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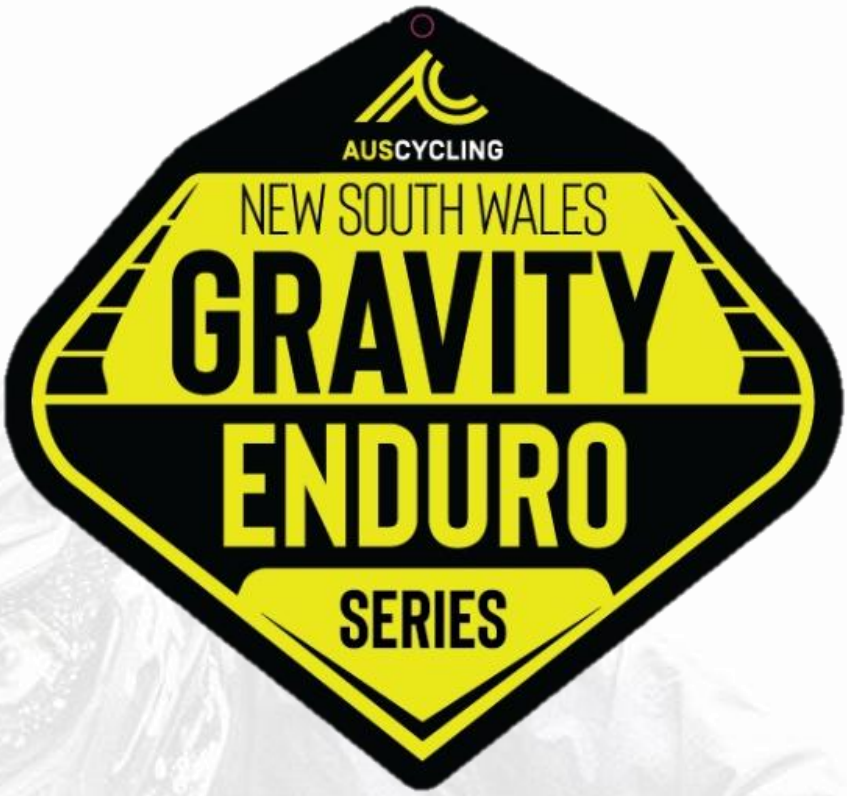

Technical regulations 2025

NSW Gravity Series - ENDURO

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DESCRIPTION

Enduro mountain bike racing is a timed stage race format, that is designed to be the definitive test for the mountain biker, with the focus of each event on creating a great atmosphere, community, competition and adventure for the competitor, including the best riding on the best terrain available in the host region. The racing platform detailed below outlines a format that allows riders to compete against each other, starting individually, on special stages which are designed to challenge the rider's technical ability and physical capacity.

A big part of Enduro racing is self-sufficiency, and all riders are expected to carry basic equipment for repairs, nutrition and hydration (water). Riders are encouraged to plan their race to ensure that their equipment lasts until they can reach a Technical Assistance Zone (TAZ) where they can restock.

As the race has timed liaison stages, with late penalties given, riders should carry a device that can indicate a time on course.

The following rules aim to define the Enduro Mountain bike discipline for 2025 AusCycling State Gravity Series events. These rules were made in line with the 2025 AusCycling Technical Regultions: Mountain Bike Section 5 - Enduro Racing and Section 6 - E-Mountain Bike Racing, and 2025 AusCycling General Technical Regulations

COURSE

Liaison Stages

Riders are required to follow official liaison stages course markings, deviating from them will be deemed as "Course Cutting".

Liaison Check-in

Every rider is required to complete "Liaison Check-in" procedure before the start of every stage at designated checkpoint spot. If rider fail to do so, it will be deemed as a late start, and rider will receive 1 minute penalty for that particular stage (regardless he was on time for start of the stage).

Special Stages

The General Classification (GC) of each race will be calculated by adding all Special Stage times together.

The start and finish of each Special Stage will be clearly marked on the map supplied by the organiser.

