

# 2018 IES Rulebook

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This Idaho Bicycle Coalition created this rulebook as a means for enduro series' and races in North America to be able to deliver a coalesced racing experience for competitors across the continent. Each event or series organizer can and should tailor this document to meet their needs

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## Chapter 1: Idaho Enduro Series

The Idaho Enduro Series is intended to challenge and test all of the skills of a mountain biker: endurance, conditioning, and technical skill. The ultimate goal of the Idaho Enduro Series is to foster and create a community of mountain bikers and competitors. At each event, the host community will have the opportunity to showcase the terrain and trails that they feel best defines mountain biking in their community.

Each event will present its own challenges and will require competitors to continually adapt to the local setting. The following rules define the enduro mountain bike discipline while still allowing space for the race host to add local and individual character to each event.

Each race will be organized by the Idaho Bicycle Coalition and a Race Organizer. Race Organizers must adhere to the rules contained in this rulebook and understand that courses and decisions may be altered at the discretion of the Idaho Bicycle Coalition. To the extent that the Idaho Bicycle Coalition is the Race Organizer, the two terms may be used synonymously throughout these rules. However, a Race Organizer may not supplant the direction and decisions of the Idaho Bicycle Coalition.

The Idaho Enduro Series has based these rules on the model rules promulgated by the North American Enduro Coalition ([www.naecoalition.com](http://www.naecoalition.com)) and are consistent with other enduro series' that have adopted these rules.

## Chapter 2: Entry of Events

General entry should be limited to 300 riders. Additional racers may be permitted to register and race at the discretion of the Race Organizer. Special consideration may be given to events with more than 300 racers, such as the North American Enduro Cup ([www.naenduro.com](http://www.naenduro.com)), but consistency and accuracy of timing must take priority over any other consideration.

In the event that a Race Organizer has made adequate assurances are made of maintaining the integrity of the timing system, the Idaho Enduro Series may, in its sole discretion, permit entry of additional racers beyond 300.

Reserved places for teams and riders will be at the discretion of the Idaho Enduro Series. Previous results in large enduro events will be taken into account when considering reserved places. In the event that reserved places are assigned, the general entry of 300 riders may be reduced to accommodate the reserved places.

### 2.1: Racing Licenses / Membership

All competitors must comply with the licensing regulations and entry requirements put in place by the Race Organizer or its designee at each event. Specific information regarding entry requirements will be posted on the Idaho Enduro Series website [www.idahoenduroseries.com](http://www.idahoenduroseries.com) and/or on the Idaho Enduro Series Facebook page, [www.facebook.com/IdahoEnduroSeries/](http://www.facebook.com/IdahoEnduroSeries/). It is the responsibility of the rider to check for and ensure compliance with the entry requirements of each race.

## Chapter 3: Categories

|                               |                         |                            |
|-------------------------------|-------------------------|----------------------------|
| Pro Male                      | Sport Junior (13 to 17) | Beginner Male (13 to 17)   |
| Pro Female                    | Sport Male (18 to 29)   | Beginner Male              |
| Expert Male (18 to 34)        | Sport Male (30 to 39)   | Beginner Female (13 to 17) |
| Expert Master Male (35 to 49) | Sport Male (40 to 49)   | Beginner Female            |
| Expert Female                 | Sport Male (50+)        |                            |
| Expert Junior (13 to 17)      | Sport Female            |                            |

The Idaho Enduro Series may add or remove categories at its discretion. In the spirit of completion, any additional categories should be comprised of 5 or more riders. If fewer than 5 riders are in a category, the category should, at the sole discretion of the Race Organizer, be merged into the next, most-similar category available.

### 3.1: Category Descriptions

Racers can use the following category descriptions as a guide for determining the appropriate category for a racer. Racers should use this guide along with their best judgment when determining in which category they should compete.

**Pro** – Pro riders are the elite athletes of our sport. They are extremely competent at jumping, drops, cornering and technical rock or trail features. A pro rider can ride any trail in any condition at race speed without hesitation. They are able to complete a 50+ mile trail rides and have a résumé with top 5 podium finishes from other races.

**Expert** – Expert riders are comfortable with most obstacles they encounter on a trail. They are comfortable with steep and loose terrain and technical rock gardens. They are able to ride most trail features without hesitation, but occasionally take an alternate line around large trail features. They are able to complete a 40+ mile trail ride and race competitively several times a year.

