

NORBA Racing Rules 2006

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NORBA Upgrades

Riders may advance as quickly as they wish up to *Sport*. However, once a rider has upgraded, he or she will not be permitted to downgrade to a less difficult category without making a formal request to NORBA. The upgrading of categories will be noted on the racing license by NORBA. The NORBA Official at the event may record the upgrade of a rider to Sport or to Expert. The official will then contact the NORBA Region Manager to record the change. A rider may also contact NORBA or the NORBA Region Manager by email, in writing, or online to change categories.

Beginner racers **must** move to the appropriate Sport category after placing in the top five in five races. Failure to do so may result in license suspension.

*Sport riders **may** move up to the expert category after two top five finishes by presenting an upgrade request and a resume to a NORBA official or to NORBA.*

Sport riders **must** advance to the appropriate Expert category after placing in the top five in five races. Failure to do so may result in license suspension.

For mandatory upgrading purposes, classes must consist of the following competitors:

<u>Class</u>	<u>Men</u>	<u>Women</u>
Senior	20	15
Master age 30-39	20	15
Master age 40-49	15	10
Master age 50+	5	5

In those classes that require a minimum of ten competitors, the top three in the class are counted for upgrading. In those classes that require five, the top finisher will be counted for upgrading. Upgrades will be based on a rider's placings in his category over a calendar year.

Expert men riders may be eligible to be upgraded to Semi-Pro after a combination of achieving these minimum race results: *two* top-five finishes at NORBA National Mountain Bike Series (NMBS) events; *three* top-three finishes in American Mountain Bike Challenge (AMBC) events; *four* top-three finishes at a State or Regional Championship event. *Overall finish times are factored into upgrade requests.* Riders must submit their upgrade requests either online or to the NORBA Region Manager for their state.

A Semi-pro rider placing in two top-three or three top-five finishes at NORBA National Mountain Bike Series (NMBS) events may be eligible to be upgraded to Pro. AMBC, National, and International events may also be considered (i.e. Sea Otter, UCI events). Overall finish times will be factored into upgrade requests. Riders must submit their upgrade requests through their USA Cycling online membership account or send it to the NORBA Region Manager for their state."

An expert female rider placing in two top-three or three top-five finishes in the expert open/19+ class at NORBA National Mountain Bike Series (NMBS) events may be eligible to be upgraded to Pro. AMBC, National, and International events may also be considered (i.e. Sea Otter, UCI events). Overall finish times will be factored into upgrade requests. Riders must submit their upgrade requests through their USA Cycling online membership account or send it to the NORBA Region Manager for their state.

No rider will be permitted to race Pro or Semi-Pro unless his or her license indicates the Pro or Semi-Pro category.

NORBA reserves the right to upgrade Experts or Semi-Pros at any time.

NORBA also reserves the right to downgrade riders from the Pro or Semi-Pro category at any time.

A rider who feels he/she has advanced too quickly *or is otherwise no longer competitive in his or her category* may ask for reclassification by submitting a written request to NORBA identifying his/her results and reasoning. Such a request must be directed to the rider's NORBA Region Manager and include the current license and a \$15 re-issue fee.

When a rider who is participating in a state or regional series has *met the upgrading requirements in their current category*, (s)he may petition the NORBA office for a written waiver to this policy allowing him or her to finish the series for a title. A rider must also have written permission from the series director to receive such a waiver.

Racing Rules and Procedures

Changes in regulations since last year are printed in italics to make them more visible.

1. General Racing Rules

1A. Definitions

1A1. Beginner: A mountain bike category designed for the entry-level rider. Beginner races help the rider understand the subtleties of the sport allowing one to experience the thrill of mountain biking. After placing in the top five in five races, a Beginner racer must advance to the Sport category.

1A2. Cannibalizing: Taking any part or component from one bicycle to repair another, or to improve the result of another.

1A3. Category: An ability-based designation, such as beginner or sport.

1A4. Class: An age-based designation, such as junior, U23, senior, or master.

1A5. Disqualification: A penalty that causes a rider or team to lose placing in a race and to be ineligible for any subsequent heats in the race.

1A6. Endurance Events: A term used in mountain biking to describe the following types of events: Cross Country/ Point to Point/ Hill Climb or Uphill/ Stage races/ marathon/ ultra marathon/ 24 hour racing (or less) / time trial/ team time trial/ team relay

1A7. Expert: A mountain bike category where racing skills, strength and stamina have reached an exceptional level; racing is very competitive

1A8. False Start: A rider moving forward or crossing the start line or gate before the start command is given.

1A9. Gravity Events: Events that are gravity assisted, such as Downhill, Dual Slalom, Mountain Cross, 4 cross, Super D

1A10. Hearing: A formal review by a hearing panel of a suspension or qualification to race.

1A11. Licensees: persons holding NORBA or USA Cycling licenses, such as riders, officials, coaches, trainers, and mechanics.

1A12. Observed trials: Mountain bike events conducted over an obstacle course including such natural hazards as mud, rocks, water, etc. composed of any number of sections. The riders attempt to negotiate each section without putting down a foot or hand.

1A13. Officials: The persons appointed by NORBA to oversee the conduct of the race and to ensure compliance with NORBA and USA Cycling regulations.

1A14. Organizer: The person named as such in the race permit, who is responsible to USA Cycling for the proper organization of the race event.

1A15. Pro: the highest category for both men and women in mountain bike racing. All NORBA PRO racers must purchase an International License.

1A16. Protest: a formal request by a rider or team manager to have a race official review a decision or oversight. (See Racing Rule 1J)

1A17. Racing age: A rider's age on December 31 of the current year. All references to age of riders, race age groups, or age class shall be interpreted as referring to racing age. The following terms refer to specific age groups.

Racing Age	Age Group
Under 10	Youth
10-18	Junior
19-22	Under 23
23-29	Senior
30+	Master

1A18. Relegation: a penalty consisting of a loss of position, points or time, depending on the type of race. It may be assessed against a rider, a team, or both.

1A19. Semi-Pro: A mountain bike category that allows riders to fine tune their racing stamina and technical skills before entering the Professional ranks

1A20. Sport: A mountain bike racing category that reflects improved skills and developed strength and stamina. A rider must advance to Expert after placing in the top five in five races.

