



MOUNTAIN BIKE AUSTRALIA

2015 Gravity Enduro National Series Rulebook

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1: Description

Enduro mountain bike racing is designed to be the definitive test for the mountain biker, with the focus of each event on creating a great atmosphere, community, competition and adventure for the competitor, including the best riding on the best terrain available in the host region.

The racing platform detailed below outlines a format that allows riders to compete against each other, starting individually, on special stages which are designed to challenge the rider's technical ability and physical capacity.

The following rules aim to define the enduro mountain bike discipline while still allowing space for each event on the MTBA Gravity Enduro National Series (MTBA) calendar to add their own individual characteristics to each event.

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 Gravity Enduro Series event. Specific information regarding entry requirements will be posted on each organiser's website and available on enduronats.com.au. It is the responsibility of the rider to check and comply with each MTBA organiser's entry requirements.

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 Gravity Enduro Champion title but will not be eligible for MTBA series prize money.

3.2 Elite Men

All male category times will be placed together in scratch format and MTBA points allocated accordingly

3.3 Elite Women

All female category times will be placed together in scratch format and MTBA points allocated accordingly.

3.4 Masters

All male riders age 30+ entering the official masters categories at each event. Masters with MTBA memberships will accumulate points towards the standard MTBA Masters Gravity Enduro National Series title but will not be eligible for elite series prize money.

Riders must enter the official MTBA categories at each event in order to score MTBA points and/or win prize money. (e.g. Open or Masters 1/2). This information is outlined and available on enduronats.com.au.

4: Course

4.1 Structure

Enduro racing is about best use of the trails and terrain available to the organiser. Rider experience and enjoyment should be the focus for any course designer. It is expected that, in order to achieve the best riding on the best trails possible, some climbs will feature within Special Stages.

4.1.1 Liaison Stages

The composition of each Liaison Stage is at the discretion of the organiser. Mechanical uplift (chairlift, truck etc), rider power (pedalling) or a combination of both is acceptable.

As a **guideline**, at least one Liaison Stage per event should be pedal powered (not chairlift etc).

4.1.2 Special Stages

All Special Stages (Abbreviated to **SP** in results/communications) must follow a predominantly descending route and focus on testing the rider's technical skills. Special exceptions can be made for prologue stages.

The General Classification (**GC**) of each race will be calculated by adding all Special Stage times together.

The start and finish of each Special Stage will be clearly marked on the map supplied by the organiser.

A Special Stage will be designed to test the rider's technical and physical abilities.

There is no minimum or maximum duration for a Special Stage.

As a **guideline** for course designers, Special Stages should aim to contain a maximum of 20% climbing and at least 80% descending. (Example: 4 vertical meters ascent for every 20 vertical meters descent).

4.2: Directions and Course Markings

A course map must be produced by the organiser and displayed at registration and in Race Headquarters. This map may also be published on the event website. Riders are encouraged to study the map and understand the race route before leaving the start.

4.2.1 Tape

Where two pieces of course tape, on opposite sides of the course, are installed, the riders must pass between them. In these areas, missing, crossing or passing the course tape on the wrong side will be deemed as course cutting.

4.2.2 Gates

Gates can be used to clearly mark sections of the course that a rider must pass through. Missing a gate will be deemed as course cutting (Article 5.6). See Figure 1 for an example of course taping.

4.2.3 Direction Markers

In areas of open mountainside, an organiser can use a single pole to mark the direction of the route. Riders can pass either side of a single pole. On long road or singletrack sections, an organiser may place small single piece of course tape. These single pieces of tape act purely as directional markers.

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

- Individual start on all Special Stages
- Minimum of 4 Special Stages per event
- Minimum of 20 minutes total competition time for the fastest rider in the General Classification (accumulation of all Special Stages)
- Minimum of 3 **different** courses must be used per event
- Individual start times for each Special Stage must be provided by the organiser
- Minimum of two Special Stages must be held in one day
- An identical course (Special Stage) cannot be raced (not including training) more than two times during one race except in exceptional circumstances (example: extreme weather).

