



RULES & REGULATIONS 2018

Mountain Bike Enduro combines the fitness of cross country riding with the technique of downhill racing. The Isle of Man terrain makes it an ideal location for this type of sport.

This, fused with our passion for bikes, is what created Manx MTB Enduro.

The main focus of our events is to have fun, however, a consideration for us is also your safety.

Please read this document carefully before participating in our events.

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DISCLAIMER

- Our events will be run conforming to the British Cycling regulations. Whilst we are acutely aware that British Cycling are not sanctioning Enduro Mountain Bike Racing, our races are run under Sports Cover™ but conforming to previously published British Cycling rules.
- To define rules specific to the Manx MTB Enduro Series, these are designed to complement and support existing British Cycling and UCI cycling regulations and are intended to provide rules and guidance specifically for Manx MTB Enduro. This is not downhill racing or cross country, but a new discipline.
- Should you require further support please visit: <http://www.sportscover.com/insurance/sport/>

SUMMARY

- The event route will normally include in the region of 3,000m of ascent.
- Road riding and two way traffic are kept to an absolute minimum, we will use plantations and tracks/trails wherever possible. However, each rider is responsible for their own safety on the roads and must adhere to the highway code.
- All competitors must: **sign on**, **collect number-board** and **timing SIAC**.
- Failure to return your SIAC after the event will result in a £60 charge.
- There will be five timed special stages in each event and the person with the lowest cumulative time is the winner.
- The ideal bike is a mid travel full suspension trail bike. As the descents are technical in places we recommend 150-160mm travel. Should you need assistance or advice in relation to your bike, please use the contact form on our website and we would be happy to answer any questions that you may have.
- There will be an overall time limit for the day's enduro course. Failure to complete the transitions and stages within the allocated time limit will result in a time penalty. Please note, these time limits will not be tight.
- Competitors can ride together as groups on the transition stages and we want a big part of the race to be the social aspect.

FORMAT

- There will be five timed special stages in each event and the person with the lowest cumulative time is the winner. The top 3 in each category will be required for the prize podium.
- The timed stages must be completed in their intended order i.e. stage 1 followed by stage 2, stage 3 etc.
- At the end of the final stage you must follow the marked route back to the event centre where there will be a final timing checkpoint. You must reach this final check point in order to qualify for a finish and a result.
- You must then return your SIAC otherwise a charge **will** be incurred.
- As soon as competitors have finished, live overall results and times will be displayed.

BIKE

- All five stages must be contested on the same bike. Clearly there is scope for some set-up change on race day, however, the same chassis, suspension forks, rear shock, wheels and cockpit must be used for all stages and seeding (where appropriate). Random bike checks will be undertaken, any rider contravening this will be penalised.
- Bikes must be of a sound mechanical order and have no electronically assisted motors unless competing in the E-Bike class. Bar end plugs or equivalent must be fitted. Official checks will be undertaken. Any rider not adhering to this will not be permitted to start the race
- E-Bike class details: Maximum power output 250w and provide a maximum assisted speed (I.E the speed at which motor assistance is automatically cut off) of no more than 15mph. E-Bikes will undergo particularly thorough inspection before racing to ensure there are no modifications.

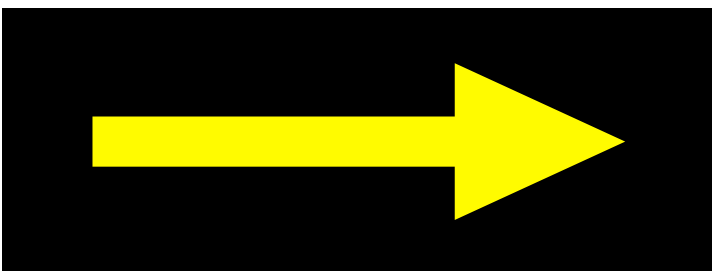
LIGHTING REQUIREMENTS (FOR NIGHT EVENTS)

In the interest of safety, our insurance brokers have insisted on the following:

- One head-torch fixed to the riders crash helmet.
- One headlight fixed to the handlebars and one rear (red) light.
- Hi-visibility riding kit is also strongly recommended.

