulations in an effort to bring the National Points Series/National Championships & NCA sanctioned events up to international standard. NCA wishes to seek an overall improvement in the standards of all events and courses to prepare riders for competing against the best in international races. Full compliance with the standards will initially be expected only from National Championship and National Points Series events, with NCA and its officials in the short term operating a flexible approach to a wider application of the standards by other organizers. **The only exception to this will be regulations relating to the safety of competitors and others involved in any promotion.**

Note to Competitors:

UCI Regulations may change at any time during the year and these will subsequently alter the NCA Regulations. Details of any changes made since the printing of this Rulebook will be shown on the NCA Website, NCA's social media page or may be obtained from NCA office.

1.0 LICENCES AND RIDER CLASSIFICATION

1.0.1 A licence conforming to the general regulations of the U.C.I. will be issued by NCA to all Mountain Bike competitors as required.

1.0.2 Only licences conforming to U.C.I. regulations are acceptable in NCA Sanctioned competition.

1.0.3 Licences are valid for each calendar year and must be presented at registration by all riders to qualify for medals at National, Regional Championships, or ranking points from any NCA sanctioned event.

1.1 Age Categories

1.1.1 A rider's age category is determined by the age of those competing as defined by the difference between the year of the event and the year of the birth of the rider.

1.1.2 Age categories for men and women are:

| | |
|-----------------|---|
| Fun | till 12 th birthday |
| Juvenile | From 12 th birthday to 14 th birthday |
| Youth | From 15 th birthday to 16 th birthday |
| Junior | From 17 th birthday to 18 th birthday |
| Senior | From 19 th birthday to 29 th birthday |

N.B. All Male and Female Senior age riders, may be further categorized into 'Ability' groupings as follows: Sport, Expert and Elite

Master From 30th birthday to 39th

Veteran From 40th birthday to 49th birthday

Grand Veteran From 50th birthday to 59th birthday

Super Veteran From 60th birthday onwards

1.1.3 In National Championships and NATIONAL POINTS SERIES events, Veteran or Junior riders may only ride in the Senior category, on the agreement of NCA.

1.1.4 Licensed Juveniles may compete in the Youth Category but must obtain written clearance of NCA. Send details of competition record and any other supporting material to NCA HQ.

1.1.5 Each category should normally have a different time of start, but for minor races smaller numbers may allow for the mixing of categories without detriment to the standard and quality of event.

1.1.6 All promoters are encouraged to hold short course XC (XCC) within their race program as an event for Under 12's, which should take place on a shortened course in close proximity to the main start and finish area.

2.0 THE BICYCLE

2.0.1 NCA in no way wishes to constrain the natural evolution of the mountain bike in any recognized discipline. To this end there is only one requirement; that the bicycle is solely human powered. Any bicycle used in competition must be capable of safely and efficiently completing the task and must, as a minimum, be mechanically sound, have efficient brakes on all wheels and all reasonable steps must be taken to ensure the safety of the rider and others. As part of the latter, bar plugs are compulsory.

2.0.2 If, in the opinion of a scrutineer and/or commissaire, a bicycle fails to meet the above criteria the rider must take immediate steps to ensure the necessary steps are taken to remedy the shortcomings and ensure the Scrutineer/Commissaires requests are met. Failure to do so will result in exclusion from the competition.

2.0.3 All bikes must use a wheel at the front and the back which is no larger than 26" in diameter.

2.0.4 The use of radio links or other remote means of communication with riders is forbidden.

2.0.5 The use of tires fitted with spikes and screws is not permitted.

3.0 CLOTHING

3.0.1 Advertising on a competitor's clothing shall be allowed with the exception of the National Champion's jersey which is presented on the podium.

3.0.2 Replicas of the National Champion's jersey may be made in conformity with the relevant NCA regulations. The advertising area sizes and limits allowed on the National Champion's jersey in all categories are as stated in the General Regulations of NCA.

3.1 Wearing the National Champion's Jersey

- 3.1.1 The jersey must be worn during racing and on the podium at all national and international events other than when the rider competes as a member of a Nepali representative team. i.e. Olympic, World or European Championship events. The only other exception will be if the National Champion wins the leader's jersey of a stage race, particular international competition or series, or the World or Olympic Champion's jersey.
- 3.1.2 The National Champion's jersey may only be worn in the category and in the discipline of competition in which it was won.

3.2 Helmets

- 3.2.1 It is compulsory to wear a protective helmet when racing or training on the course and such helmet must comply with the required safety standards defined in the General Regulations.

4.0 COURSE AND FACILITY REQUIREMENTS

4.1 Start and Finish

- 4.1.1 The start and/or finish banners must be placed immediately above the start and finish lines (minimum clearance 2.6 meters) and cover the whole width of the riding surface.
- 4.1.2 The finish will be judged by a perpendicular line drawn from the front of the tyre of the front wheel to the finish line.
- 4.1.3 The riding area at the start for events where riders start in groups must be:
 - 4.1.3.1 At least 8 metres wide for a minimum distance of 30 metres before the line.
 - 4.1.3.2 At least 8 metres wide for a minimum of 100 metres after the line.
 - 4.1.3.3 Either on the flat or climbing for a minimum of 1000m, or 5 minutes after which the riding area may narrow.
- 4.1.4 The riding area at the finish for events where riders may finish in groups must be:
 - 4.1.4.1 At least 4 metres wide for a minimum distance of 50 metres before the finish line.
 - 4.1.4.2 At least 4 metres wide for a minimum distance of 20 metres after the finish line.
 - 4.1.4.3 Either on the flat or climbing.
- 4.1.5 Barriers must be erected for a minimum of 50 metres before and 50 metres after the start line on both sides of the course. There must not be any obstacles which might cause a crash or any chance of collision between the riders in the start and finish areas.
- 4.1.6 For Downhill events the start area must be at least 2 metres wide and the finish area must be at least 6 metres wide.
- 4.1.7 Ideally, individual Cross Country and Downhill courses must be apart and should not have common trail. If, however, they do share common trail, exclusive training periods must be allocated on each course

