

## **Amendments to Cycling Ireland Technical Rules to include the addition of Enduro MTB**

6. Age Restrictions. Add the following.

Enduro 14 years and over

Note! Youths of 12 years and over may be permitted to compete in Challenger / Sport events but only with the authority of the Off Road Commission.

Article 2 – Mountain Bike Competition Types

12. Enduro

A race taking place over a number of timed sections of trail (timed stages), and a number of transitions, which may or may not be timed (timed transition stages) or included in the overall result. Both the transitions and overall event may have time limits imposed. The overall winner is the person with the lowest accumulated time over all timed stages.

Article 3 General Race Guidelines

4. Equipment

E. For Enduro National Championships equipment checks will be carried out and competitors, who are found to have changed their bike or part thereof including frames, forks and wheels during an event may be subject to a penalty.

Notwithstanding, in the case of mechanical failure parts such as brakes, tires, saddles etc. can be changed if needs be but there is no time allowance for this.

At non championship events, rules on equipment and bike changes will be at the discretion of the event organiser.

### ARTICLE 7 - GENERAL REGULATIONS APPLICABLE TO ENDURO COMPETITION

1. Format for racing

An enduro event can take place over one or more days. It can include single day events with no practice day or multi day events with designated training day(s) on the race course.

A. Each rider must complete the full course and each timed stage.

B. A minimum of a 20 second interval is required between riders starting each timed stage.

- C. The start and finish point of each stage must be clearly marked
- D. Each rider will receive a timing chip prior to the start. As the rider passes through the start and finish point their time for that stage is recorded.
- E. If a competitor exits the timed stage, they must re-enter at the same point as they exited. It is the responsibility of the rider to follow the designated trail unless indicated by a marshal or otherwise to make a turn.
- F. With the exception of the National Championships an overall points scoring format must be set before the beginning of a series each year. This format must be consistent for all rounds of the series and cannot be amended during the series.
- G. With the exception of National Championships the Event Organiser may organise his events by rider ability, rider age etc.

#### 1. Course Design Parameters:

- A. There is no defined minimum or maximum distance for timed stages.
- B. Save for a safety risk to a following rider competitors may be subject to a penalty if they are found to have interfered with the track layout by the removal of rocks, roots, branches etc.

#### 3. Course Marking:

Refer to AT 6 – Article 5.4 (Downhill Competition Rules)

#### 4. Protective Clothing

A protective helmet (open XC type or full face DH type) which must comply with established safety standards is mandatory whilst training on the course and racing, including timed stages and transitions. Failure to comply with this or removal of the helmet during racing and training may be subject to a penalty.

Cycling Ireland recommends that all riders wear: Full Fingered Gloves along with Back, Elbow, Knee and Shoulder protection with a rigid surface.

## 5. National Championships.

Only those riders with an IRL UCI code are permitted to ride the National Championships.

National championships may be organised for the following categories but are subject to the entry levels as indicated. Any championship event not attracting the minimum number of entries may not be run without the prior approval of the Board

### Women

Junior Women (6 entries)

Elite Women (12 entries)

### Men

Junior Men (6 entries)

U23 Men (12 entries)

Elite Men (12 entries)

M30 Masters Men 30 – 39 (12 entries)

M40 Masters Men 40 – 49 (12 entries)

M50 Masters 50+ (6 entries)

Non championship youth races may be promoted at the National Championships but the winners of such events will not be classed as National Champions.

Individual Medals will be presented to the first three placed riders in all National Championships. Subject to the following.

However in any National Championship where the number of starters is less than the number of entries required above then only the following medals will be awarded

4 or 5 Riders 1st and 2nd Place only

3 or less riders 1st Place only

On the day of a National Championship no other race in respect of that discipline and category shall be promoted.

## 5) Offences & Penalties

Only licence holders may report an offence against a competitor but must do so in writing, accompanied by the Cycling Ireland fee for the lodgement of a complaint €25 / £25, within 30 mins of the final rider finishing. It will be the responsibility of the Event Organiser to ensure the reported offence is investigated in a fair and proper manner. The Event Organiser may do this alone or enlist the aid of other competent persons who do not have a proven conflict of interest in the outcome of the investigation. If the complaint is upheld then a penalty may be applied in accordance with the following table of penalties. In the event that the reported offence is not deemed to be frivolous then the fee may be returned. The outcome of any investigation must be advised to the rider prior to the medal presentations.

(See following page for list of penalties)

## Enduro Penalties

Penalty No.	Description	1 <sup>st</sup> Offence	2 <sup>nd</sup> Offence.
1	Changing bike or major part of bike	5min penalty	
2	Not wearing, strap not buckled or removal of helmet	5 min penalty	Disqualification
3	Failure to adhere to practice bans	5 min penalty	
4	Outside assistance e.g. receiving food, clean goggles etc.	5 min penalty	
5	Use of uplifts	5 min penalty	
6	Track cutting	5 min penalty	
7	Exceeding time limit	1 sec penalty for every minute over limit.	
8	Rolling start	1 min penalty	
9	Missing cut off time	DNF	
10	Failure to carry mandatory kit.	5 min penalty	
11	Not displaying or modifying number board	5 min penalty	
12	Foul or abusive language towards race officials	Disqualification	
13	Failure to obey marshal's instructions	Disqualification	
14	Interference of the track layout by removal of rocks, branches etc.	5 min penalty	