**Sport** – Sport riders can ride technical terrain, smaller jumps and drops, and are comfortable at cornering. A sport rider can complete most trails without stopping to walk a section but will often take an alternate line around larger jumps or drops on a trail. They are able to complete a 30+ mile trail ride and may or may not have raced in the past.

**Beginner** – Beginner racers are new to mountain biking or are individuals who are happier traveling down a trail at slower speeds, but still desire to compete against other racers at their skill level. They are not comfortable on jumps or drops and are working on the fundamentals of cornering. A beginner can ride most trails and will not hesitate to walk technical sections that they feel are above their riding ability.

**Junior** – The Junior category encompasses a wide variety of riders, from first time racers to seasoned sport riders. Junior's will race the same course as the beginners. This category is restricted to competitors ages 13 to 17.

### 3.2: Category Changes

A racer may change from one category to another category during a single calendar year at their discretion a maximum of one time. Any change of category beyond the one discretionary change may only occur with permission of the Race Organizer. The Race Organizer must take into account the previous place and times and places of the competitor requesting the change and make appropriate comparisons where possible. The request must be prospective. No retroactive changes to categories may occur. A competitor that changes categories more than once without permission will only earn points in the most competitive category they compete in during the year.

In general, a racer may only carry points towards an overall title in the most competitive category they competed in during the season, and a racer may earn points from one category for any single season. The following rules apply to the points earned when a racer changes categories during a season.

#### 3.2.1: Self Seeding

Racers are the best judge of their own abilities. Racers should strive to be competitive in the category they choose to compete in. In the spirit of competition and fair play the Race Organizers strongly

encourage riders to compete in the next category if that would have placed in the top 5 of the next level of category.

### **3.2.2: Competitive Racer Policy**

If a racer has a cumulative race time that would place them in the top 5 of the next more-competitive category - i.e. Sport Senior category winner has a cumulative race time placing him 4th in the Expert Senior category - then Race Organizer will automatically move the racer in the more competitive category. The more competitive category must have a minimum of 8 racers.

Juniors may get special permission to upgrade after a consultation with the Race Organizer.

When an automatic move occurs, the racer will be awarded the points they would have attained in the more competitive category for that race. If a racer elects to not voluntarily compete in the more competitive category at a subsequent race and again has a cumulative race time that would place them in the top 5 of the next more-competitive category, the Race Organizer will automatically move the racer to the more competitive category again. Only the points from the most recent race will be retained; all other points earned from previous automatic moves will be forfeited as will all points earned competing in less-competitive categories.

### **3.2.3: Catting Up**

Racers will not carry points earned in a less-competitive category to a more-competitive category with the exception of the points that are awarded in accordance with Article 3.2.2. Racers who change to a more competitive category will lose the points for the less-competitive category. With the waiver exception explained in Article 3.2.4, a racer that competes in more than one category during a season may only qualify for overall titles in the most competitive category competed in.

### **3.2.4: Catting Down**

Racers will not carry points earned in a more competitive category to a less competitive category. At the sole discretion of the Race Organizer, a waiver may be granted to a racer who changes to a less competitive category to permit the racer to compete in the lower category and be eligible for placing in the overall competition.

### **3.2.5: Age Determinations**

A racer's age is determined by looking at the racer's age as of December 31, of the current season. For example, if a racer's birthday is November 7 and they are 17 years old at the start of the race season, they will be considered 18 for the entire season. As another example, if a racer's birthday is July 18 and they are 39 at the start of the race season, they are considered 40 years old for the entire season.

## **Chapter 4: Courses**

The start and finish of each timed stage will be clearly marked on the course. The Race Organizer should identify any potential landowner issues and secure any necessary permissions and permits at least 30 days prior to the race. The Race Organizer will produce a map of the course and provide it to the Idaho Enduro Series 30 days prior to the race. The map will be kept confidential until the course is publically announced as provided below in Article 4.5. The map will also be displayed at the registration table and at the race headquarters.

### **4.1: Structure**

IES races must consist of no less than three timed stages. Timed stages are separated by transfer stages. Enduro racing is about the best use of the trails and terrain available. Rider experience and enjoyment should be the goal for any course selection.

### **4.2: Timed Stages**

A timed stage will be designed to test the rider's technical and physical abilities. There is no minimum or maximum duration for an individual timed stage. All timed stages must follow a predominantly

descending route and focus on testing the rider's technical skills. Limited climbing may be expected within timed stages in order to create the desired route.