1A21. Suspension: a penalty imposed under USA Cycling Policy IV in which a licensee is ineligible to participate in either international events or those of USA Cycling for a determined period of time

1B. Licenses

1B1. USA Cycling issues the following annual licenses:

- Rider
- Coach
- Mechanic
- Official
- Soigneur
- Team Director
- Driver

1B2. Domestic NORBA licenses are issued by USA Cycling and are valid only for participation in NORBA events in the United States. International Licenses are issued by USA Cycling and are valid in any country in events sanctioned by a cycling federation affiliated with the UCI. All annual licenses expire on December 31st.

1B3. Eligibility. Annual rider licensing is open to applicants who have their primary residence in the United States. A rider who becomes a member of a UCI Mountain Bike team must hold an International Elite license. Applicants must submit a completed registration form, proof of age, and the specified licensing fee.

1B4. A NORBA license is an identity document that is the property of NORBA and that indicates its holder has voluntarily agreed to abide by the regulations and decisions of NORBA and USA Cycling. It permits the licensee to enter any NORBA event for which the licensee is qualified, for which a permit has been issued by USA Cycling, and for which the

rider licensee has properly registered and paid an entry fee. A license must be signed by the licensee in order to be valid.

1B5. A racing license indicates the affiliated club, if any, of which the rider is a racing member, the state in which the rider is a resident, the rider's age, sex, license number, UCI code, citizenship and the rider's racing categories. A rider may be a racing member of only one club at any time.

1B6. Changes to a racing license may be made only by a NORBA official, a NORBA Region Manager, or the Executive Director, following a proper upgrade or downgrade per the upgrade criteria given at the beginning of this book. Anyone making an unauthorized alteration of a license or causing such a change to be made shall be subject to suspension.

1B7. Liability Release. All persons applying for a NORBA license are required, as a condition of issuance of the license, to read, agree to, and sign an agreement and release of liability in a form approved by USA Cycling.

1B8. All persons who are under the age of 18 years, or who are minors under the laws of their home state at the time they apply for a NORBA license, must also have their parent or guardian read, agree to, and sign an agreement and release of liability in a form approved by USA Cycling. A parent or guardian of a minor may revoke that minor's license by written notice to USA Cycling, and such revocation shall become effective 30 days after receipt by USA Cycling of the written notice of revocation.

1B9. Categories of Riders.

(a) All mountain bike riders shall be assigned, according to their ability, to one of the following categories: beginner, sport, expert, semi-pro (men only), or pro.

(b) Riders may choose to upgrade themselves as far as *Sport*. Upgrading requires completion of performance standards.

1B10 Foreign Licenses

American riders living abroad may be licensed by the National Federation of their foreign residence, but such riders may not have a foreign license and a USA Cycling or NORBA license in

the same year. US Riders living in the United States may not be licensed by a foreign federation.

1C. Violations of Rules

1C1. Penalties. The following actions may be taken when NORBA or USA Cycling regulations are broken (in general order of increasing severity): warning, fine, relegation, disqualification, and suspension.

1C2. A rider who is **disqualified** for a medical control infraction must promptly return any prizes and primes won in the event, though this obligation shall be stayed while a hearing is pending.

1C3. Fines issued to riders or teams must be paid to USA Cycling directly. Riders who fail to submit their fine within 15 days shall be suspended per USAC Policy IV.

1D. Organization of Events

1D1. Organizer Responsibilities. The organizer shall be responsible for specifying and directing the general aspects of the race and especially for meeting obligations imposed by the public authorities.

(a) Each organizer shall agree to abide by and enforce the Constitution and subordinate regulations of NORBA and USA Cycling as well as decisions made by officials in accordance with these regulations.

(b) Organizers shall agree that the safety of participants and spectators is an essential consideration in organizing a cycling competition and they shall take those reasonable acts necessary to promote the safety of participants and spectators.

(c) The organizer shall agree to give written advance notification regarding the race to any government or property authorities who have jurisdiction over the race venue and to abide by all regulations or agreements established by those authorities regarding the race.

(d) Organizers shall require a written entry from each race entrant. The entry form must be hand-signed before the start of the race by the entrant and the parent or legal guardian of any minor entrant, and it must include the terms of the Standard Athlete's Entry Blank and Release Form as published by USA Cycling. The organizer shall keep the forms for ten years, available for use by USA Cycling or in any legal proceedings.

(e) The organizer is responsible for providing officiating facilities, including rider identification numbers, lap cards, bell and other technical equipment needed to conduct and control the race.

(f) The organizer is responsible for paying the race officials on the day of the race immediately after race results are final, upon receipt of an invoice from the chief referee. A check for the insurance surcharge shall be made out to "USA Cycling" and sent by the organizer, along with the post-event report, to USA Cycling no later than 21 days after their event.

1D2. Terms of Event Permits

(a) USA Cycling may issue permits to conduct more than one race event on the same day in a given state provided there are sufficient race officials available.

(b) By granting an event permit or the uses of a specific term for use in a race title, USA Cycling makes no warranties or a representation, expressed or implied, and does not guarantee the participation of specific riders or numbers of riders.

(c) NORBA grants the use of its emblem in official race announcements.

1E. Rider Eligibility, Classes and Categories

1E1. Eligibility. No rider may race in a category other than that which is stated on his or her license, under penalty of suspension. It is the rider's responsibility to enter and compete in the correct class and category. The fact that the

registration crew let the rider enter an incorrect class or category will not be accepted as an excuse.

1E2. Mixing of Classes in NORBA Races

(a) If fewer than five riders register for a category within the same age class, they may be required to compete in the next highest category within the same age class. NORBA encourages promoters to make their best effort to split out awards and prizes for combined categories. For example, if fewer than five Master Sports register, they may be combined with the Master Experts, but they should still be awarded prizes for their category.

(b) If fewer than five riders register for a Masters race in any age class, they may be required to compete in the next younger class closest to the Senior class. If fewer than five riders register for a Juniors race in any age class, they may be required to compete in the next older class closest to the Senior class. Masters shall not be required to compete with Juniors; Juniors shall not be required to compete with Masters. NORBA encourages promoters to make their best effort to split out awards and prizes for combined classes. For example, if fewer than five Junior 14 and under register, they may be combined with the 16 and under category, but they should still be awarded prizes for their age class.

(c) Women will not be combined with men unless there are fewer than five women present at the event after combining all women in all classes. Organizers are encouraged to present a prize to at least the first place woman if combining is necessary.