5.2 Training

On-bike training must be scheduled by the organiser on all Special Stages before timed competition begins. .

The course map must be released no earlier than 5 days before each MTBA National Series race starts (not including training). **Example:** *Course map release - Monday. Official Training - Thursday, Friday. Race – Saturday, Sunday.*

5.3 Shuttling

The transport of riders between Special Stages by private/team transport (shuttling) is strictly limited to public, open roads **during official training**. A rider found using a private or team vehicle on a closed/private road or track will be disqualified.

During the race, **no** private/team transport can be used at any time.

Any specific details regarding shuttling will be outlined during the rider briefing.

5.4 Seeding and Start Order

Riders will be seeded based on a combination of MTBA rankings and the Race Organisers own data.

5.4.1 Seeding

With highest ranked at the top:

1. Current year MTBA ranking
2. Official MTBA Team riders
3. Previous year MTBA rankings
4. Local Organiser rankings

Riders moving from Junior to Senior age categories may be seeded by MTBA for the first round of the current year.

5.4.2 Start Order

The start order – fastest first or fastest last will be determined by the chief commissaire and communicated in the Race Briefing..

In races that follow a fastest first starting order, the Elite women category will be the first category to start the day and will start in order of the lowest to the highest ranking. Therefore the highest ranked woman will start immediately before the highest rank male rider. A 10 Minute interval must be given between women's and men's categories.

5.4.3 Start Intervals

- Start intervals between riders for the top 30 Men and 15 Women must be a minimum of 30 seconds.
- A 1-minute interval should be added every 10 – 20 riders to allow a clear gap to start riders who have missed their start.
- All late riders must start, under instructions from the official starter, within each 1-minute gap. There is no fixed start interval between late starters as the goal is to keep late riders racing, without affecting other riders on course. Late starters will receive a fixed penalty (see Section 7).

5.5 Result

The General Classification (GC) will be calculated by adding all Special Stage times together for each rider. In the event of unforeseen or extreme circumstances, the race organiser can decide to withdraw a Special Stage (s) from the General Classification.

In the case where Special Stages have had to be cancelled, an event must have a minimum of two complete Special Stages in order for the result to be deemed valid for the MTBA ranking.

In the event of a tie in the General Classification, the highest placed rider in the final stage will be awarded the higher final placing.

5.6 Equipment Requirements

5.6.1 Safety Equipment

5.6.1.1 Helmets

All riders must wear a full-faced helmet during all special stages. Helmets with a detachable mouthpiece are permitted.

The race director may choose from helmet requirements from the below options, and this information is to be published no less than five days prior to the first day of practice. If this information is not published, then option A will become the requirement for the event:

	Standard A	Standard B
Special stages	Full faced helmet meeting AS2063 or equivalent standard. or Helmets meeting AS2063 with detachable mouthpieces will be permitted.	Full faced helmet meeting AS2063 or equivalent standard.
Liaison stages	Full faced helmet meeting AS2063 or equivalent standard. or Helmets meeting AS2063 with detachable mouthpieces will be permitted. or Any open face helmet meeting AS2063 will be permitted.	Full faced helmet meeting AS2063 or equivalent standard. or Helmets meeting AS2063 with detachable mouthpieces will be permitted. or Any open face helmet meeting AS2063 will be permitted.

		Any helmet not complying with AS2063 must be full faced
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In all cases, a full-faced helmet of AS2063 standard is acceptable for all stages.

The list of standards that MTBA will accept as an international equivalent to the Australian/New Zealand Standard 2063 are as follows:.

1. NSI Z90.4;
2. Snell "B" or "N" series;
3. ASTM F-1447.
4. Canadian CAN/CSA-D113.2-M;
5. U.S. CPSC standard for bicycle helmets;
6. European CEN standard for bicycle helmets (EN1078)

Other international standards may be added however if not explicitly listed above or in any supplementary regulations are not permitted for use.