4.2 The Course

- 4.2.1 The course of a mountain bike race should include, where possible, forest roads and tracks, fields, earth or gravel paths. Paved or tarred/asphalt roads should not exceed 15% of the total course.
- 4.2.2 The course must be free of all obstacles which have not been planned and/or notified to the riders.
- 4.2.3 The course must be marked every kilometer by a sign indicating the distance yet to be raced. Furthermore, the last kilometer must be marked with a sign clearly indicating that only one kilometer of the course remains.

4.3 Artificial Obstacles and Jumps

- 4.3.1 Organizers and course designers should consider the possible legal implications of constructing an obstacle or including a jump on a mountain bike course. This is particularly important where the use of an obstacle, artificial or natural, may lead to either or both of the bicycles' wheels leaving the ground.
- 4.3.2 If jumps are used, three areas are critical:
- 4.3.3 Approach zone - This should help the rider to approach and execute the jump with a minimum of rotational forces in the horizontal or the vertical planes, allowing him to concentrate on one task: the jump. For this, the approach must be in a straight line for a minimum distance - corresponding to the size of the jump (guideline chart needed) - and have a distinctly smooth surface.
- 4.3.4 Take-off zone - This is critical. The ground surface should be smooth. This means free of features that could obstruct one of the wheels. Take-off point should be a rounded design. Avoid sharp edges, lips, rapidly changing gradients (specify range and example diagrams).
- 4.3.5 Landing zone - As in skiing and BMX, flat landings are considered to be dangerous. The landing zone should be designed to reduce impact forces when the wheels contact the ground. Flat landings and landing sloped back towards the take-off present an unacceptable hazard. The landing zone must be clear of obstructions, have a stable surface and be inclined away from the obstacle at an angle that should be not less than approximately 15 degrees to the horizontal.
- 4.3.6 Organisers must draw the attention of Commissaires to jumps and man-made features for approval.

4.4 Facilities

- 4.4.1 The race organiser must set aside an area near the staging area where riders may prepare themselves for the event.
- 4.4.2 The Commissaires must be provided with a suitable covered area for their work, close to the start and finish lines.
- 4.4.3 The race organisation, including registration and results service (secretariat) will be situated in a closed and covered area.
- 4.4.4 Safety systems, including first aid evacuation arrangements will be installed in order to give assistance to all riders at all points of the course with the least possible delay.
- 4.4.5 Only essential vehicles of the organisation, security, safety and the media where applicable are permitted access to the course.
- 4.4.6 The race organisation must provide radios for each of the Race Commissaires. Desirably radios should have one channel available for the exclusive use of the Race Commissaires, which also provides contact with the Race Director.

5.0 DESCRIPTION OF OFFICIALS DUTIES

5.0.1 The Technical Delegate

- 5.0.1.1** For National Championship, NATIONAL POINTS SERIES, and other major sanctioned events, this person will be appointed by NCA.
- 5.0.1.2** For all other sanctioned events, the appointed Race Commissaire will also perform in advance of, and on race day, the task of Technical Delegate.
- 5.0.1.3** The person appointed will be responsible for the technical aspects of the event and is the liaison between NCA, HQ and the organisers.
- 5.0.1.4** They will arrange as necessary for an advance inspection of the site and course, meet with the organisers, and make a site inspection report to NCA and provide a copy of this report to the organiser.
- 5.0.1.5** Oversee and follow up with the organiser in the lead up to the event to ensure the recommendations from the site inspection report have been implemented as appropriate.
- 5.0.1.6** For all National Championship, NATIONAL POINTS SERIES and other major sanctioned events, the person appointed will be on site 24 hours prior to the opening of the registration of the event and carry out an inspection of the venue and courses in conjunction with the Chief Commissaire and the organiser before any official training or racing commences.
- 5.0.1.7** On the commencement of the first official training session, the responsibility for the conduct of the competition is assumed by the Race Commissaires.
- 5.0.1.8** The person appointed will also co-ordinate the team manager/rider meetings, which will be chaired by the Race/Chief Commissaire.

5.1 The Race Commissaires

5.1.1 For International Events

- 5.1.1.1** For events listed on the international calendar, the Race Commissaires will be appointed in accordance with the requirements of the U.C.I.

5.1.2 For National Championship, NATIONAL POINTS SERIES and other major sanctioned events

- 5.1.2.1** For National Championship, NATIONAL POINTS SERIES and other major sanctioned events the Race Commissaires will be appointed by NCA, from the list of UCI or National Mountain Bike Commissaires. Three Commissaires will normally be appointed to each race within the above grouping, to undertake the designated roles as follows: Chief Commissaire, Start Commissaire and Finish Commissaire.

5.1.3 For all other sanctioned events

- 5.1.3.1** For all other sanctioned events the Race Commissaires will be appointed by the Commissaire Co-ordinator for the Region in which the race takes place, from the list of UCI or National Mountain Bike Commissaires. One Commissaire MUST officiate at all such races, but dependent upon local course circumstances, the person responsible for appointments may require additional Commissaires to be in attendance.