(d) Masters may compete with any age class younger than their own in the same ability category except for U23 and Junior classes. Women may compete with the men in the same class and category. Women may also compete with men in the same age class and one category below their own (for example, an Expert woman may compete with the Sport men of the same age class).

(e) Juniors may compete in any junior age class older than their own in the same ability category.

(f) For Gravity Events, Junior Experts may request an upgrade to Pro. Such a request must be submitted to the NORBA office or the NORBA Region Managers.

1F. Entry in Races

1F1. Acceptance of Risk.

(a) All those who compete in any of the events authorized under these rules do so at their own risk, whether or not they are licensed by NORBA, and no liability shall attach to NORBA or USA Cycling or any of its officials with respect to any loss or injury sustained or caused by anyone competing in events.

(b) All riders must sign and submit a written entry form which includes the terms of the Standard Athlete's Entry Blank Release Form, as then published by USA Cycling, to the organizer before each race. By competing in a race conducted under NORBA rules, a rider, or a parent or legal guardian who permits a minor rider to compete, acknowledges understanding and acceptance of the regulations covering the event and agreement to the terms of the Standard Athlete's Entry Blank and Release Form (as published by USA Cycling), and those terms shall be binding even when no proper entry form has been signed and submitted for a rider.

1F2. Registration

(a) In order to compete in NORBA races, Expert, Semi-Pro, and Pro riders must present a valid racing license from NORBA, or an international license from another national federation that is affiliated with the UCI. [10 days suspension for competing without registering. For attempted or successful fraudulent entry into a race, 30 days suspension].

(b) Any rider who enters a race while under suspension will become liable to additional penalties [disqualification and 30 days suspension].

(c) Unlicensed riders may only participate in beginner or sport races in non-Championship events.

1G. Officials

1G1. Assignment. The duties of the chief official shall be performed by licensed officials. One person may perform more than one duty. Licensed officials who are assigned by NORBA and who attend a race event for the sole purpose of officiating shall be paid in accordance with the Schedule of Fees. Officials must be prepared to demonstrate current licensed status in order to be eligible for payment. Payment shall be tendered by the organizer before the conclusion of the race event.

1G2. Impartiality. All officials shall endeavor to uphold and enforce the regulations of NORBA and USA Cycling and shall do so in an impartial manner.

1G3. Uniform. All officials shall wear gray or khaki slacks, skirt or shorts with a red shirt. A "NORBA Official" emblem shall be visible on the front of the uniform. National Commissaires may wear the National Commissaire patch instead of the NORBA Official patch.

1G4. Chief Referee.

(a) The chief referee supervises the general conduct of each race, and ensures that the event is run under NORBA rules. The Chief Referee is empowered to interpret and enforce NORBA rules and to make a ruling on any point that is not specifically covered in the rules.

(b) The Chief Referee may neutralize, shorten, suspend, or cancel any race if dangerous conditions or hazardous weather arises.

(c) The Chief Referee has the power to penalize or recommend suspension of any licensee who refuses to obey instructions of officials or who commits other offenses. The Chief Referee shall take into consideration the observations of assistant referees, taking into account their viewing positions and experience levels.

(d) The Chief Referee shall invoke penalties for infractions of the rules except suspension. A decision of the chief referee

under the Racing Rules is final, subject only to the hearing of a protest.

(e) The Chief Referee will assign duties for each event to the other officials and may delegate authority to them.

(f) The Chief Referee shall prepare an invoice for payment of officials of the race event and the USA Cycling insurance surcharge, and on-site license sales, and confirm that all officials are paid prior to the conclusion of the race event, in accordance with NORBA rules.

(g) The Chief Referee shall submit any appropriate incident reports on approved forms directly to the USA Cycling office immediately following the race event and within five days shall submit to NORBA a race report, a copy of race results, all applications for licenses sold on-site and the release forms of any riders involved in incidents, both obtained from the organizer.

(h) The Chief Referee will handle any protests arising at the event.

1G5. General Responsibilities of Officials at NORBA Races

Officials have the following responsibilities:

(a) Serve as an official representative of NORBA

(b) Ensure that the event is run under fair and safe conditions

(b) Assist the Race Director in providing for the best event possible

(c) Assist with scoring and timing of the races, as necessary

(d) Oversee registration and sale of annual memberships

(e) Upgrade riders as necessary per the regulations

1H. Rider's Uniform

1H1. Helmets.

At all times when participating in an event held under a USA Cycling event permit, any rider on a bicycle or motorcycle shall wear a protective, securely fastened helmet that

satisfies the standards specified in USA Cycling Policies. (See Policy I, Sections 1 and 2.) [disqualification and a \$20 fine for failure to wear or for removing such a helmet during a race. The fine is also applicable if the rider is not racing, but is participating in the event.

1H2. A shirt or jersey must be worn in all races. No additional equipment, whether worn over or under a rider's uniform, which has the effect of reducing wind resistance is permitted, except in the case of inclement weather, additional covering designed solely to protect against precipitation or cold may be worn. However, shoe covers are permitted in any conditions.

1H3. Footgear must be fully enclosed.

1H4. Eye Protection is strongly recommended

1H5. For downhill and dual slalom events, additional padding and helmets providing added protection is strongly recommended. Examples: full-face helmet, body armor, elbow and kneepads and full finger gloves.

1H8. Only current Federation National Champions may wear **National Championship jerseys** and only in the specialty and age group in which the title was won. However, juniors may ride with their jersey in any age group and masters may ride in any masters age group provided that is the same specialty in which the jersey was won. Former National Champions may wear stars and stripes trim on their collars and sleeves.

1H9. In **stage races** and **race series**, the race leader or those heading other categories must wear a special jersey if it is provided by the race organizer, but only for the duration of the race and as long as the leadership lasts.

1H10. No rider shall wear a **World Championship jersey** or colors (blue-red-black-yellow-green stripes in any order) in a race unless entitled to do so under international rules. Only former world champions are permitted to wear the world championship colors on the trim of their jerseys.

11. Conduct

111. No rider shall benefit from his or her misconduct. Misconduct on the part of a team member or support person may result in penalties to any member of the team who places in the event.

