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Cycling - Mountain



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General Information

Guiding Bodies

World Police and Fire Games Federation (WPFGE)
7944 Convoy Court, San Diego, CA 92111
Tele. (858) 571-9919 FAX: (858) 571-1641
E-mail: 4info@cpaf.org

International Cycling Union
CH-1860 Aigle, Switzerland
Tele: +41.24.468.58.11; Fax: +41.24.468.5812.
E-Mail: admin@uci.ch; Website: www.uci.ch

National Off Road Bicycle Association (NORBA)
One Olympic Plaza; Colorado Springs, CO 80909
Tele: 719.578-4717 FAX: 719.578-4596
Website: www.usacycling.org/mtb; E-Mail: norba@usacycling.org

Venue

Bison Butte Mountain Bike Course

Events List

- Men's and Women's Individual
 - Age categories: 18 +, 30 +, 35 +, 40 +, 45 +, 50 +, 55 +, 60+ & 65+

Entry Deadline

July 28, 2023

Sport Equipment

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 are mandatory



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during training rides on competition courses.

Participants are responsible for bringing their own Bicycle:

- Cyclocross bikes and Hybrid bikes will be allowed.
- Bicycles must have a minimum of 24" wheels and a minimum of 10 speeds.
- Bicycles 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.

Sport Rules

CROSS COUNTRY: Cross Country is an individual or mass start competition which is held on a circuit course consisting 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 race will be approximately 1 hour to 1.5 hours in duration.

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 is 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.

Water shall be available to anyone from anyone at any point on the racecourse provided that the hand-out can be done in a safe manner. There is a neutral water zone for any race exceeding 60 minutes in length.

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.



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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 racecourse.

**WPFG follows [Mountain Biking Racing Rules as outlined by USA Cycling](#)*

Pre Competition Meeting

All riders must attend a mandatory pre-race briefing (rider's meeting) normally held at the staging area prior to competition. This meeting requirement will be included in the Confirmation Letter.

Awards

Medals are awarded First through Third Place (1st- 3rd).

Players Conduct

Any serious violation of conduct, such as fighting or violence toward other participants or officials will result in the participants immediate disqualification from the competition. The sport coordinator shall immediately notify the WPFGF, who will investigate each incident to determine if additional discipline will be imposed.