

E.D.S.O. MOUNTAIN BIKE EUROPEAN CHAMPIONSHIPS

RULES

Race Types

The mountain bike discipline includes the following events comprising the specialities listed below:

Cross-country: XCO

Marathon XCM

Cross-country team relay XCR

Individual Downhill DHI

Cross-country (XCO), and Cross-country team relay (XCR) are open to all riders aged 17 or over.

Marathon (XCM), and Individual Downhill (DHI) are open to all riders aged 19 or over.

Race characteristics

Cross-country (XCO)

The circuit for an cross-country event shall be between 5 - 9 km in length.

The duration of cross-country (in hour and minutes) may be minimum 1.30, and maximum 1.45, (1.00 – 1.15 for the women's race) same a distance into 30 km. - 35 km. (15 - 20 km for the women's race).

Riders shall start in a single group.

In the event of very severe weather conditions, the president of the commissaries panel shall aim for a race time as closed as possible to the minimum time.

Cross-Country Marathon (XCM)

The cross-country marathon format races must respect the minimum distance of 40 km.

The course may not include any section to be covered twice. Only the start and finishing lines may be located at the same place.

Riders shall start in a single group.

In the event of very severe weather conditions, the president of the commissaries can to cancelled the competition before the start.

Cross-Country Team Relay (XCR)

The circuit for an cross-country Team relay event shall be between 3 - 5 km in length, and must be repeat some times, for a minimum distance of 10 km., and maximum of 12 km. each competitor. Each Team must be formed of 3 competitors.

Individual Downhill *

The course for a downhill must follow a descending route.

The course should comprise varied terrain sections: narrow and broad tracks, woodland roads and paths, field paths and rocky tracks.

The length of the course and the duration of the event are determined as follows:

Course length	minimum	1500 m	maximum	3500 m
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Duration	minimum	2 minutes	maximum	5 minutes
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Riders shall start behind a draw.

**During the downhill race, the riders put on the approved full-face helmet must be worn properly both when racing and when training on the course. The helmet must be fitted with a visor. Open-face helmets may not be worn. Also, it is binding the use back, elbow, knee and shoulder protectors made of rigid materials. Is also binding the protection for the nape of the neck and the cervical vertebrae.*