5.1.4 Role of the Race Commissaire

- 5.1.4.1** He/she is responsible for the sporting aspects of the overall competition. Supervises the start arrangements, the officials, any other Commissaires in attendance, confirms the result and oversees the publication of the official results. Ensures the application and respect of the regulations in all circumstances and collaborates with the Race Director in the completion of his/her duties. Will discuss with appropriate officials any incidents that occur, and impose any penalties that may be required. Receives complaints from competitors.

5.2 Marshals

- 5.2.1** The race organisation must provide enough marshals and others to assist the Race Commissaires in their duties and to ensure the safety of the riders and spectators.
- 5.2.2** All Marshals and other persons must be properly briefed and issued with course maps which provide simple reference points for locating accidents, and be capable of competently performing the role required of them.
- 5.2.3** Marshals must be positioned to provide sufficient radio control points along the course.
- 5.2.4** They should each have food, drink, appropriate clothing, a whistle, and where appropriate, a radio.
- 5.2.5** They should be easily identifiable with a distinct mark or uniform.
- 5.2.6** All spectator crossings must have at least two marshals - one on each side of the course - to ensure that spectators can safely cross the course.

5.3 Timekeepers

- 5.3.1** Timekeepers will time each competitor and collaborate with the Commissaires at the start and the finish in the completion of their duties.

5.4 Race Director

- 5.4.1** The Race Director will co-ordinate the organisation of the race and ensure that adequate personnel for each duty are available.
- 5.4.2** Will ensure that training and competition can be safely held.
- 5.4.3** Will arrange provision of all necessary equipment and facilities for the event.

6.0 IDENTIFICATION OF RIDERS IN TRAINING AND IN COMPETITION

6.0.1 Competitors must fasten numbers supplied by the Race Organisation as follows:

- 6.0.1.1** One number to be placed on the front of the bike - the Front Number Plate. This number MUST be displayed before any rider is allowed on the course at any time.
- 6.0.1.2** All figures must be a consistent width and legible.
- 6.0.1.3** The outside dimensions of all number plate must not exceed 18 cm by 18 cm.
- 6.0.1.4** Only the organisation may place advertising on the Front Number Plate, 6.0.1.5 Advertising on the front number plate must not exceed 6 cm maximum height
- 6.0.1.6** The background colour of all Elite category number plates will be white with the figures in black (exceptions can be made, but visibility must be assured).
- 6.0.1.7** Race numbers must be waterproof.
- 6.0.1.8** Riders must not cut, fold or mutilate race numbers.
- 6.0.1.9** Number plates used during the hours of darkness must be easily identifiable to aid event officials.

7 MOUNTAIN BIKE COMPETITION TYPES

7.0 Cross Country Racing:

7.0.1 Cross Country Circuit Racing or "XCO"

7.0.1.1 Each lap should be between 5 and 9km in length or 18-25 minutes in duration for Elite Men and should ideally form a cloverleaf. The number of laps to be completed will vary from category to category.

7.0.2 Cross Country Point to Point Racing or "XCP"

7.0.2.1 The course should be a minimum of 25 kilometres and have appreciable height variations. Group or single (time trial) starts are possible. The course will normally start in one location and finish in another, though the same start and finish area of a large loop will be permitted.

7.0.3 Cross Country Short Course Racing or Criterium "XCC"

7.0.3.1 An SC course should be a maximum of 4 kilometers per lap with a winning time of between 30 and 60 minutes. The start and finish should be in the same area. Natural and/or artificial obstacles will only be allowed if they are safe. Depending on the course, a maximum number of competitors in each race may be set by the Technical Delegate.

7.0.4 Cross Country Endurance and Marathon Racing or "XCM"

7.0.4.1 Any long distance event held over one or more days, but falling outside the definition of a stage race. Such events may be contested by individuals and/or teams, and the duration of which may be a predetermined period of time; or completion of a number of differing tests incorporating trials (bike handling), skills (mechanical problem solving), trail (map reading), and speed (physical endurance sections). Full Championship distance shall be a minimum of 60km

7.0.5 Cross Country Time Trial or "XCT"

7.0.5.1 The circuit for a Cross Country Time Trial shall be a maximum of 15km.

7.1 Downhill or "DH"

7.1.1 A downhill course will contain a maximum of 3% paved and/or tarred/asphalt surface and should be all downhill. The course should be a mixture of single track, fire road, field tracks, forest tracks, and rocky tracks. There should be a mixture of rapid and slower technical sections. There should be little emphasis on pedalling, but rather the technical skills of the riders should be tested.

7.2 Hill Climb or "HC"

7.2.1 A point to point course containing at least 80% of uphill riding. Group or single (time trial) starts are possible. The course starts in one location and finishes in another at a higher elevation.

7.3 Stage Races or "SR"

7.3.1 An event judged on total time/points resulting from several races of the same or differing disciplines of racing over three or more days.

7.4 Urban Races "XCU & DHU"

7.4.1 Urban Downhill (DHU) and Cross Country (XCU) races utilise off road, paved and asphalt surfaces and may also include man made obstacles. Events held on public roads are required to follow highway regulations and all relevant bye-laws.

8.0 GENERAL COMPETITION REGULATIONS

8.1 Preliminaries

8.1.1 The Technical Delegate or Race Commissaires will check that the course is correctly marked and safe. A report of this check will be made to the Race Director.

8.1.2 The Race Director and Technical Delegate may restrict the periods during which access to the course is available to competitors prior to racing commencing. However, no training is permitted on the route while a race is in progress.

8.1.3 Only riders and officials wearing a helmet, and displaying a valid Number Plate on the front of the bike, will be allowed onto the course during official training periods.