112. General Misconduct. The following offenses may be punished by suspension or lesser penalties:

(a) Acts of theft, fraud or grossly unsportsmanlike conduct in conjunction with a sporting event;

(b) Entering competition under an assumed name;

(c) Offering, conspiring, or attempting to cause any race to result otherwise than on its merits.

113. Withdrawal. Riders must immediately follow a referee's order to withdraw from the race [10 days suspension].

114. Abuse.

(a) No rider or licensee may be disrespectful toward organizers, officials, riders or spectators [warning for minor offense; possible relegation of rider; and/or up to a \$50 fine].

(b) No rider or licensee may use foul or abusive language or conduct during a race event [disqualification and 15 days suspension].

(c) No licensee may assault (an unlawful attempt, coupled with the present ability, to commit a violent injury on the person of another) or do battery (any willful and unlawful use of force or violence upon the person of another) to anyone connected with any event (including but not limited to riders, officials, spectators, public officials, etc...) held under a USA Cycling permit. [disqualified from the event, prohibited from participating in another event for 72 hours & suspended for up to one (1) year after due process]

115. No rider may make an **abrupt motion** so as to interfere with the forward progress of another rider, either intentionally or by accident [relegation or disqualification; possible suspension if a crash results].

116. Dangerous Rider. Any rider who appears to present a danger to the other competitors may be disqualified by the Chief Referee, either before or during a race.

117. Pushing or pulling among riders is prohibited in all races. No rider may hold back or pull an opponent by any part of his or her clothing, equipment or body [relegation or disqualification].

118. Competitors may make **no progress unaccompanied by a bicycle** [relegation or disqualification]. In the case of a crash, they may run with their bicycles to the finish line, staying on the course.

1J. Protests and Hearings

1J1. All protests concerning the **order of finish** shall be examined and resolved by the Chief Judge, whose decision is final and without appeal.

1J2. All protests regarding the **qualification of riders** or machines or the regularity of entries or classifications should be lodged with the Chief Referee before the race.

1J3. Procedure. The above protests may be made verbally and no deposit is needed. All other protests must be in writing, signed by the protestor, and accompanied by a \$20 deposit as specified in the Schedule of Fees. Protests in single events must be made within the following time limits:

(a) A protest of foul riding or any other irregularity taking place during the race must be made within 15 minutes after the protestor's finish time.

(b) A protest regarding the final results must be made within 15 minutes after the announcement of results.

1J4. Decision. Protests shall be heard and decided either by the Chief Referee or by a jury composed of an odd number of race officials that includes the Chief Referee. Such a jury shall conduct its deliberations in secret and shall reach decisions by a majority vote.

1J5. Hearings. Administrative, eligibility, and disciplinary hearings are processed and organized according to USA

Cycling Policies III and IV. Field of Play decisions made by race officials are not subject to review by a hearing panel, even if those decisions affect eligibility.

1K. Procedures common to all Mountain Bike Disciplines

1K1. Races for Junior Expert, U23, or Elite riders that are National Championships or used to select riders for national teams or international competition shall use UCI rules. In all other events, these NORBA rules apply.

1K2. All riders must attend the pre-race briefing (riders' meeting) normally held at the staging area prior to the race start.

1K3. Ignorance of the rules is not admitted as an excuse.

1K4. Bicycles must have at least one working brake on each wheel.

1K5. Racers shall complete the entire event (or individual stage) on the same bicycle upon which the event was begun.

1K6. All repairs during an event will be performed by the individual racer. No outside support is permitted. Riders whose bicycles are not functional will be allowed to continue to the finish line, where they may be asked to withdraw from the race by the chief Referee.

1K7. All spare parts and tools shall be carried by the individual racer, to be used only by that racer; cannibalizing other bikes is not permitted. A racer can only use spare parts or tools that he/she started with at the beginning of the race.

1K8. The responsibility of keeping on the prescribed course rests with the rider. A rider may not leave the prescribed course unless ordered to do so by public authorities or a race official [disqualification]

1K9 Short-cutting and/or cutting trail switchbacks or course is not permitted and may result in disqualification. A rider is required to stay on the designated trail that is marked and or specified as the race course. It is the rider's responsibility to know the designated race course. Lack of tape or barriers on

the course, or misplaced signs will not constitute an excuse for cutting the course.

1K10. Laws and ordinances of appropriate jurisdictions shall be observed during participation in any event.

1K11. A rider may be suspended for damaging or destroying public or private property. A rider may be held liable for all cost associated with the damage or destruction.

1K12. Only riders officially entered in the event may practice or compete on the designated race course, and they must wear their number plates and numbers while practicing.

1K13. Riders should be given the opportunity to walk the course and participate in practice runs whenever practical.

1K14. Intentionally removing obstacles deemed by NORBA Officials to be part of the character of the race course is prohibited.

1L. Course Markings

In the interest of consistency in mountain biking, the following course markings are used universally by NORBA, UCI, and other International governing bodies.

1L1. Arrows mark the entire length of the official course. The arrows will be of a contrasting color on a white background, on signs measuring a minimum of 1' x 2' (30 cm by 60 cm). The signs indicate the course to follow, curves, intersections and warn of situations which are challenging for the competitors. Signs are posted along the course at regular intervals to indicate to competitors that they are on course.

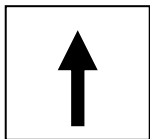
1L2. An arrow placed 30 meters before the intersection should mark each intersection. Another arrow is placed at the intersection. The direction of travel is then confirmed by another arrow located 30 meters further in the new direction.

1L3. In all hazardous situations, two or three arrows placed upside down must be located 30 meters before any obstacle on a circuit. A hazard on the circuit can be an obstacle, quality of the surface, or angle of the track, any of which may threaten the safety of the competitors.

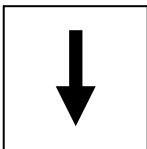
1L4. Directional arrows should always be placed on the right and at racing eye level, about three feet from the ground.

1L5. The course must also be marked every half-mile or 1 kilometer with signs indicating kilometers yet to be raced. There must be a sign indicating when there is 1 kilometer to go.

