

**ADELAIDE MOUNTAIN BIKE CLUB RACING RULES
'DIRT CRITS'**

20.01.09

1. SAFETY

1.1 An approved helmet shall be worn at all times during competition, warming up, or at any other time when riding a cycle at an event. An approved helmet must meet the requirement of the Australian Standards Association AS/NZ 2063.

1.2 Footwear must be fully enclosed.

1.3 The ends of handlebars and any extensions must be solidly plugged to prevent injury.

1.4 Bikes must be fitted with at least one front and one rear brake, both in working order at the start of an event.

1.5 All bikes used in the mountain bike competition must be powered by human power alone.

1.6 Bikes must use a wheel on both front and back that is no bigger than 73.6 cm (29 inches).

1.7 The race director may at any time prior to, or during an event, shorten, stop or cancel the event where there is a likelihood of serious injury to competitors or bystanders, or damage to the environment. In the case of an event halted due to adverse weather conditions, results are based on the last lap completed by the leaders.

2. GRADING

2.1 The following grades will apply. All grades are 'open', i.e. no age restriction, and include both male and female riders.

- E Grade
- D Grade
- C Grade
- B Grade
- A Grade

Race Categories	Race Time plus 1 lap
E Grade	15 minutes
D Grade	20 minutes
C Grade	25 minutes
B Grade	30 minutes
A Grade	35 minutes

2.3 The Race Director/ Handicapper reserves the right to nominate a rider for a higher or lower grade than that which the rider registered where the rider is deemed to be of a higher or lower fitness/ ability than appropriate for the grade they registered in.

3. COMPETITION

3.1 All riders must be members (including day members) of the Adelaide Mountain Bike Club Inc to compete. Competitors must produce their club membership and insurance cover upon request at registration.

3.2 The rider must complete the entire event on one mountain bike. Therefore, the maximum number of bikes a rider may use in an event is equal to the total number of stages in that event.

3.3 A rider cannot receive Technical assistance (outside assistance) during a race. Each rider must carry out any repairs or replace equipment themselves, without the help (physical or verbal) of any other person. Competitors are not permitted to exit the race course (i.e. to the car park) to retrieve spare equipment and tools.

3.4 Any physical contact between a rider and an outside party, other than a competitor in the same event, may be deemed as a form of Technical assistance and result in a penalty.

3.5 In the case of a competitor providing assistance to fellow injured competitor, this would not be considered outside assistance. In the case where a competitor's lap time has been affected by providing assistance, the Race Director may, at his or her discretion, alter the overall event results to take this time into account.

3.6 Food and drink may be carried by a competitor. Glass containers of any sort can never be used by competitors during a competition. Riders can only receive food, fluid and eyewear from outside parties in the feedzone during a competition.

3.7 Feedzones shall be located adjacent the start/ finish area as determined by the race director. Feedzones will be identified with club signage.

3.8 Competitors riding bikes have right of way over competitors pushing bikes. Competitors pushing bikes must allow right of way, and not impede competitors who are riding. In multi lap races slower riders must allow right of way to riders who are lapping them. The overtaking rider should indicate the side they intend passing on.

3.9 Competitors who have ridden an obstacle have right of way over competitors re-entering the course from a marked alternative line.

3.10 Short cutting the course will result in disqualification. If a rider leaves the course, they must re-enter at the same point they exited.

3.11 The course will be marked by 20 x 20cm markers. Where forward pointing markers are placed on either side of the track, this forms a gate. All competitors must pass through this gate. The course is open to interpretation between course marking.

3.12 Foul riding or un-sporting like behavior may be grounds for penalty, disqualification, fining or membership suspension. The penalty imposed shall be decided by the executive committee of the Adelaide Mountain Bike Club.

3.13 All appropriate laws and ordinances of the relevant jurisdictions shall be observed by all parties during participation in any event, and while at the event location.

4. TIMING

4.1 Start Sequence is determined by the Race Director.

4.2 Competitors must have a RFID transponder attached to their bike at all times during competition or whilst training on the course. Transponders are available for hire or purchase from the club. It is the responsibility of the competitor to ensure the transponder is fixed correctly and securely to their bike. The competitor accepts that no lap will be recorded if their transponder is not attached to their bike.

4.3 Competitors must have a Race Number Plate attached to their bike at all times during competition or whilst training on the course. Plates are available for use during the race (\$10 deposit) at the sign on desk. It is the responsibility of the competitor to ensure the plate is fixed correctly and securely to the front handle bars of their bike. Competitors may use race plates from the previous winter or summer races, regardless of what grade the number on the plate has previously represented.

4.4 When competitors have one lap left to complete a race, a bell will sound to indicate final lap, as they cross the line.

4.5 Once the first competitor in a category has finished the race, all remaining competitors in the same category will be deemed to be on their final lap, and will be flagged as they cross the finish line. In this case a lapped rider will not be belled. Lapped riders will have their time recorded as on the time sheet as "1LD" (one lap down). Competitors marked as 1LD are still considered as a finisher.

4.5 Only riders who have completed the entire lap when flagged will be recorded as one lap down. Riders who partially complete a lap when flagged will not be recorded as one lap down.

4.6 All riders who do not finish must advise the time keeper as soon as practicable that they have withdrawn from the race. These competitors will have their time recorded on the time sheet as "DNF" (did not finish).

4.7 When a recognized mishap occurs (such as mechanical incident, flat tyre or accident not resulting in injury), the riders involved may rejoin the race after fixing any mechanical issue or when ready. No 'free lap' for such incidents is permitted; rule 4.5 will apply to all competitors.