DIRECTIONS AND COURSE MARKINGS

Course Map

A course map must be produced by the organiser and displayed at registration and in race headquarters. This map may also be published on the event website. Riders are encouraged to study the map and understand the race route before leaving the start. **It is riders responsibility to fully understand full racecourse for to be able to navigate with minimal course markings.**

Guidance Tape

Where two pieces of course tape, on opposite sides of the course, are installed, the riders must pass between them. In these areas, missing, crossing, or passing the course tape on the wrong side will be deemed as course cutting.

Gates

Gates can be used to clearly mark sections of the course that a rider must pass though. Missing a gate will be deemed as course cutting (Article 5.6 in AusCycling Technical Regulations: Mountain Bike). See Figure 1 for an example of course taping.

Direction Markers

In areas of open mountainside, an organiser can use a single pole to mark the direction of the route. Riders can pass either side of a single pole. On long road or single-track sections, an organiser may place small single piece of course tape. These single pieces of tape act purely as directional markers.

RACE FORMAT

- 4 Special Stages per event and 1 Power Stage for E-Bike category. (U13 category have to complete shorter 3 stage course)
- Individual start times for each Special Stage will be provided by the organiser at least two days prior official practice.
- All Special Stages should be held in one day (Including Power Stage).
- An identical course (Special Stage) should not be raced (not including training) more than two times during one race.

PRACTICE

Official shuttled practice will take place on closed course on Saturday, before the race. There will be NO practice allowed during the race day on Sunday

SHUTTLING

The transport of riders between Special Stages by private/team transport (shuttling) is NOT ALLOWED during official training due to safety reasons. A rider found using a private or team vehicle on a closed/private road or track will be disqualified.

During the race, no private/team transport can be used at any time.

Any specific details regarding shuttling will be outlined at organisers website / socials, and during the rider briefing for each particular round.

SEEDING

Rider seeding will be based on the following in descending order.

- Current year National Cup ranking
- Local Organiser rankings
- Riders moving from Junior to Senior age categories may be seeded by the PCP for the first round of the current year.

TIMING

For all AusCycling NSW State Series – ENDURO events, Si timing system will be used. Riders are expected to collect their timing chips 30 minutes before their official release time.

Timing chips are to be secured on their RIGHT hand wrist, clear of any smart devices (smart watch).

Immediately after riders finish their race, they are expected to return the chip to the timing tent to get a time reads. It is essential to return chips as soon as possible to verify results and get final classification.

Failure to return the chip will result in $150 fine

START ORDER AND CATEGORIES

The start order – E-Bike categories first, then fastest last (Elite).
Minimum age for junior riders in U13 category is 11.

Detailed Start order is as follows (Female/Male):

1) E-Bike (Veteran, Masters, Elite)
2) Juniors (U13, U15, U17)
3) Super Masters
4) Masters
5) Veteran
6) Expert
7) U19
8) Elite

START INTERVALS

Start intervals between riders for the top 15 Men and 10 Women must be a minimum of 30 seconds.

1-minute interval will be added every 10 – 20 riders to allow a clear gap to start riders who have missed their start.

All rides are expected to queue as per official start list, and be race ready at least 1 minute before their official start time of each timed stage.

All late riders must start, under instructions from the official starter, within each 1-minute gap or nearest DNS rider.

There is no fixed start interval between late starters as the goal is to keep late riders racing, without affecting other riders on course. Late starters will receive a fixed penalty (See Rule violations - missed start).

RESULT

The General Classification (GC) will be calculated by adding all Special Stage times together for each rider. In the event of unforeseen or extreme circumstances, the race organiser can decide to withdraw a Special Stage (s) from the General Classification.

In the case where Special Stages have had to be cancelled, an event must have a minimum of two complete Special Stages for the result to be deemed valid for the AusCycling ranking.

In the event of a tie in the General Classification, the highest placed rider in the final stage will be awarded the higher final placing.