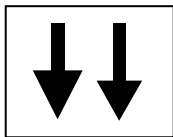
1L6. The signs that are to be used on a mountain bike circuit are shown below:



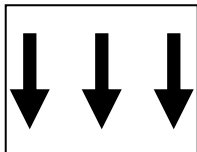
Straight ahead



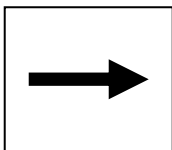
Slow, danger



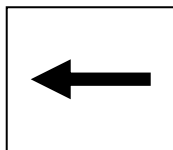
Slower, danger



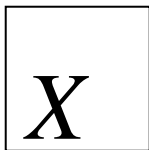
Slower, very Dangerous



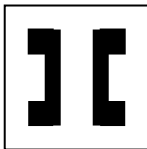
Course turns



Course turns



Wrong way



Bridge ahead



Water crossing

2. Endurance Events

2A. Cross Country (XC)

2A1. Water shall be available only in designated feed zone(s) as outlined by the Race Director. The Race Director will provide a neutral water zone with water for any race exceeding 90 minutes in length. Official water zones must be accessible and publicized before each race. Feeding (food handouts) may only be done in a designated feed zone. A handup to one rider must not cause other riders to slow down or veer off course.

2A2. 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 bicycle can overtake a racer riding his bicycle provided he does not interfere with the rider's progress. Lapped riders may be asked to withdraw at the Finish Line.

2A3. Lapped riders must yield to overtaking riders. Riders should voice the command "Track" when overtaking another. It is the responsibility of the challenging rider to overtake safely. You must yield to the passing rider on the first command.

2A4. In the event two riders are vying for position, the leading rider does not have to yield his 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.

2B. Time Trial

A time trial competition involves individuals or teams who race against the clock.

2B1 A start list shall be published no less than one hour before the start of the race. The order of start may be determined in various ways:

- (a) Bib number sequence
- (b) Random start determined by the Race Director and/or Chief Referee
- (c) Seeding

2B2. The Race Guide shall specify the number of riders for a team time trial and the rider upon which the timing is determined.

2B3. The Adult/Junior Time Trial is a two-person time trial where one rider must be a Junior (18 and under) and one must be an adult (19 and over). The timing shall be taken on the second rider to finish.

2C. Stage Races

A mountain bike stage race is a series of races for which there are normally individual and team competitions. Individuals must complete each stage according to the specific procedures for the event to be eligible to start the next stage. A minimum number of riders on a team must complete each stage according to the specific procedures for the event to be eligible for overall team competition placings. A mountain bike stage race is held under the General Rules and Regulations of NORBA with the exception of these specific rules and regulations that apply to mountain bike stage racing.

2C1. The organizer, under the supervision of the Chief Referee or NORBA, shall prepare a complete set of race regulations (the Race bible) that specify how each stage will be conducted.

2C2. Organizers wanting to place a stage race on the UCI International Calendar must conform to the UCI Mountain Bike Stage Race Regulations.

2D. Marathon and Ultramarathon Cross Country

2D1. Any event between 37 and 62 miles (60-100 km) is classified as a Marathon. A Race over 62 miles (100 km) is an ultramarathon.

2D2. All NORBA Cross Country rules will apply.

2D3. For National Championships, a Marathon course must be either a point to point, or a circuit disputed over one or two laps.

2E. Snow Biking

2E1. Snow biking is a NORBA permitted event that is held on snow. These competitions follow all NORBA rules and regulations. Any variation of the rules must be communicated through race flier, communiqués, or rider meetings.

2E2. The following types of competitions are recognized:

Alpine Events

Downhill Cross Country
Super Giant Slalom
Giant Slalom
Dual Slalom
Biker Cross

Nordic Events

Point-to-Point
Criterium or Circuit

2F. 24 Hour Racing

2F1. A 24-hour mountain bike race is held under the General Rules and Regulations of NORBA.

2F2. The Organizer, under the supervision of a NORBA Representative and/or the Chief Referee, shall prepare a complete set of race regulations (the race bible) that specify how each 24-hour competition will be conducted.

2G. Team Relay

2G1. The Team Relay is a race among teams of a number of riders determined by the Organizer and/or the Chief Referee. It is held on a circuit, with each team member riding one lap of the course. Upon completion of each lap, in a designated transition area, the rider on the course will pass an item (generally a wristband) to the next rider to take the course. The first team to have all of its members complete the course is the winner.

2G2. General Cross-Country regulations apply to this event.

2G3. The Organizer, under the supervision of a NORBA Representative or the Chief Referee, shall prepare a complete set of race regulations that specify how each Team Relay event will be conducted.

3. Gravity Events

3A. Downhill

A downhill competition consists of riders racing one at a time, against the clock. The rider with the fastest time wins or advances to the next round. Racers will start at regular, predetermined start times and compete against others in their class and category. Please note that there are other variations of downhill competitions.

3A1. There shall be practice on courses for competitors.

3A2. A start list shall be published no less than one hour before start of race. Order of start may be determined in various ways:

(a) Fastest time from seeding run.

(b) Bib number sequence.

(c) Random start determined by the Race Director and/or Chief Referee.

3A3. Regular start intervals of 1 minute or 30 seconds are recommended.

3A4. A rider causing a false start shall receive a penalty, as determined by the Chief Referee. The rider's bicycle must be stationary at the moment of the start.

3A5. A passing rider has the obligation to pass safely.

3A6. If a rider leaves the course, the rider must re-enter the course at the same spot where the rider exited the course. If a rider is unable to re-enter at the point of exit, and gains no advantage, the Chief Referee will determine if the rider is assessed a penalty.

3A7. In the event that a rider experiences an unavoidable delay, the rider must report immediately to the Chief Referee to request a re-run. The chief Referee will make the determination if a re-run is granted.

3A8. A rider missing a start time may or may not be given a new start time at the discretion of the Chief Referee or an official designee. At the pre-race meeting, the chief Referee will give the re-start procedure if any is applicable.

3A9. If a course hold is issued, any rider that was stopped or who missed the scheduled start time must report immediately to the Chief Referee or official designee. The Chief Referee will then determine a re-run order and new start times if applicable. Riders must request the new start time within 15 minutes of the announcement of the course hold.

3A10. The course must be marked with directional arrows or course tape to notify rider of course direction or hazards. The course must be appropriately marked before the first training session.

3B. Dual Slalom

These are dual slalom guidelines; there are other options for conducting a dual slalom. Consult the race entry form and attend the mandatory riders meeting for more information.

3B1. Everyone will have at least one run for qualifying.

3B2. The fastest qualifier will be seeded against the slowest, the next fastest with the next slowest, etc.