8.1.4 The list of competitors must be finalized before the race starts and will ensure the team, category, type of race, distance, start time and, if appropriate, the start order.

8.1.5 The race route is fixed before the start and each rider must have view of a map of the route when signing on.

8.1.6 An organiser may determine specific regulations for their event, but these must not conflict with any mandatory elements of the technical regulations of the governing body. All such specific regulations together with any possible last minute changes to race procedures must be advertised and made known to the riders before the start of their race.

8.1.7 Wherever practical all races should be subject to start order based upon series, national or other available ranking lists. For all events on the UCI calendar it will be compulsory for the most current UCI ranking to be used to compile the start order before applying any other ranking list."

8.2 The Start

8.2.1 The start briefing will be given to all starters on the line by the Race/Start Commissaire and must include the following elements:

- That the competition is run to NCA Rules
- A briefing as to the hazardous nature of mountain biking
- A description of any obstacle deemed unusually hazardous by the Race Organiser and the Race Commissaire
- A description of the Feed Zone if appropriate & confirm no. of laps and how start and/or restart will be sounded

8.2.2 Prior to the start of a mass start race a tape or ribbon will be held across the start line, behind which the riders will line up as they are called.

8.2.3 As a minimum for mass start events, start announcements will be made at 5, 4, 3, 2 minutes before the start, 1 minute, 30 seconds and 15 seconds. The Race/Start Commissaire will then start the race somewhere between 15 seconds and 0 seconds. No countdown announcement can be given when there are less than 15 seconds remaining.

8.2.4 In mass start events, the tape or ribbon used at the start must be raised at the 30 seconds start announcement.

8.2.5 Massed start competitions will be started by an audible warning such as pistol or whistle which will be sounded by the Race/Start Commissaire.

8.2.6 Riders who jump the start will be penalised.

8.2.7 The Race/Start Commissaire can declare a false start if one or more riders will have been placed at a disadvantage.

- 8.2.8** It is recommended that the Race/Start Commissaire is in control of the public address system from two minutes prior to the start, until the start has been completed.
- 8.2.9** In mass start events the Race/Start Commissaire will declare if a false start has taken place. This will be announced as previously advised to competitors. This must be immediately followed by an announcement by the Race/Start Commissaire that a false start has been declared.

8.3 The Competition

- 8.3.1** Riders must complete the entire distance of the race and the responsibility for following the official route lies with the rider.
- 8.3.2** A rider is not permitted to take any shortcuts or to omit a circuit or take other advantage of a similar nature against opponents.
- 8.3.3** If a rider exits the route of the course for any reason, he/she must return to the course at the exact same point from which he/she exited.
- 8.3.4** Any walking, running or riding by a rider which is carried out without the intention of directly re-joining the course, or other activity in breach of the regulations, which takes place outside of the marked course area, may result in disqualification.
- 8.3.5** A rider cannot receive any technical assistance along the course from anybody including competitors, other than as permitted in UCI regulation 10.4.
- 8.3.6** A rider may only change his/her bike between races or stages.
- 8.3.7** A rider or helper must not use offensive or abusive language during the race, act in an anti-sporting manner, be disrespectful to the officials or ignore the race regulations.
- 8.3.8** A rider must act in a polite manner at all times and permit any faster rider to overtake without obstructing.
- 8.3.9** Riders must respect the countryside and ride only on the official route. The rider must avoid polluting the area and must not leave any waste or litter.
- 8.3.10** No glass containers of any kind are permitted on or near the race course.
- 8.3.11** In Cross Country, Four Cross and Downhill events, headphones or communication devices are not permitted. For off road endurance events, the use of one earpiece is allowed as long as this does not impede or restrict the rider's concentration and awareness.

9.0 DISCIPLINARY PENALTIES

- 9.0.1** The penalties applicable to anti-doping infractions are dealt with in the NCA and U.C.I. Anti-Doping Regulations.
- 9.0.2** Illegal repairs to the bike, change to the bike, unauthorised feeding or any assistance received from any external source will result in disqualification.
- 9.0.3** Jersey pulling, pushing or pulling another competitor (whether given or received), leaning on another competitor (except Dual/Four Cross), irregular assistance between riders of different teams may lead to relegation in the results and repeated occurrences may result in disqualification.
- 9.0.4** Obstruction of any rider in the final sprint, unsporting conduct towards another rider with the intention of restricting movement, taking a shortcut, substitution for another rider, taking both hands off the handlebars in the final sprint may result in relegation or disqualification.
- 9.0.5** Indecent conduct or foul language, disrespect to officials and/or to the public will be penalised. Repeated occurrences may lead to disqualification and a severe offence may justify a recommendation for suspension.
- 9.0.6** Fighting between competitors or with an official or member of the organisation or public will be penalised by disqualification and exclusion from the result. A severe offence can justify a recommendation for suspension.
- 9.0.7** NCA will respect suspensions imposed on riders by other affiliated Organisations and other Federations.

9.1 The Penalties Applied

- 9.1.1** Penalties can be imposed according to the nature of the offence and one or more of the following can be used:

- Verbal warning.
- Written Warning
- Fine. (Minimum Rs.200)
- Relegation of position (by one or more positions)
- Time or points penalty
- Disqualification
- Suspension

- 9.1.2** A NCA penalty form will be used by Commissaires for all penalties.

- 9.1.3** When an offence is committed, the Chief Commissaire will inform the rider of the penalty. If he/she cannot inform the rider, he/she will inform a delegated representative of the rider.

