

2010 AMBCS Rules

AMBCS Race Fees:

- AMBCS Per rider fee for 2010 is \$2.
- All AMBCS fees are to be paid within 21 days post event.
- Checks are to be made payable to “AMBCS” and mailed to:

AMBCS
111 Evonshire Dr
Arkadelphia AR. 71923

- **Correctly formatted results must be submitted to the AMBCS Administrator by Noon on the Thursday directly follow the event.** Failure to complete this will set a \$50 fine in place and preclude the event from being part of the AMBCS the following year until the fine is cleared. The contact email address is listed on the AMBCS website. Additionally it is the races responsibility to submit your race results to USA Cycling.

Categories

The categories for the 2010 AMBCS are:

- Male Pro Riders are to compete within the Cat 1 19-29 Division
- Female Pro Riders are to compete within the Cat 1 19-39 Division
- Races must offer at minimum the prescribed AMBCS racing Categories. Class Start Order and times for each race should be posted and available at least 10 days prior to event, however, promoters can combine classes and/or age groups on race day for Start and Purse reasons.
- Each Class listed below will be ranked throughout the Calendar year for the AMBCS.

PRO/Cat 1	Cat 2	Cat 3	Junior
Men 15-18	Men 15-18	Men 15-18	Junior Men 1-10
Men 19-29	Men 19-29	Men 19-29	Junior Men 11-12
Men 30-39	Men 30-39	Men 30-39	Junior Men 13-14
Men 40-49	Men 40-49	Men 40-49	
Men 50+	Men 50+	Men 50+	
Women 15-18	Women 19-39	Women 15-18	Junior Women 1-10
Women 19-39	Women 40+	Women 19-39	Junior Women 11-12
Women 40+		Women 40+	Junior Women 13-14
	Single Speed Open	Clydesdale (200+) (open)	

Courses

Courses vary according to the geography of the area, and the amount of single track available. These are guidelines as the combination of terrain and distance will determine the level of difficulty

- In general Pro/CAT 1 races should last 2 - 2.5 hours;
- CAT 2 - 1.5 - 2 hours and
- CAT 3 - 1 to 1.5 hours.
- Cat 1 50+ Men and all CAT 1 Women will race the “CAT 2” distance listed above.
- Most race courses offer modified distances for 12 & U and 10 & U.

PROTESTS : All protests at the races should first be taken to the USAC Official for that race. Only the racer(s) involved

The AMBCS will use the following scoring method: The Base point structure will use the below chart. In addition the field size for the competitive division will be added to the base point.

Place	Pro / Cat 1	Cat 2	Cat 3
1	60	50	40
2	54	44	34
3	49	39	29
4	45	35	25
5	42	32	22
6	40	30	20
7	39	29	19
8	38	28	18

And so on, one point separating each finish beyond 8th place.

Example of how individuals' points will be calculated: CAT 2 Men 19-29 has 22 competitors in it. John finishes in 5th place at race XYZ. John would receive 32 points from the base point structure plus 22 points for the field size. So John's point tally for Race XYZ would be: 32+22 = 54 points

Points allocation rules:

- For Pro/CAT 1/CAT2 the best 7 of 10 races will count towards overall standings. All racers must compete in a minimum of 4 events to be included in the overall standings. Pay dirt points can count as of one the races.
- For CAT 3 the best 6 of 10 races will count towards overall standings. All racers must compete in a minimum of 4 events to be included in the overall standings. Pay dirt points can count as one of the races.
- Points are tallied based on the riders' finish order at each individual event.
- Points are tabulated only on cross-country events (other events such as time trials and circuit races are not counted toward the series standings)
- **Individual Race results:** As per USAC rules all individual race results will be finalized onsite after each race. It is the Racers responsibility to ensure correctness prior to leaving race site.
- **Series Points:** The AMBCS Administration will make every effort to have the Series Rankings (points) posted by close of business on Thursday following each AMBCS Race. The Racers will have 14 days from time of posting to review them for correctness. It is the racers responsibility to notify the Series Administration within this period if there is an error. After this 14 day period the rankings for that event become official and final. The last race of the year is the expectation to this as series management calculates the final series standing onsite. The Racer is responsible to check for correctness the season point tallies prior to the season end award ceremony. After which they become official.
- Overall (Season End) AMBCS point standings and general awards will be presented at the last race of the season.
- If a tie exists for an overall class at the end of the series, the following rules will be used in the following order until the tie is broken: 1) Number of 1st, 2nd, 3rd, ... until tie is broken in all races that are used for series points. 2) Head-to-Head results in all common races. 3) Head-to-Head result in the most recent/last race. This rule is applied by starting at the last race and going backward to find the first common race. Once found, that result will be used to break the tie.
- During the series a rider may upgrade, however points earned in one class cannot be transferred to another class.