From 2016 only AS2063 will be permitted in Junior and Masters categories.

From 2017 only AS2063 will be permitted for all categories.

It is important to recognise that the Australian Standard (AS2063) is generally considered to be one of the toughest in the world to pass and thus as helmets for bicycle use (and in particular full-face style DH MTB helmets) that comply with AS/ NZ 2063 become available we strongly recommend that such helmets be used where ever possible. MTBA encourages importers of bicycle helmets to undergo the Australian Standards certification process.

5.6.1.2 Other safety equipment

In Under 17 competition the following equipment is mandatory and must be worn during all special stages. This replicates the safety equipment requirements for Under 17 riders in the DHI National Series.

- Knee pads
- Elbow pads
- Full-finger gloves.
- A neck brace is strongly recommended.

5.6.1.3 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:

- Suitable backpack
- Waterproof jacket
- Emergency blanket
- Innertubes/ puncture repair kit
- Multi tool
- Basic, well maintained first aid kit
- Map
- Food and fluids
- Eye protection (glasses or goggles)
- Emergency contacts supplied by organiser

5.7 Equipment marking stickers

Only one frame, fork and one pair of wheels can be used by a competitor during a race. Organisers may elect to mark one or more of the below components with an official seal or marker:

- Fork Crown
- Swingarm / Rear triangle
- Front triangle
- Both wheel rims

Competitor's bikes may be checked for marking at the start of the race and at the finish of every Special Stage. Other random checks of stickered equipment will be carried out throughout the race.

A rider can use unmarked equipment during training unless otherwise stated by the organiser.

Only upon approval of the commissaires, a rider may a rider replace a frame, fork or wheel. Following the repair the rider must return to the commissaires to have the replacement part(s) re-marked before rejoining the race.

A **5 minute penalty** will be awarded to every rider who, having received approval by the commissaires, replaces the equipment listed above.

Any rider found to have replaced a named/marked part without consent from the commissaires will be disqualified (DSQ).

5.7.1 Mechanical failures

Should a rider suffer a mechanical failure such as a flat tyre or broken chain during a special stage, the chief commissaire may at their discretion permit a re-run of that stage for the affected rider. This may incur a time penalty relevant to the length of the stage. All riders granted this dispensation will incur the same time penalty for that stage.

5.7.2 Rendering of assistance

It is expected that riders participating in the MTBA Gravity Enduro National Series 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 either:

- a. be given the opportunity to re-start their timed run of that special stage or
- b. be awarded a time for that special stage equal to no more than 10% more than the winning time of that stage in the category they are entered..

The decision to permit a re-run as per option a is at the discretion of the chief commissaire, and must be requested by the competitor. If they do not elect to take this re-run, option b will be used.

6 Environmental Rules

Enduro mountain bike racing allows us to ride into remote, backcountry areas of natural beauty. It is of the utmost importance that all racers 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.
- The MTBA Gravity Enduro National Series and its local organisers reserve the right to penalise any rider whose actions are deemed to seriously damage the local environment.
- Riders must not store food and drinks on the trail (Food Stashes). 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 Liaison Stage delay/missed start

Riders arriving late to the start must follow the starter's orders and join the course when instructed to do so.

Failure to follow starter's orders will result in a time penalty (See recommended penalties Section 7.5).

Any riders arriving at the start of a Special Stage later than 30 minutes after their specified start time will be disqualified from the race.

7.3 Illegal outside assistance

Racers are encouraged to help fellow competitors on course.

Any competitor receiving outside assistance from a non-racer 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).

7.4 Rule Violation Recording

The MTBA event organiser is responsible for the application of the rules and has the final say.

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 must be registered with the commissaires within 30 minutes of the last competitor finishing the final stage.