9.2 Protests

- 9.2.1** Any rider who considers he has been prejudiced by any action during the competition may submit a protest to the Chief/Race Commissaire after he/she has crossed the finish line. The rider must submit his/her protest in writing and it must be signed and presented within 15 minutes of the end of his/her race along with a fee of Rs.50 to the Chief/Race Commissaire. The Chief/Race Commissaire will send any funds collected in the form of fines and protests to NCA headquarters together with their event report.
- 9.2.2** A protest against results must be submitted in writing and it must be signed and presented within 15 minutes of posting of results along with a fee of Rs.50.
- 9.2.3** If a protest involves one of the top five finishers, the awards ceremony will be delayed until the decision is reached.
- 9.2.4** The decisions of the College of Commissaires/Chief Commissaire on the day in relation to the interpretation of the Technical Regulations; necessary disciplinary action and upon any protests received in accordance with the above will be final.
- 9.2.5** Ignorance of the regulations is not admitted as an excuse.

10.0 GENERAL CROSS COUNTRY REGULATIONS

10.1 Course Design Parameters

- 10.1.1** The course must be 100% rideable regardless of the terrain and weather conditions. Brief and unavoidable dismounts may be approved by the Technical Delegate and/or the Race Commissaire.

- 10.1.2** The optimum winning time for a Cross Country Circuit race should be within the following range (in hours and minutes) or as close as possible to. *Minimum time for a Class 1, Class 2 or Class 3

event on the international calendar. In the event of very severe weather conditions, the president of the Commissaires panel shall aim for a race time as close as possible to the minimum time.

| | Minimum | Maximum |
|--------------------|---------------------|---------|
| Junior Men | 1.30 (1.15*) | 1.45 |
| Junior Women | 1.15 (1.00*) | 1.30 |
| Senior Men U23 | 1.45 (1.15*) | 2.00 |
| Senior Women U23 | 1.30 (1.15*) | 1.45 |
| Senior Men Elite | 2.00 (1.30*) | 2.15 |
| Senior Women Elite | 1.45 (1.30*) | 2.00 |
| Masters Men | 1.45 2.00 | |
| Masters Women | 1.30 1.45 | |
| Veteran Men | 1.30 2.00 | |
| Veteran Women | 1.15 1.45 | |

10.2 Course Marking

10.2.1 The course must be marked and indicated according to the following system:

10.2.2 The course direction arrows will be printed in a contrasting color (black, blue, red) on a white or yellow background.

10.2.3 They will have a minimum height of 20 cm and a minimum length of 40 cm.

10.2.4 They will indicate the route to be followed showing changes of course, intersections, and all potentially dangerous situations.

10.2.5 They will be placed at frequent intervals along the course to confirm to the rider that he/she is following the correct course.

10.2.6 Arrows should be placed on the riders' right hand side of the course, except for right turns where arrows will be placed on the riders' left hand side. They must be placed no higher than 1.5 metres off the ground.

10.2.7 Each intersection will be marked by an arrow placed 10-20 metres before the intersection.

10.2.8 Another arrow will be placed at the intersection.

10.2.9 Another arrow will be placed 10 metres after the intersection to confirm the correct route.

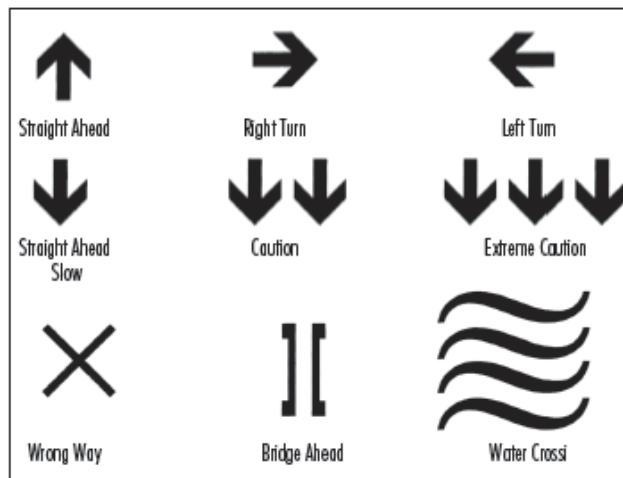
10.2.10 A sign "X" will be positioned within easy eyesight to mark the wrong direction.

10.2.11 In all potentially dangerous situations, 1 or more arrows will be placed upside down 10-20 metres before the obstacle, or dangerous situation.

10.2.12 Two or more upside down arrows mean a more dangerous situation.

10.2.13 Three or more upside down arrows means a most dangerous situation, proceed with caution.

10.2.14 Replicas of the following signs must be used:



10.2.15 In areas where there are steep and/or potentially dangerous downhill sections cross country courses must be additionally marked as follows:

10.2.16 With bamboo, plastic fence posts or ski slalom gates (PVC piping) with a height between 1.5 and 2 metres.

10.2.17 In high speed sections of the course, as deemed appropriate by the Technical Delegate and the Chief/Race Commissaire, the course should be taped off. (The tape should be positioned on the ski gates/piping at a height which does not interfere with television shots - usually at 50 cm from the ground.)

10.2.18 In appropriate areas, such as walls, on course tree stumps, on course tree trunks, hay bales or padding adequate to protect the riders must be used. Such protective measures must not restrict the ride ability of the course.

10.2.19 In appropriate areas, such as along the edge of steep drops, catch nets which comply with ski federation norms must be used.

10.2.20 Any wooden bridges or ramps must be covered with non-slip surface.

10.2.21 Where possible, roots, stumps, protruding rocks, etc. should be sprayed with fluorescent biodegradable paint, or similar temporary marking material, to give increased rider reference at speed.

