

WPFG ABRIDGED RULES - CYCLING - Mountain Bike - Page 1

GUIDING BODIES

World Police and Fire Games Federation (WPFGEF)
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EVENTS

* For 2009, the 3 events in **bold type** will be offered.

MEN'S and WOMEN'S INDIVIDUAL EVENTS:

CROSS COUNTRY	HILL CLIMB
DOWNHILL (or HILLSPRINT)	DUAL SLALOM
OBSTACLE	CYCLO CROSS

Men's and Women's Individual events will be offered in the following age categories:

Open: 18 - 29	Grand Master (A): 50 - 54
Senior (A): 30 - 34	Grand Master (B): 55 - 59
Senior (B): 35 - 39	Grand Master (C): 60 - 64
Master (A): 40 - 44	Grand Master (D): 65 +
Master (B): 45 - 49	

CROSS COUNTRY - Men's & Women's Individual Heavyweight (Open age category only).

Men: 200 lbs (91 KG) & over

Women: 170 lbs (77 KG) & over

***For 2009, the Heavyweight categories will not be offered.**

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EQUIPMENT

Track equipment is as directed by the local national/state representative.

The following equipment is the responsibility of the competitor.

Every rider warming up or racing shall wear a protective, securely fastened helmet that satisfies the bicycle helmet standards ICU or the national/state affiliate. It is the rider's responsibility to select and wear such a helmet which offers sufficient protection against head injury and does not restrict the rider's vision. Failure to wear such a helmet, or removing it during a race, will result in disqualification. Helmets shall also be mandatory during training rides on competition courses.

Footgear shall be the fully enclosed type.

Hybrid bikes will be allowed.

Bicycle shall have at least two brakes, which are in good working condition.

Handlebar ends should be plugged and shall have no sharp or jagged ends.

A competitor must wear appropriate riding attire, including a shirt. Eye protection is strongly recommended.

SCHEDULING

May be a 2 or 3 day sport dependent on events of competition offered by the Host.

GENERAL SPORT RULES for Cycling – Mountain Bike

CROSS COUNTRY: Cross Country is an individual or mass start competition which is held on a circuit course comprised of forest roads, forest or field trails and unpaved dirt or gravel roads (a minimal amount of paved road may be necessary at times). This should be a circuit course with a minimum distance of 3.2 km (2 miles) per lap. The course must be free of hazardous terrain such as holes or ruts. The race will be approximately 1 1/2 hours to 2 hours duration.

DOWNHILL / HILLSPRINT: The Downhill is an individual timed event of approximately 800 meters. Except as provided below for the final run, the intervals between riders for the Downhill can be planned for 30 seconds gaps. HILLSPRINT is a form of Downhill and may be substituted. Hillsprint is an individual, mostly downhill race with a duration of 45-90 seconds. The course is not as steep as Downhill, resulting in lower top end speed. Any course must be free of hazards such as holes or ruts. Results may be based on the total of, or the best of, two runs.

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DUAL SLALOM: The Dual Slalom is an event where competitors race down a smooth course. There are two courses, side by side, which will be used concurrently. A competitor's results are based on the best time of the two runs, head-to-head competition or both. Cyclists must maneuver around a series of flexible slalom gates in similar fashion to an alpine skiing slalom event. Consult the race entry form and attend the racer's meeting. A mandatory, supervised training run may precede each event.

All riders must attend the pre-race briefing (rider's meeting) normally held at the staging area prior to competition

Racers shall complete the entire event on the same bicycle. All repairs during an event shall be performed by the individual racer. No outside support will be allowed.

All spare parts and tools shall be carried by the individual racer (cannibalizing other bikes is not permitted). Cannibalizing: any part or component taken from one bicycle to repair or improve the performance of another.

The Host will provide a neutral water zone for any race exceeding 60 minutes in length. Official "water zones" must be accessible and publicized before each race. Feeding (food handouts) shall only be done in a designated "feed zone".

Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing should stay on the least rideable portion of the path when being passed. A racer pushing or carrying his/her bicycle can overtake a racer riding his/her bicycle provided he/she does not interfere with the rider's progress.

Lapped riders must yield to leaders. Leaders should verbalize the command "Track" when overtaking another. It is the responsibility of the challenging rider to overtake safely. Riders being lapped must yield to the passing rider on the first command.

In case two riders are vying for position, the leading rider does not necessarily have to yield his/her position to the challenging rider. However, a rider may not bodily interfere with the intent to impede another rider's progress. Traditional rules of racing apply: the leading rider owns the track.

Short cutting and/or cutting trail switchbacks shall result in disqualification.

Foul riding, unsportsmanlike behavior or the use of profane or abusive language are grounds for punitive action.

Laws and ordinances of appropriate jurisdictions shall be observed during participation in this sport.

Only riders officially entered in the Event may practice or compete on the designated race course.