COURSES

- In some areas, tape will be used. In areas of caution, double tape will be used. Taping will leave suitable line choices available where possible, but it will not allow for any significant 'cutting' of race track.
- Where course tape is only present on the outside of a corner, this defines/marks the route. It is not open to inside or homemade lines.
- When competitors are on single track or fire road stay on it unless you are directed from it by arrows or tape.
- Two pieces of tape on either side of the track is deemed "a gate" and must be passed through.
- Any competitor seen to be crossing stage tape, marker posts or taking any route deemed to be off the official race track will be penalised.
- There must be no interference with the track such as removing rocks, roots or branches (Unless there is an inherent safety risk to following riders) Any competitor deemed to be interfering with the track will be penalised.
- Creative line choice is allowed, however, creating your own trail/line is not allowed. If a marshal witnesses or receives unbiased witness evidence, the rider will be penalised. Two or more riders (not from the same team) who witness another rider taking a short cut may report the rider with his/her name and their number to the nearest race official/marshal, stating where the offence took place, penalties will be judged on the amount of time gained plus a set penalty.
- Stages will be marked using arrows as seen below:



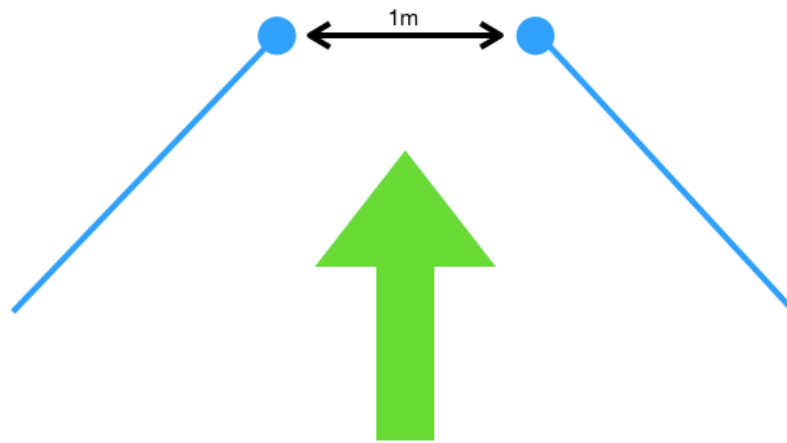
CONDUCT

- Competitors must behave in a sporting fashion, observe all rules and instructions provided by organisers, timing staff and marshals.
- Should you be caught up by another rider in a stage you must pull off the racing line to allow a safe passing move. The pursuing rider must give clear audible notice of which side they intend to pass. **For example;** the pursuing rider may shout “On your left” allowing the slower rider to move to the right.
- Foul or abusive language aimed at any of the Manx MTB Enduro series team or fellow competitors will not be tolerated. Any such action may result in exclusion from the day's event. The organisers may also impose a lengthy restriction from any future events.
- Any rider coming across an incident on stage that he/she deems serious must stop immediately and inform the nearest marshal and call the race official.

SIGN ON

- Sign on for single day races is usually from 9am for a 9.50am rider briefing and a prompt 10am start. You will be notified of the exact timings before each event.
 - Race numbers will be issued at each round. DO NOT tamper, modify or deface number boards in any way. Failure to comply with this will result in a penalty. Please note that on the rear of your number board is the race official telephone number should there be an emergency. Please return your number at the end of the event.
 - All competitors must: sign on, collect number-board and timing SIAC.
 - There will be a large scale version of the route map for you to take a photo of on your phone if you need to.
 - At 9:50am a horn will sound, singling the riders briefing is about to begin. Make your way to where the sign on was and await further instruction. It is important that **all competitors** attend the briefing and pay attention as this is the last time any crucial information can be communicated before the race.
 - Riders will be set off from the event centre in groups of 3, leaving every minute.
 - The starting order is published the day before the event and is on display at sign on.
 - The starting personnel will call riders by name to set off.
 - The starting order at the stages themselves is dictated by competitors (we recommend leaving at least a 20 second gap between riders).
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- When riders set off from the event centre they must pass through the SIAC test Beacon.