10.2.22 The finish line must be clearly marked with a temporary paint that can withstand all weather conditions.

10.3 Feed Zones

- 10.3.1 Feeding may be restricted to designated feeding areas or zones where feeding zones are designated. Eye wear exchange may also be permitted in these areas.
- 10.3.2 The Technical Delegate and/or Chief/Race Commissaire will determine with the collaboration of the Race Director the final layout and set-up of the feed zones(s) where designated.
- 10.3.3 Each feed zone must be located on flat or uphill sections which are slow and open enough to facilitate feeding, and will be designated to provide two areas as follows:
 - 10.3.3.1 For the helpers of all teams and individual competitors. Team personnel should wear identifiable clothing.
 - 10.3.3.2 Neutral provision of drinks etc., provided by the organisation.
- 10.3.4 The feed zone must be wide enough and long enough to allow passing of riders without interfering with those taking a feed.
- 10.3.5 At major events the Technical Delegate and/or organiser may, having given advance notice, restrict access to the feed zone area to persons holding team, individual feeder, race staff or Commissaires credentials.
- 10.3.6 During feeding no physical contact between feeders and riders is allowed. This will be considered as technical assistance.
- 10.3.7 It is not permitted for a feeder to place water bottles on to the bike. Water bottles must be handed to the rider.
- 10.3.8 Water may be poured onto a rider only if permission has been given by the Chief/Race commissaire before the event. At no time is it permitted to pour water onto any part of a competitor's bicycle.
- 10.3.9 It is forbidden for feeders to run beside their rider in the feed zone.

10.4 Authorised Technical Assistance (TA)

- 10.4.1 Technical assistance during a Cross Country or Marathon/Endurance race will be permitted in National Championships, and National Series rounds, subject to the following conditions. Other than in exceptional circumstances, and entirely at the discretion of the organiser and Chief Commissaire, technical assistance at other domestic cross country races will not be permitted.
- 10.4.2 Authorised 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 finishing line with the same handlebar number plate that they had at the start.
- 10.4.3 In races where Technical Assistance is permitted, a special zone will be established as an extension of the official feed zone. Only one (1) zone per lap will be permitted.
- 10.4.4 Spare equipment and tools for repairs must be placed within the TA zone. Each rider may carry out repairs themselves or receive assistance in doing so from helpers within the TA Area.
- 10.4.5 Riders may carry tools and spare parts provided that these do not involve any danger to themselves or other competitors

10.5 Security

- 10.5.1 Communication
 - 10.5.1.1 Radio communications system used must be capable of covering the entire course without dead spots from start to finish.
 - 10.5.1.2 Should radio communication not be in use adequate alternative measures are required to be in place to ensure that no competitor is at risk of delayed assistance following any incident that might occur.
- 10.5.2 Marshals
 - 10.5.2.1 A flag system must be applied as follows:
 - 10.5.2.1.1 All marshals working in potentially hazardous sections must carry a yellow flag which will be used during training and racing sessions.
 - 10.5.2.1.2 If this flag is held out stretched, riders must slow down since an accident ahead is being indicated.
 - 10.5.2.2 All marshals must ideally have line of sight with each other and carry whistles which will be blown with a short sharp blast as the next rider approaches.
- 10.5.3 First Aid Minimum Requirements
 - 10.5.3.1 At least one ambulance and an additional base unit are required at all UCI, National Championship and National Series events.
 - 10.5.3.2 At all other events a base station is required as a minimum, but the need for provision of an onsite ambulance will be based upon the risk assessment document.
 - 10.5.3.3 All rescue personnel must be easily identifiable with an appropriate mark or uniform. This should be unique.
 - 10.5.3.4 The first aid area must be centrally located and identified to all participants.
 - 10.5.3.5 First aid personnel must be placed in key locations on the courses that will be in use for each day of competition. There should also be a first aid crew in place for official training days.
 - 10.5.3.6 First Aid services must be in radio contact with each other, with Race Organisers, and with the Race Commissaire in case of an emergency.
 - 10.5.3.7 All rescue personnel must have access to radios and be positioned so that they may react within a reasonable time frame to an incident ideally without having to travel too far.
 - 10.5.3.8 A report must be submitted by the organiser to NCA HQ within seven working days of the end of the event listing all injuries and treatments rendered with the riders name, number and country.
 - 10.5.3.9 First aid technicians qualified appropriately to cover the assessed level of risk existing should be in attendance.
 - 10.5.3.10 For all events at least 1 doctor must be on full standby.
 - 10.5.3.11 Ideally motor bikes or quad bikes must be used to quickly access awkward areas.
 - 10.5.3.12 Potential hazard areas must be clearly identified and should be accessible by ambulance (four wheel drive if necessary). Maps must be distributed to the medical crew.

10.6 Minimum Training Periods

- 10.6.1 The organisation must make courses available and fully marked for training at least 24 hours before the first race (qualification or other).

11.0 GENERAL DOWNHILL COMPETITION REGULATIONS

11.0.1 Format for Racing

- 11.0.1.1 A single run format must be used. This may involve either:
 - 11.0.1.2 A system in which a qualification and a semi-final lead to a final in which the fastest time wins - such as the World Cup system
 - 11.0.1.3 Or, a seeding run, followed by a single run by all competitors based on the seeding run, with the fastest time winning - such as the World Championships system.
- 11.0.1.4 A two run system (with the fastest single time from either run counting to the result) may be acceptable under certain circumstances.
- 11.0.1.5 Two runs with a combined or average time is only an acceptable system at short course or non ranking events.
- 11.0.1.6 In events affiliated to the UCI, only elite category riders are eligible for UCI points.

