

## Mountain Bike Rules

Please note: Rules updated, June 29, 2010  
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### PLAYER REQUIREMENTS:

Teams will consist of three (3) people: minimum one (1) female and one (1) male.

All athletes must check in at the registration desk 30 minutes prior to their first race, on each day of competition. Appropriate identification (photo ID and company ID) must be presented each day of the event. See the "Identification" section of the CCC website under Regulations and Policies for acceptable forms of ID.

### **NO ID = NO PLAY, NO EXCEPTIONS**

The Team Captain must have the Team Waiver Form completed and signed by each team member on-site at the appropriate event before they approach the registration desk to show their ID. The Team Captain must sign the waiver form as the witness for the entire team. At that time, the Team Captain will present the Team Waiver Form to the volunteer at the registration desk and all team members will then show their ID.

**Game time is forfeit time. Teams defaulting, (ex. late team members, team members without proper I.D., not meeting male/female requirements, or not meeting the minimum number of players) will be deducted five (-5) points from their overall company score in the divisional standings. Players on-site must still compete or they will be considered a no show.**

**Any teams who no show for any of their games or cannot field a team to play at game time will be deducted ten (-10) points from their overall company score.**

### RULES:

1. A computer chip system will be used for results. Race Chips and Race Numbers will be distributed on site. Each chip must cross the timing mats in order to register a time. In order to receive a total team time each individual must have a registered time. The chips are disposable, please do so in a responsible manner.
2. Teams will choose from their threesomes which rider will complete 1 lap of the course, which rider will complete 2 laps of the course, and which rider will complete 3 laps of the course.

2. Team placement within each division will be determined by total team time. For example, the team with the lowest total time in their division will place first, the second lowest total time will place second, etc.
3. In the case of a tie in total time (for the medal), the best individual 3-lap time will determine the winning team. If still tied, the best individual 2-lap time will be used, and if still tied the best single lap time will be used.
4. No points will be deducted for participants who do not or are unable to finish the race. The team will not receive an overall time in this instance.

### **GENERAL RULES:**

1. The race will run according to [Canadian Cycling Association](#) policies for mountain bike racing.
2. Competitors must follow the course and complete the entire distance indicated at the start of the competition.
3. Competitors are responsible for following the official course and completing the proper number of laps. Competitors bear the sole responsibility of any error on course.
4. Competitors must follow the course specified and cannot take shortcuts, skip a lap or use any other unethical means to gain advantage over the opponents. If a rider exits the course for any reason he/she must return to the course at the exact same point from where he/she exited. Any walking, running or riding by a rider which is carried out without the intention of directly rejoining the course, or other activity in breach of the regulations which takes place outside of the marked course area, is prohibited.
5. Competitors may receive refreshments, food and eyewear only in the start/finish area.
6. Competitors cannot receive technical assistance from any source, other competitors included, while the race is in progress. However, carrying spare parts and tools to fix their own bicycles is allowed.
7. Competitors must be courteous at all times and must give way to faster riders on demand without obstructing their progress.
8. The use of a PROTECTIVE HELMET properly fastened as to the manufacturer's recommendations is MANDATORY for training and racing. Helmets for competition and training must meet [SNELL](#) or [CSA](#) standards for bicycle helmets. Any modification to the manufacturer's design is

forbidden.

9. Footgear shall be the fully-enclosed type. Footgear of the same type shall also be worn during training rides.
10. The bicycle must have TWO BRAKES which are in GOOD WORKING CONDITION.
11. The handlebars may be straight or drop handles; the bar ends and stem must be plastic or rubber plugged, no tape allowed.
12. The bicycle must be in good condition and its use must not endanger the cyclist or other competitors. In the event that the official judges deem the bicycle unsafe, the official must inform the competitor that he/she is forbidden to start the race with the bicycle in question. An official may also advise a competitor during a race that he/she cannot continue with a bicycle which, due to an accident, becomes unsafe to ride, unless the bicycle can immediately be repaired.
13. All bicycles used in all forms of mountain bike competition must be powered by human power alone.

**Important Note** - CCC reserves the right to pull riders off the course if they have not started their final lap one hour after their race start time.