3B3. Racers will race head-to-head on each course. The rider with the faster combined time will advance to the next heat.

3B4. A rider causing a false start shall receive a penalty, as determined by the Chief Referee. The rider's bicycle must be stationary at the moment of the start.

3B5. Alternating left and right, racers must ride around (not over) each gate, with both tire tracks passing on the outside of the gate. Gate judges located along the course, whose decision is final, determine this. A missed gate will be cause for a 1.5-second penalty in the final rounds; disqualification in the qualifying rounds.

3B6. The most a racer can lose by is 1.5 seconds. This maximum differential applies to slow runs or penalties resulting from jump-starts, missed gates or other infractions.

3B7. Ties in split times can be broken in the following ways: If overall times are recorded, the tie is broken by comparing the overall times on the course that both riders completed. If

only split times are recorded the winner of the last run is the overall winner.

3B8. Bikes must have at least three working gears.

3B9. Dual Slalom Penalties and Disqualifications:

Different events will handle these penalties differently. They will be assessed at the discretion of the Chief Referee.

False start: +1.5 seconds in Final rounds; DQ in Qualification rounds

Changing from one course to another: +1.5 seconds in Final rounds; DQ in Qualification round

Interfering with the other racer: +1.5 or DQ in Final rounds; DQ in Qualification round

Not passing both wheels around a gate: +1.5 seconds in Final rounds; DQ in Qualification round

Missing a gate and going beyond the next gate: +1.5 seconds in Final rounds; DQ in Qualification round

Not finishing in possession of the bike: +1.5 seconds in Final rounds; DQ in Qualification round

Missing start time by more than two minutes after the final call: Disqualification

3C. Super D

The rules for Super D are largely the same as the rules for the Downhill, with the following addition:

3C1. If there is an uphill start, a mass start or LeMans start is acceptable.

3D. Mountain Cross

These are mountain cross guidelines; there are other options for conducting a mountain cross.

3D1. Riders will have one qualifying run to advance to the final bracket. Ties on time will require a second run among the tied riders.

3D2. The fastest qualifier will be seeded against the slowest and bracketed accordingly.

3D3. For championship events the riders will be seeded as follows:

If starting with the round of 64:

1,32,33,64; 16,17,48,49; 9,24,41,56; 8,25,40,57;
5,28,37,60; 12,21,44,53; 13,20,45,52; 4,29,63,61;
3,30,35,62; 14,19,46,51; 11,22,43,54; 6,27,38,59;
7,26,39,58; 10,23,42,55; 15,18,47,50; 2,31,34,63

If starting with the round of 32:

1,16,17,32; 8,9,24,25; 5,12,21,28; 4,13,20,29;
3,14,19,30; 6,11,22,27; 7,10,23,26; 2,15,18,31

If starting with the round of 16:

1,8,9,16; 4,5,12,13; 3,6,11,14; 2,7,10,15

If starting with the round of 8:

1,4,5,8; 2,3,6,7

If there are more than 5 riders but less than 12, start with the round of 8

If there are more than 11 riders but less than 24, start with the round of 16

If there are more than 23 riders but less than 48, start with the round of 32

If there are more than 47 riders start with the round of 64

For Championship events, Pro Men will start no higher than the round of 64, and Pro Women will start no higher than the round of 32

3D4. For non-championship events the riders will be seeded as follows:

If the number of qualifiers is greater than 32 but less than 48, the riders can be seeded as:

1,32; 16,17,33; 9,24,40; 8,25,41;
5,28,44; 12,21,37; 13,20,26; 4,29,45;
3,30,46; 14,19,35; 11,22,38; 6,27,43;
7,26,42; 10,23,39; 15,18,34; 2,31,47

If the number of qualifiers is greater than 16 but less than 24, the riders can be seeded as:

1,16; 8,9,17; 5,12,20; 4,13,21;
3,14,22; 6,11,19; 7,10,18; 2,15,23

If the number of qualifiers is greater than 8 but less than 12, the riders can be seeded as:

1,8; 4,5,9; 3,6,10; 2,7,11

3D5. The Chief Referee may alter the starting grids when necessary to arrive at heats with approximately equal numbers of participants in each one.

3D6. Riders will race head to head with the first two riders from each heat advancing to the next round.

3D7. Start Procedure

(a) All riders will be required to start at the same point, as designated by the official. A rider causing a false start shall receive a penalty, as determined by the Chief Referee. The rider's bicycle must be stationary at the moment of the start.

(b) The riders in each group may choose their starting position in order of their qualifying times. The fastest rider gets first lane choice.

(c) Once the starter begins the cadence the race is considered underway and the cadence may not be discontinued.

(d) If two riders fall before the apex of the first obstacle, they shall be entitled to a restart.

3D8. The lead rider can take any line available on the track. This relates to any rider ahead of any other rider. Strategy plays a big part in mountain cross and taking the line of another rider is a strategic and legal move. However, if the

lead rider intentionally moves over so as to initiate malicious contact with another rider, or to force a rider off the track, then a disqualification may result.

3D9. During the course of a race, should a rider leave the track as a direct result of contact with another rider, that rider must re-enter the track at the closest place to the exit point that is safe to all riders. The exited riders shall not advance position or miss any gates. A rider re-entering the track in an improved position may delay him/her self to the last position and then continue racing from there and pass though any missed gates.

3D10. Should a rider leave the track purely on his/her own accord that rider must make sure no obstacles or gates have been missed before returning to the track in a safe manner. (Hay bales, cones, chalk lines or other markers signifying the inside turn are also considered obstacles. These markers on a straightaway including the finish area are not obstacles but only guidelines.)

3D11. The riders are required to pass though each gate without straddling it, the wheels of the bicycle must follow a path within the course.

3D12. Bikes must have three working gears and two working brakes.

3D13. Competition protests must be initiated immediately after the run to the designated official. The decision of the Referee is final. No post race action is available.

4. Observed Trials

Observed Trials events are conducted over an obstacle course, consisting of any number of sections that include such natural or man-made obstacles as mud, rocks, water, logs, walls, pallets, spools, etc. The riders attempt to negotiate each section without putting down a foot or hand (dab). The regulations for Observed Trials can be found on the USA Cycling Website

5. High School Racing

5A. Introduction.