11.0.2 Course Design Parameters

11.0.2.1 Courses must be marked with a minimum of the following:

11.0.2.2 With bamboo or ski slalom gates (PVC piping) with a height between 1.5 and 2 metres.

11.0.2.3 With NCA and U.C.I. approved arrow system.

11.0.2.4 In high speed sections of the course, as deemed appropriate by the Technical Delegate or Chief/Race Commissaire, the course should be taped off as below. (The tape should be positioned on the ski gates/piping at a height which does not interfere with television shots - usually at 50 cm from the ground.)

11.0.2.5 In appropriate areas, such as walls, on course tree stumps, on course tree trunks, hay bails or padding adequate to protect the riders must be used. Such protective measures must not restrict the ride ability of the course. If potentially hazardous to riders, tree spurs that cross the course should be removed.

11.0.2.6 In appropriate areas, such as along the edge of steep drops, catch fences of a smooth flat surface must be used. No nets of any type can be used.

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

11.0.2.8 Where possible, roots, stumps, protruding rocks, etc. should be sprayed with fluorescent bio-degradable paint or similar temporary marking material, to give increased rider reference at speed.

11.0.2.9 The minimum duration of a standard course downhill event is 2 minutes based on the expected fastest winning time.

11.0.2.10 The maximum duration of a short course downhill event will be around 1:30 minutes based on the expected fastest winning time. There is no minimum time.

11.0.2.11 If the course utilises drops that cannot be rolled down, all short course downhill events must have alternative routes

11.0.2.12 Events that allow riders to access the start of the course on foot must follow a clearly marked and signed pathway.

11.0.2.13 The finish line must be clearly marked with a temporary paint that can withstand all weather conditions.

11.0.3 Urban Courses

11.0.3.1 Courses must be fully marked with barriers or course tape. Where spectators have access, then barriers must be used.

11.0.3.2 Additional signing should be used to direct participants to the top of the course ensuring that the safest route is utilised.

11.0.3.3 Events that take place during the hours without daylight must be lit by permanent or temporary lighting to normal street light levels.

11.1 Security

11.1.1 Clothing/Protection

11.1.1.1 NCA cannot authorise downhill protection standards at the present time, other than for protective headgear.

11.1.1.2 In addition, the youth of the sport of downhill racing means that certain protection items are not yet governed by formal standards.

11.1.1.3 However, based on current experience, NCA strongly recommends that riders wear the following protection:

- Back, Elbow, Knee and Shoulder protection with a rigid surface
- Thigh padding
- Shin padding
- Long pants
- Long sleeved shirts
- Full finger gloves

11.1.1.4 A full face helmet is compulsory

11.1.2 Communication:

11.1.2.1 A radio communications system must be installed which is capable of covering the entire course without dead spots from start to finish.

11.2 Marshals

11.2.1 A flag system must be applied as follows:

11.2.1.1 All marshals must carry a yellow flag which will be used during training sessions only.

11.2.1.2 If this flag is held out stretched, riders must slow down since an accident ahead is being indicated.

11.2.1.3 Designated marshals will hold red flags. These red flag positions must be at suitable places on the course and each red flag holder will have line of sight with left and right neighboring red flag holders.

11.2.2 The red flags will be used in training and racing.

11.3 Race Halt Procedure

11.3.1 All red flag holders must have radios tuned to the same frequency as the Race Commissaires, Race Director and Medical staff.

11.3.2 Red flag holders observing a serious accident must immediately report the accident on the radio to the Chief Race Commissaire and Race Director.

11.3.3 Red flag holders must immediately assess the situation of the crashed rider and continue reporting to the Chief Race Commissaire and Race Director.

11.3.4 The Chief Race Commissaire may order that the red flag is waved vigorously.

11.3.5 Other red flag holders should be aware of any radio traffic concerning an accident and when observing a neighbour waving his/her flag must do the same.

11.3.6 Riders observing a waving red flag during the race must STOP immediately since a serious accident ahead is being reported.

11.3.7 A stopped rider should proceed calmly but promptly to the finish and request a re-start from the Finish Commissaire and wait for further instruction.

11.3.8 All marshals must have line of sight with each other and whistles which will be blown with a short blast as the next rider approaches.

11.4 First Aid Minimum Requirements

11.4.1 At least one ambulance and an additional base unit is required at all UCI, National Championship and National Points Series' events.

11.4.2 At all other events a base station is required as a minimum, but the need for provision of an on site ambulance will be based upon the risk assessment document.'

11.4.3 Rescue personnel must be easily identifiable with an appropriate mark or uniform. This should be unique. 11.4.4 The first aid area must be centrally located and identified to all participants.

11.4.5 First aid personnel must be placed in key locations on the courses that will be in use for each day of competition. There must also be a first aid crew in place for official training days.

- 11.4.6** First Aid services must be in radio contact with each other, with Race Organisers, and with the Chief/Race Commissaire in case the race has to be stopped. All rescue personnel must have access to radios and be positioned so that they may react within a reasonable time frame to an incident without having to travel too far. Ideally, rescue must be situated so they need to travel less than 3 minutes to an incident. Medical staff will monitor all red flag radio traffic.
- 11.4.7** A report must be submitted by the Organiser to NCA HQ within seven working days of the end of the race listing all injuries and treatments rendered with the riders name and number.
- 11.4.8** For all events First Aid Technicians qualified appropriately to cover the assessed level of risk existing, should be in attendance.
- 11.4.9** For all events at least 1 doctor must be on full standby.
- 11.4.10** Ideally, motor bikes and/or quad bikes must be used to quickly access awkward areas.
- 11.4.11** Potential hazard areas must be identified and should be accessible by ambulance (four wheel drive if necessary). Maps must be distributed to the medical crew.