- The diagram below shows how this will be set out:

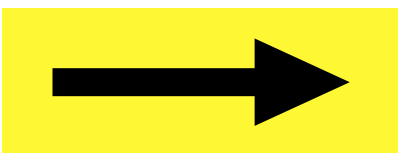


SAFETY EQUIPMENT

- Helmets are compulsory, must be worn at all times and secured properly. They must have a Snell, Kite mark or EN 1078.B. If a rider is seen without their helmet on a transition whilst on their bike, a penalty will be incurred.
- A full face helmet is not compulsory, but highly recommended.
- Body armour is not compulsory but recommended.
- A whistle is not compulsory but recommended, if a rider leaves the track and is injured, the whistle can be blown to alert others.

TRANSITIONS

- The organisers will mark out a link between stages, this is known as a “transition” Alternate links or transitions are not permitted. It is important to use the marked route so we can trace competitors in case of emergency or injury. Any competitor caught or seen off the linking route will incur penalties.
- Transitions will be marked using arrows as seen below:



- Please close all gates on the liaison trails/tracks, it is very important that we follow the county code, further details can be found at: <https://www.gov.uk/government/publications/the-countryside-code>.

CATEGORIES

CATEGORY	AGE
Junior	15 - 18
Senior	19 - 29
Master	30 - 39
Veteran	40 - 49
Grand Veteran	50 - 59
Super Veteran	60 +
Womens	All Ages

- Competitors do not change category during the year.
- Based on the information provided when entering the first race of the year, the competitor will remain in that category until the next racing season.

TIME PENALTIES

- All time penalties imposed are at the discretion of the event organiser.
- For every minute late back to the event HQ exceeding the time limit, you will be penalised one minute onto your cumulative stage time.

GENERAL

- A second breach of any rule by a competitor will result in a harsher penalty.
- Both the competitor and bike must make it to the finish of the stage, any competitor seen to be finishing a stage without their bike will automatically incur a time penalty.
- No up lifting of competitors is allowed at any point during the event, if seen, you will be disqualified from the event and a possible multiple race ban may be applied.
- Practice is generally the day before race day, all stages will be fully marked to allow this. Note there will not be any medical personnel in attendance the day before the race, therefore you practice the stages at your own risk.

- If a stage is cancelled due to an incident, all times for that stage will be voided.
- Manx MTB Enduro run events that are by definition an endurance, you must take everything that you require to get you through the day and bring your rubbish back with you. Manx MTB Enduro is committed to the protection of the environment, as such, littering will not be tolerated. Any competitor seen to be littering will automatically incur a time penalty.

RECOMMENDED KIT LIST

Hydration	Water or energy drink
Sustenance	Energy bar/gel/fruit
Spares/Tools	Inner-tube/chainlink
Clothing	Windproof jacket, spare gloves, spare eyewear

GLOSSARY

Transition = The link Section or liaison between two stages.

Stage = The single track consisting of a start and finish point that is to be raced on.

SIAC = The device worn on all competitors left wrist. The SIAC is a very smart card. It displays a vivid flash and issues a loud series of beeps to confirm that the control and timestamp have been written to the card. The SIAC is used contactlessly with beacons.

Beacon = We will be using two types of beacon:

Small Blue Beacon; These beacons have a range of about 1.5 metres. They are used at the start of each stage to record the time on the SIAC.

Large Black Beacon; These beacons have a range of around 3 metres and record a riders SIAC travelling at up to 40km per hour. They are used for the finish of each stage.

Remember: Roll through the start, fly through the finish!