7.5 Recommended Penalties

Violation	Penalty
Missed Start	Up to 5 minutes late = 1 minute penalty 5+ minutes late = 5 minute penalty 30+ minutes late = DSQ
Other start violation (example: pushing into queue, delaying start, jumping start etc)	5 seconds
Not obeying course marking/course cutting	Disqualification

Unintentional course cutting	30 seconds
Illegal Outside Assistance	Disqualification
Environmental Disrespect	From 1 minute to disqualification
Illegal shuttling	Disqualification
Training outside official times	Disqualification
Changing a marked piece of equipment with authorisation	5 minutes
Changing a marked piece of equipment without authorisation	Disqualification
Disposal of a goggle Tear Off on the trail	Disqualification

Altering the course	Disqualification
Missing back or helmet number (where given)	30 Seconds
Food stashing / using unauthorised food supplies	5 minutes

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 enduronats.com.au

8.2 Race Book

One week prior to each MTBA event, an Individual Event Race Book 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 Individual Event Race Book. Having not read the rules will not be accepted as an excuse for any rule violation by any rider.

Race documents are available on enduronats.com.au

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 Gravity Enduro National Series Points, Titles and Teams

9.1 Individual Titles

The MTBA Gravity Enduro National Series overall title will be awarded to the athlete with the highest amount of MTBA ranking points after the final round. All rounds of the MTBA Enduro National Series will count towards the overall points total.

The overall winner of the MTBA Gravity Enduro National Series will be titled the **Australian Gravity Enduro National Series winner**.

A trophy will be awarded to the winner at the final round of the MTBA Gravity Enduro National Series.

The Series Winner will be awarded with the Gravity Enduro Series Winner Champion Jersey. This must be worn by that athlete at every MTBA event until the completion of the following year's series.

MTBA will award an overall Gravity Enduro Series Winners Champion Jersey separately for the following category;

- Elite Men
- Elite Women
- Overall Masters Men
- Overall Masters Women
- Overall Junior Men
- Overall Junior Women

Individual Masters and Juniors categories will be recognised and awarded individual medals as round winners in the MTBA Gravity Enduro National Series.

9.2 Series Points

All rounds count equally towards overall MTBA Gravity Enduro National Series point scores. To determine the leading point scorers and ultimate winner of the MTBA Gravity Enduro National Series, a riders top scores as outlined will be calculated.

- Elite Men & Elite Women: Top 3 scores
- All other categories: Top 3 scores

In order to be eligible for a series placing, riders must participate in at least 3 events for all categories.

In the event of point scores being equal, the tie will be decided 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.
- 4.

MTBA Ranking Points will be awarded separately for the following;

- Elite Men
- Elite Women
- Masters Men
- Masters Women
- Junior Men
- Junior Women

Masters and Junior Categories - ranking points will be awarded in relation to the overall finishing position of each Masters rider. Ranking points will not be awarded on individual Masters categories (example, if a rider in M3/4 finishes 5th overall - they will be awarded 5th place points, not first).

Full points table available in Appendix 1

10 Financial Obligations

Overall Series prize money (provided by MTBA)

Elite Men and Elite Women	Prize Money (AUD)
1st	\$2,500
2nd	\$1,500
3rd	\$750

Individual Event organisers will determine their own levels of prizemoney that is to be paid equally between men and women.

11 Anti-Doping Policy

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

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

Position	Points	Position	Points	Position	Points
1	200	19	62	37	44
2	160	20	61	38	43
3	140	21	60	39	42
4	125	22	59	40	41
5	110	23	58	41	40
6	95	24	57	42	39
7	90	25	56	43	38
8	85	26	55	44	37
9	80	27	54	45	36
10	75	28	53	46	35
11	70	29	52	47	34
12	69	30	51	48	33
13	68	31	50	49	32
14	67	32	49	50	31
15	66	33	48	All remaining finishers	30
16	65	34	47		
17	64	35	46	DNF	20
18	63	36	45		