11.5 Minimum Training Periods

- 11.5.1** At all major events on foot inspection must be provided two days prior to competition.
- 11.5.2** At all major events a morning session with stops must be provided one day prior to competition
- 11.5.3** At all major events a non-stop training session must be provided one day prior to competition.
- 11.5.4** On the morning of the race, an optional training period must be provided. At major events this training period must be for a minimum of three hours
- 11.5.5** A system must be in place to enable the Organisation to verify that all competitors have completed a predetermined number of training runs prior to the competition commencing.
- 11.5.6** All riders in Downhill competition must complete at least 2 full race runs before competing. The Commissaire shall ensure that this rule is applied.
- 11.5.7** Riders must start all training runs at the official start gate. Any rider starting a training run below the start line shall be disqualified from the competition.

11.6 Transportation to the Top of the Course

- 11.6.1** Where transport is provided it must be in accordance with the safety standards as laid down by the Federation at the date the individual event sanctioning is approved.
- 11.6.2** Such transport should be capable of moving at least 150 riders per hour, with their bikes, to the top of the course.

12.0 GENERAL STAGE RACE COMPETITION REGULATIONS

- 12.0.1** NCA shall adopt the rules of the UCI for Stage Races run under NCA auspices, replacing the UCI as authority as appropriate. The NCA Executive Board and its appointed officials for the event, shall be the sole authority for the interpretation of the UCI Rules.

13.0 NATIONAL CHAMPIONSHIPS

- 13.0.1** The National Championships are held at a race meet(s) to award excellence on the day in Cross Country, Four Cross, Marathon and Downhill disciplines.
- 13.0.2** There will be no separate Sport or Expert Championship racing as these are not Championship categories. To enable riders to score NCA ranking points, Expert and Elite riders are combined as one category, but split out for points. For a full list see Technical Regulation 17. National Champions jerseys and medals will be awarded to:
 - 13.0.2.1 Cross Country: Male and female competitors in: Super Veterans, Grand Veterans, Veteran 40-44, Veteran 45-49 Masters 30-34, Masters 35-39, Senior, Junior, Youth, Juvenile and Espoir (U23 men and women).
 - 13.0.2.2 Downhill: Male and female competitors in: Grand Veterans, Veteran 40-44, Veteran 45-49 Masters 30-34, Masters 35-39, Senior, Junior, Youth and Juvenile.
 - 13.0.2.3 Four Cross: Male and female competitors in: Veteran 40+, Masters 30-39, Senior, Junior, Youth and Juvenile. 14.0.2.4 Marathon: Male and female competitors in Senior and Veteran 40+.
 - 13.0.2.5 Cross Country and Downhill National Championships are encouraged to promote non championship races for Senior/Sport category riders. The category will be eligible for NCA ranking points. Sport/Senior riders wishing to race the Championship category can do so, but will be ineligible for NCA ranking points.
- 13.0.3** Decisions upon eligibility of riders to compete in the above Championships will be made in accordance with the criteria determined at the closing date of entry for each Championship.

NCA National Ranking Points System

| | |
|--------------------------------------|--|
| Category A (International A): | World Championships and Olympic Games |
| Category B (International B): | World Cup and Continental Championships |
| Category C (National A): | National Championships (Points awarded based on the finish position in the National Championships) |
| Category D (National B): | NCA National Series, Regional Championships (Points awarded based on the finish position at each event within the national series. Same goes to the Regional Championship also) |
| Category E (Regional A): | Short Course Downhill and Short Course Cross Country events (Points awarded based on the finish position at these one day races) |

| Position | A | B | C | D | E |
|------------------|-----|-----|-----|----|----|
| 1 st | 150 | 120 | 110 | 30 | 15 |
| 2 nd | 142 | 112 | 90 | 26 | 13 |
| 3 rd | 134 | 104 | 70 | 23 | 11 |
| 4 th | 128 | 98 | 60 | 20 | 10 |
| 5 th | 122 | 92 | 50 | 18 | 9 |
| 6 th | 116 | 86 | 45 | 16 | 8 |
| 7 th | 110 | 80 | 40 | 14 | 7 |
| 8 th | 105 | 76 | 35 | 12 | 6 |
| 9 th | 100 | 72 | 30 | 10 | 5 |
| 10 th | 95 | 68 | 25 | 8 | 4 |
| 11 th | 90 | 64 | 20 | 6 | 3 |
| 12 th | 85 | 60 | 18 | 4 | 2 |
| 13 th | 80 | 56 | 16 | 3 | 1 |
| 14 th | 75 | 52 | 14 | 2 | 1 |
| 15 th | 70 | 48 | 12 | 1 | 1 |
| 16 th | 65 | 44 | 10 | 1 | 1 |
| 17 th | 60 | 40 | 9 | 1 | 1 |
| 18 th | 56 | 36 | 8 | 1 | 1 |
| 19 th | 52 | 32 | 7 | 1 | 1 |
| 20 th | 48 | 30 | 6 | 1 | 1 |
| 21 st | 46 | 29 | 5 | | |
| 22 nd | 44 | 28 | 4 | | |
| 23 rd | 42 | 27 | 3 | | |
| 24 th | 40 | 26 | 2 | | |
| 25 th | 38 | 25 | 1 | | |
| 26 th | 36 | 24 | | | |
| 27 th | 34 | 23 | | | |
| 28 th | 32 | 22 | | | |
| 29 th | 30 | 21 | | | |
| 30 th | 28 | 20 | | | |