Hard Plates:

- Hard Plates: AMBCS Hard Plate cost will be \$5.00 for all Pros/CAT 1/CAT2/CAT3 riders. Junior riders 14 under are complimentary.
- Hard Plates will be mandatory for all those that wish to participate in any race that is part of the 2010 AMBCS.

USA Cycling:

- All Pro / CAT 1 racers are required to hold a valid USA Cycling - Mountain Bike annual license.
- All CAT 2 & CAT 3 racers are required to hold either an Annual USA Cycling license or a one day.
- Those in the Junior 14 and under Categories are not required to purchase the USA Cycling –Mountain Bike annual or single day permit, but must have a wavier signed by their parent or authorized guardian.
- Single day USA Cycling - Mountain Bike single day permits are \$5.
- All racers are required to complete and sign a USA Cycling standard athlete's release. Minors must have parent or guardian signature as well.
- All AMBCS races will be required to have a USAC Official present in an official capacity.
- All races on the AMBCS must be USA Cycling sanctioned. USA Cycling rules apply if a subject is not covered in this document. All Races are required to use the USAC official results submission form.
- The Insurance surcharge for 2010 is \$3 per rider, this is payable directly to USAC.

GENERAL

- All AMBCS races must be within the state of Arkansas.
- All races on the AMBCS must comply with rules of the AMBCS or risk being disqualified from the AMBCS for the following year.
- All races within the AMBCS must have trails that are usable for the purpose of Mountain Biking open to the public throughout the year.
- All courses should have trail markings that would enable an individual to follow the course throughout the year.
- All Races within the AMBCS are to be timed. The rider's finish times are not required to be posted at race site, but must be submitted on the official results.
- All AMBCS races are to occur between Memorial Day Weekend and the weekend prior to Thanksgiving yearly.
- The AMBCS is to consist of no more than 10 races.
- Each Race will provide complimentary entries to the following individuals
 - 1 entry for the Team Challenge Coordinator
 - 1 entry for the Points Tracker
 - 1 entry for the Web master
- Races must provide onsite medical support (ambulance, EMT, nurse...)
- Races are required to have a sweep rider or tracking system after the last rider on trail

- Races are required to have feed zone (at minimum water) available on course when the prescribed course is equal to or longer than 15 miles.
- All courses are to be marked clearly for the Races. However, it is the racers responsibility to know the course.
- All races are to provide access for the racers to water pre and post event.
- Failure to abide by the requirements listed within this document may result in not being allowed to be part of the series in the following year.
- Starting in 2010 it is suggested that all AMBCS should offer additional activities for Mt Bikers such as Short track, dirt time trial, trails, pump track, dirt jump, etc... or other events. 2011 this will become a requirement.
- For 2011 and beyond. Each Race must send a representative to the annual AMBCS meeting. Failure to do so will cause the AMBCS Fee for that year to be \$1 per rider higher than the standard fee.

Pay Dirt:

- All AMBCS event must offer an organized pay dirt day prior to their event.
- For Races prior to Labor Day, they shall submit the date of the required paydirt day to the AMBCS Administrator by April 15. This is so a Pay dirt Schedule can be posted on the Website providing all races the opportunity to attend.
- For Races after Labor Day, they shall submit the date of the required paydirt day to the AMBCS Administrator by August 1. This is so a Pay dirt Schedule can be posted on the Website providing all races the opportunity to attend.
- Impromptu Pay dirt days should be submitted to the pay dirt coordinator and post on the bulletin board 4-5 days in advance of the date of it to be held.
- Upon the accumulation of 8 hours of authorized pay dirt the racer will earn one first place finish.

Race Entry Fees:

- No Minimum Race entry fee will be instituted within the AMBCS.
- The entry fee for Time Trials, Short Track, Trails, Down Hill, 4 cross and other forms of Mountain bike competitions are at the promoter’s discretion.

	Pro / CAT 1	CAT 2 / CAT 3 - Single Speed /Clydesdale	Junior - 14 and Under
Maximum Entry fee	\$40	\$35	\$20

Pro / Cat 1 Divisions specific items:

1. Cash awards will be required for all for Pro/C AT 1 classes, Min Pay back of 60% at 40% depth of field.
2. 2010 Pay Back charts for the AMBCS will be based on a \$35.00 entry fee for the standardized payback program.
3. Unless a race has a specific Pro class, any racers holding a USAC Pro Card will race in the CAT 1 19-29 Div

Cat 2 Divisions specific items:

1. Awards at least 3 deep per age group are required for all CAT 2 categories.

Cat 3 Divisions specific items:

1. Awards at least 3 deep per age group are required for all CAT 3 categories.