RIDER EQUIPMENT

Each rider must be self-sufficient during the entire duration of the race (food stashes are not permitted – see Section 5.14.05 of AusCycling Technical Regultions: Mountain Bike). Personal responsibility and self-sufficiency are a large part of the spirit of Enduro racing and and all riders are expected to carry basic equipment for repairs, nutrition and hydration (water). Riders are encouraged to plan their race to ensure that their equipment lasts until they can reach a Technical Assistance Zone (TAZ) were they can restock.

riders are encouraged to carry adequate equipment for operating in mountainous environments. At any given weather conditions can change, therefore all riders are expected to carry ample fluids that will last until nearest TAZ.

As the race has timed liaison stages, with late penalties given, riders should carry a device that can indicate a time on course.

Each rider should remember that they are solely responsible for themselves but are urged to help other competitors on course.

It is strongly recommended that all competitors carry:

- Suitable backpack
- Waterproof jacket
- Emergency blanket
- Innertubes/ puncture repair kit
- Multi tool
- Basic, well maintained first aid kit
- Map
- Food and fluids(water)
- Eye protection (glasses or goggles)
- Emergency contacts supplied by organiser

Mandatory Safety Equipment

Riders must wear a helmet at all times during competition. In very technical terrain or on courses that feature steep mountainsides or very high-speed trails, the organiser can specify in their particular rules that competitors must wear a full-face helmet (either fixed or detachable). Full length or 3\4 jerseys are only permitted. Riders must ensure full coverage of their elbows.

AusCycling strongly recommends that riders wear the protections as indicated in article 4.00 of the Downhill regulations in AusCycling Technical Regultions: Mountain Bike

Mandatory Safety Equipment for Juniors

For all riders who are eligible to compete in Under 13, 15 and Under 17 categories, the following equipment is mandatory during special stages regardless of registered category entered:

- Full-finger gloves must be worn;
- Full length jersey – jersey must cover elbows at all times;
- Knee pads and elbow pads must be worn.

MECHANICAL FAILURES

There will be no re-runs given to the riders that are affected by mechanical failure during super stage.

TECHNICAL ASSISTANCE ZONE – T A Z

A technical assistance zone (TAZ) will be provided by the organiser. Outside technical assistance is only allowed in this area. Riders are allowed to have their food and fluids stored there. It is at organisers discretion to provide free water station and/or official mechanic that can assist riders with legal repairs. During one of the liaison sections(when appropriate or when riders will be passing TAZ) , additional 10 minutes will be given to riders for feeding.

Only one frame, one front fork and one pair of wheels can be used by a competitor during a competition. Frame, fork and wheels may be individually marked by the officials before the start of the race and checked at the finish. Broken parts can eventually be replaced upon approval with a 5 min penalty if approved by race official.

RENDERING OF ASSISTANCE

It is expected that riders participating in Enduro events will continue to participate in a way that places the safety of riders above other considerations. As such no person should ever feel penalised or discouraged from stopping to assist another injured rider.

Any rider who comes across an injured rider must stop to render assistance, unless directly indicated by the injured rider that they do not require assistance. They should instruct the next rider to pass to notify the next marshal point of the incident, location, and perceived severity.

All riders who stop to render assistance will either:

- Option A: be given the opportunity to re-start their timed run of that special stage or
- Option B: Be awarded a time for that special stage equal to no more than 10% more than the winning time of that stage in the category they are entered. The decision to permit a re-run, as per

Option A, is at the discretion of the President of the Commissaire Panel and must be requested by the competitor. If they do not elect to take this re-run, option b will be used.

ENVIRONMENTAL RULES

Enduro mountain bike racing allows us to ride into remote, backcountry areas of natural beauty. It is of the upmost importance that all racers respect their environment and consider the impact they leave behind for the local riding community. The below rules have been put in place to protect our trails and our riding environments.

No disposable goggle tear offs can be used.

The disposal of food packaging on the trail is strictly prohibited. This will result in disqualification.

Repeat offences may warrant a license suspension.

Event organisers reserve the right to penalise any rider whose actions are deemed to seriously damage the local environment.