5A1. High school & middle school mountain bike racing is an individual sport with a team aspect. Riders will compete for individual championships while earning points for their teams, based on their finish places. Teams are divided into four categories:

High school male

High school female

Middle school male

Middle school female

5A2. NORBA rules and regulations apply for high school/middle school mountain bike racing, unless otherwise specified in the race information.

5B. Course Length and Difficulty.

The ideal high school team XC course should be short enough to require multiple loops and composed of terrain that can be completed by Beginner riders. The length should be based on the ability of riders to complete the course within specific time frames. For High School riders, the time should be between 45 and 75 minutes. For Middle School riders, the time should be between 30 and 45 minutes.

5C. Categories, Age Limit, Eligibility.

High school categories are grades 9-12, and can be subdivided if there are enough competitors: Varsity, (grades 11-12), and Junior varsity, (grades 9-10). Middle school categories are grades 5-8. Riders competing in high school team racing shall not exceed 19 years of age at the time of competition. Graduating Seniors are eligible to compete for their team until July 31st of their graduating year. All other state and local rules regarding eligibility shall apply.

5D. Team Definition and Scoring.

A boy's team shall consist of five or more males from the same school. A girl's team shall consist of three or more females from the same school. Scoring is based on individual results that combine to produce team results. If a team does not have enough riders to satisfy these requirements, scoring defaults to the next highest number of team members. Home or alternative schooled riders should default to local and state rules regarding joining a team outside of their schools.

5E. Officiating.

Any USA Cycling certified official may officiate at a NORBA high school mountain bike race. Officials should be compensated based on the category of the race as specified in the Schedule of Fees.

6. NORBA CHAMPIONSHIPS

6A. Titles

6A1. National Championships

The National Mountain Bike Championships will be a weekend-long event to determine the National Mountain Bike Champions in Junior Age Classes, Junior Expert, Expert, U23 (men cross-country only), Semi-Pro, and Pro in the following disciplines:

Endurance: cross-country, short track, marathon (100k), and single speed.

Gravity: downhill, mountain cross, dual slalom, super D

Observed Trials: trials/modified bike, stock bike

6A2. National Competition Jerseys

Beginner and Sport riders in certain age categories will not be awarded National Champion titles, but will be competing for the red and stars jersey (Sport) and the blue and stripes jersey (Beginner).

6A3. United States Junior National Competition and Junior Olympic National Championship

Junior National Competition titles will be awarded in Junior Beginner: 15-18 (female), 17-18 (male), and 15-16 (male); and Junior Sport: 17-18 (male), 15-16 (male), and 15-18 (female). National Champion titles will be awarded in the following classes and categories: Junior Expert: 18 & under (female), 17-18 (male) and 15-16 (male), Junior male (open category) 10 & under, 11-12, and 13-14; and junior female (open category) 10 & under, 11-12, and 13-14. Riders who qualify in older age groups at Junior events, State

Championships, AMBC events, and NORBA National Series events will be required to compete in their respective age group, as of their racing age on December 31 of the current year.

6A4. There will be no minimum field size to award a National Championship title.

6B. National Championship Disciplines, Categories, Classes

6B1. Qualifying Events

Pro riders are not required to qualify in order to compete at the 2006 USA Cycling National Mountain Bike Championships. For the following events, all other riders must qualify through specific qualifying races in order to compete at the National Championships:

Cross-country

Male

Pro, Semi-Pro, U23, Expert: 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+ , Open Category: 10 & under, 11-12, 13-14.

Female

Pro, Expert: 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55+ Open Category: 10 & under, 11-12, 13-14.

Downhill

Male

Pro, Semi-Pro, Expert: 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+ Open Category: 10 & under, 11-12, 13-14.

Female

Pro, Expert: 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55+ Open Category: 10 & under, 11-12, 13-14.

Mountain Cross or Dual*

Male

Pro, Semi-Pro, Expert: 18 and under, 19-29, 30-39, 40+

Female

Pro, Expert/open

- * **Riders who qualify in Mountain Cross are eligible to compete in Dual Slalom and vice versa. At a given National Championship, either Dual or Mountain Cross will be offered, but not both.**

6B2. Non-Qualifying Events

The following events may be entered at the National Championships without qualifying in specific qualifying races.

Short Track

There will be a 50-rider field limit per category/class. If more than 50 riders enter in a category/class, then qualifying heats will be conducted.

Male

Pro, Semi-Pro, Expert: 18 and under, 19-29, 30+

Female

Pro, Open: all non-pro riders

Marathon (100k)

Male

Open 19+, 19-29, 30-39, 40-49, 50+

Female

Open 19+, 19-29, 30-39, 40+

For UCI and US Team qualifications the open class is the only one used.

The course will be either point to point, or a circuit disputed over one or two laps.

Single Speed

Male

Open

Female

Open

Super D

Male

Open, Non-Pro (all ability categories): 19-29, 30-39, 40-49, 50+

Junior: 18 & under

Female

Open, Non-Pro (all ability categories): 19-29, 30-39, 40+

Junior: 18 & under

Observed Trials

Male

Pro Mod 19+, Pro Stock 19+, Expert: Mod 19+, Stock 19+

Junior: Mod 16-18, Stock 16-18

Female

Open 15+

6C. Sport and Beginner National Competition Jersey Disciplines and Classes

For the following events, riders must qualify through specific qualifying events in order to compete at the National Championships:

Cross-country

Male

Sport: 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-49, 50+;

Beginner: 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-49, 50+

Female

Sport: 15-18, 19-29, 30-39, 40+

Beginner: 15-18, 19-29, 30-39, 40+

Downhill

Male

Sport: 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-49, 50+

Beginner: 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-49, 50+

Female

Sport: 15-18, 19-29, 30-39, 40+

Beginner: 15-18, 19-29, 30-39, 40+

Mountain Cross or Dual Slalom*

Male

Sport: 18 and under, 19-39

Beginner: 14 and under, 15-18, 19-39

Sport/Beginner 40+

Female

Sport/Beginner Women

Observed Trials

Sport Men Stock, Sport Men Mod, Jr 9-10,11-12,13-15,16-18

6D. Qualification Requirements for National Championships

Riders may compete if they meet all of the following criteria, with the exception of # 3 if the discipline does not require a rider to qualify prior to the USA Cycling National Mountain Bike Championships:

1. They are American citizens (riders may be asked to show proof of citizenship at race registration).
2. They are current annual NORBA members
3. They have qualified through a NORBA State or Regional Championship, an AMBC event, the NORBA National Series, a USA Cycling Junior Development Regional Mountain Bike Camp, Alison Dunlap Junior Olympic Mountain Bike calendar event or they defending NORBA National Champions in the class, category, and discipline in being contested at the 2006 National Championship competition.

6E. Qualifying Events

6E1. There are six possible ways for riders to qualify and compete in the United States National Mountain Bike Championships, which are outlined below:

- (a) NORBA State or Regional Championship Series or NORBA State or Regional Championship Event (one-day)**

The top-15 overall riders in each discipline, class, and category offered at the USAC National Mountain Bike Championship and offered at a NORBA State or Regional Championship will be eligible to compete at the 2006 National Mountain Bike Championship. If the NORBA State or Regional Championship series is not finalized by the qualification deadline, the top-15 ranked series riders will be extended invitations. If the overall NORBA State or Regional Champions are determined after the 2006 qualification deadline, those riders will automatically be qualified to compete in the 2007 US National Mountain Bike Championships.

(b) American Mountain Bike Challenge (AMBC) events

The top-10 riders in each discipline, class, and category offered at the USAC National Mountain Bike Championships and offered at any AMBC event will be eligible to compete in the 2006 USAC National Mountain Bike Championship. Riders who compete at AMBC events held after the qualification deadline and/or after 2006 US National MTB Championships will be eligible to compete in the 2006 US National MTB Championships if they place in the top-ten in their respective discipline, class, and category.

(c) NORBA National Mountain Bike Series events

The top-10 riders in each discipline, class, and category offered at any NORBA National Series event will be eligible to compete in the 2006 US National Mountain Bike Championship.

(d) Defending United States National Mountain Bike Champions

All defending United States Mountain Bike Champions are automatically qualified to compete at the 2006 US National MTB Championships in their respective discipline and category.

(e) Alison Dunlap Junior Olympic Mountain Bike Events (ADJOMTB)

The ADJOMTB is open to junior racers aged 18 years old and younger as of December 31 of the current year. Riders who qualify for the US National MTB Championships in an older junior age group than their official racing age, will still be qualified, but they will compete at the US National MTB Championship in their age group as of their age on December 31 of the current year (racing age).

(f) USA Cycling Junior Development Regional Mountain Bike Camps

The top-six riders from each of the USA Cycling Junior Development Regional Mountain Bike Camps will be extended invitations to compete at the US National Mountain Bike Championships.

(g) Sea Otter Classic

The top-10 riders in each discipline, class, and category offered at the USAC National Mountain Bike Championships and offered at the Sea Otter Classic will be eligible to compete in the 2006 USAC National Mountain Bike Championship.

6E2. Qualification Guidelines

(a) Riders are to qualify and compete in their respective age group based on their racing age determined as of December 31 of the current year.

(b) Beginner and Sport riders who have met the upgrading requirements (as defined in the 2006 NORBA Rulebook), but have qualified to compete in one of these categories at the 2006 US National MTB Championships, may do so for only this event. After the US National MTB Championships, the Beginner and Sport riders must immediately upgrade to the next higher category in the discipline in which they met the upgrade requirement and qualified.

(c) Riders who finish in the top-five in the Beginner or Sport categories at the US National MTB Championships

must move up to the next higher category for the remainder of the current season and following season. Experts who place in the top-three in the 19-24, 25-29, and 30-34 age groups will automatically be eligible to upgrade to Semi-Pro (men) and Pro(women) for the remainder of the current season and following season. Riders must verify that they wish to upgrade to Semi-Pro (men) or Pro(women) by completing and submitting an upgrade request to their NORBA Region Manager

(d) Any male racer, aged 19-22, who has qualified for the United States National Mountain Bike Championship in cross-country, has the option of competing in the U23 Championship race or their respective category. Racers in the U23 Championship race will be competing on the Pro-level course and distance.

(e) Junior and Master Semi-pro and Pro riders may not 'race-down' to the Expert category in order to win an age-group title. Riders are to compete in the category in which they are categorized, qualified, and licensed.

(f) Riders shall compete in the highest ability category for each respective discipline in which they have qualified for the 2006 USAC National MTB Championships.

(g) Riders who have qualified for the 2006 US National MTB Championships will be posted to the USA Cycling website as they are determined. If there is a discrepancy in the qualifier list, the rider must contact the NORBA Region Manager for their state.

Eastern: klusk@usacycling.org or Western:
dcrandall@usacycling.org

(h) A qualified rider format example will be distributed to NORBA State/Regional Championship organizers. The State/Regional Championship organizer is to submit the list of qualified riders as of the qualification deadline to their respective NORBA Region Manager at the conclusion of the NORBA State/Regional Championship or by the qualification deadline.

(i) One-day qualification events will be required to submit race results in electronic format to the USA Cycling office within seven (7) business days of their event. Qualified riders will automatically be generated from the race results submitted to the USA Cycling office from these events.

(j) A postcard and/or email will be sent to riders who have qualified for the 2006 USAC National MTB Championships. Entry forms may be included after they have been printed (these may not be available for the early-season qualifying races, but contact information for race registration will be provided).

(k) The qualification period is from August 1, 2005 through July 17th, 2006.

6F. 24 Hour National Championship

NORBA awards National Championship jerseys to the top placing US citizen at a One-Day 24-Hour National Championship in the following categories:

Junior four-person 18 & under, Master four-person 30+, Men Solo Open, Women Solo Open, Male Open four-person, Female Open four-person

6G. NORBA State Team Competition Cup

USNMBC will include the NORBA State Team Competition Cup. Riders will be riding in the State Team Competition Cup based on the state (residency) listed on their NORBA licenses.

6H. State and Regional Championships

NORBA awards state and regional championship designations for all disciplines. To be eligible to be a state or regional champion you must be an annual NORBA member.

7. Amendments

NORBA welcomes suggestions and comments from its members. To suggest changes in NORBA rules, regulations or policies, send a proposal in writing with signatures from five or more current NORBA members, a member USA Cycling club or event organizer, or NORBA Trustee to Director of Technical Services, USA Cycling, 1 Olympic Plaza, Colorado Springs, CO 80909-5775. Amendments must be received by September 1 of the current year to be considered for adoption for the following year.