Riders must not store food and drinks on the trail (Food Stashes). Packaging left behind and uncontrolled food supplies may have a serious impact on local wildlife and the local environment.

Any rider found to be hiding or retrieving foods from unofficial feed stations will be penalised.

RULE VIOLATIONS

The organisers of individual events may define more severe penalties for offences. These must be clearly published prior to the start of the event.

COURSE CUTTING

Taking short cuts on course to gain an advantage can both damage the environment and brings the sport and spirit of Enduro mountain biking racing into disrepute. Therefore, any rider trying to save time by choosing a line that lies outside of the defined trail will be disqualified.

The race organiser may choose, in exceptional circumstances, to apply a time penalty, not a DSQ to a rider found to have cut the course without intention. However, any rider leaving the obvious line must be aware that they risk a DSQ.

LIAISON STAGE DELAY/MISSED START

Riders arriving late to the start must follow the starter's orders and join the course when instructed to do so.

Failure to follow starter's orders will result in a time penalty

See recommended penalties Section (PENALTIES).

Any riders arriving at the start of a Special Stage later than 30 minutes after their specified start time will be disqualified from the race.

ILLEGAL OUTSIDE ASSISTANCE AND "TAZ" ZONE

Allowed assisted mechanical repairs can be done at any time during riders liaison time at designated TAZ– Technical Assistance Zone. TAZ will be equipped with basic workshop tools. There might be available to purchase allowed replacement parts such as tyres, tubes, chains, cables and basic brake components.

Parents are only assist Junior riders within TAZ .

Any competitor receiving outside assistance (Outside TAZ) from a non-racer without prior agreement from the Commissaires will be disqualified. This includes using team staff/outside help to carry equipment around the course or perform repairs during the race.

RULE VIOLATION RECORDING

The PCP is responsible for the application of the rules and has the final say in any decisions.

The organiser can appoint special 'roving marshals' to travel around the course at their own discretion to undisclosed points. These roving marshals can report rule violations to a Commissaires.

Any rule violations must be registered with the Commissaires within 30 minutes of the last competitor finishing the final stage.

INFRINGEMENTS AND PENALTIES

Violation	Penalty
Missed Stage Start by more than 2 minutes	1 minute penalty
Other start violation (example: pushing into queue, delaying start, jumping start etc.)	5 seconds
Not obeying course marking/course cutting	DSQ
Unintentional course cutting	30 seconds
Illegal Outside Assistance	DSQ
Environmental Disrespect Illegal shuttling	From 1 minute to DSQ DSQ
Training outside official times	DSQ
Changing a marked piece of equipment with authorisation	5 minutes
Changing a marked piece of equipment without authorisation	DSQ
Disposal of a goggle Tear Off on the trail	DSQ
Altering the course	DSQ
Missing back or helmet number (where given)	30 seconds
Food stashing / using unauthorised food supplies	5 minutes
Incorrectly wearing helmet on liaison stage	From Warning to DSQ
Missed Start by more than 30 minutes	2 minutes / DSQ

E-MOUNTAIN BIKE RACING

DESCRIPTION

An E-Mountain Bike is a bike operated with two energy sources, human pedal power and an electric engine, which only provides assistance when the rider is pedalling.

E-Mountain bike events must be organised in accordance with the following bike standards:

- Engine of maximum 250 watts
- Engine assistance up to 25km/h
- Pedalling assistance only, although a start-up assistance not exceeding 6km/h without pedalling is allowed
- Wheel sizes shall be a minimum of 26 inches
- Gearing roll out distance: maximum is 9.0 m
- Bikes must be commercially available and of mid (crank) motor format only

AGE CATEGORY

E-Mountain Bike events are open to all riders aged 18 and over and include Masters categories. No separate results must be submitted for the Elite or Masters categories.

EVENTS FORMAT AND CHARACTERISTICS

E-Bike categories will race same course as analogue categories, with addition of 5th Power Stage that can be added anytime through out the race day (at discretion of the race organisers)

BATTERY

Riders can only use the battery in place on their bike and cannot carry an additional battery during the competition.