#### **4.3: Transfer Stages**

The nature of each transfer stage is at the discretion of the Race Organizer. Mechanical uplift (chairlift, truck, etc.), rider power, or a combination of both is acceptable, but Race Organizers should strive to minimize the use of mechanical uplift where possible. Subject to the Race Organizer approval, time allotments may be used for the transfer stages. Time penalties may be applied for racers who do not complete the transfer stage in the allotted time. When time allotments are used, the Race Organizer must have a complete and thorough plan for timing and must explain that plan to the racers at the racer meeting.

#### **4.4: Directions and Markings**

It is each rider's individual responsibility to study the course map and understand the race route before participating in a race. The Race Organizer should explain the course at the racer meeting.

##### **4.4.1: Course markings**

The signs marking the start and finish of each timed stage should be in place 24 hours (or as soon as is practical based on access, permitting, regulations, weather, etc.) before the race start. Regardless of location or geographic variability, courses for all events will be set and marked consistently. As a general rule, the individuals marking the course setters should err on the side of over-marking the course. A plan must be in place to remove all posted markings within a reasonable time frame at the end of each event.

##### **4.4.2: Tape**

High-visibility tape may be used to identify the course. Caution tape should be reserved for potentially hazardous portions of the course. Caution tape will be installed on the outside of hazardous corners to inform racers of the consequences of going off trail in these locations. Caution tape should also be used to line both sides of challenging or hazardous sections of trail, such as notable rock gardens. Tape should also be used to prevent cutting any corners on the timed stages (for example, at a switchback). Stage finish lines should stand out with a double layer of tape on both sides of the course extending at least 50' up the course. Finish line tape should be a different color than that used on the course.

Where two pieces of 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 and dealt with in accordance with Article 5.6.

##### **4.4.3: Signs**

Black arrows printed on high-visibility, waterproof paper should be used to announce upcoming turns, descents, or climbs. Arrows should be oriented as appropriate: left or right for turns, down for descents or drops, and up for climbs. Particularly steep or severe features should be emphasized with two or more arrows. An "X" should be used to show trails that are not part of the course. Xs can be used in conjunction with arrows that show the correct route. Other markings can be used at the discretion of the race organizers (for example, caution signs or black diamonds), but markings should remain simple and easy to understand.

##### **4.4.4: Gates**

Gates are used at the start and finish of each timed stage to create a "timing funnel" through which racers must pass. The racers are timed at the mouth of these gates. Where practical, start gates must be a minimum of 12 feet long, and should flare away from the trail and tighten towards the mouth. Finish gates must be a minimum of 50' long, and consist of a double layer of tape that is of a contrasting color to the tape used to mark the course.

Gates may also be used to clearly mark sections of the course that a rider must pass through. The location and nature of official course gates will be explained by the event organizer during the racer meeting. Missing a gate will be deemed as course cutting (Article 5.7).

#### **4.5: Course Announcement**

The course for each event will be kept confidential by the Race Organizer and the Idaho Enduro Series, but must be released no later than 24 hours before the event. The course announcement will be made online at [www.idahoenduroseries.com](http://www.idahoenduroseries.com). Special consideration should be given to high-traffic areas, weather, other trail users, and all regulatory or statutory restrictions when determining the best time to announce a course.

#### **4.6: Safety, First Aid, and Evacuation**

Competitors will be informed at the racer meeting of emergency contact details that can be used in the event of an accident on course. Safety is extremely important and any rules relating to safety must be followed by all competitors.

As with all outdoor activities, mountain bike racing is extremely dangerous and can lead to serious injury or death. Competitors are expected to ride within their abilities at all times and must understand that by competing in a [name of your race or series] event, the competitors assume all risks associated with mountain biking, racing, and participating in outdoor activities.

##### **4.6.1: Man Down Rule**

If a competitor comes across a downed racer, the competitor must ensure the downed racer is uninjured before continuing on. If immediate medical aid is needed, the competitor must call 911 (if a telephone is available) and wait with the downed rider for the next competitor to come by. When the next competitor comes by, one competitor must remain with the downed rider and the other must go and inform the nearest race official. At least one competitor must stay with the downed racer until the appropriate help has arrived. Any competitors who render assistance to a downed rider in accordance with this rule will be allowed to re-run that stage.

## **Chapter 5: Competition Requirements**

### **5.1: Race Format**

- Individual start on all timed stages
- Minimum of 3 timed stages per event
- A minimum of 12 minutes total competition time should be the fastest rider's time (accumulation of all timed stages) for courses without any mechanical uplift. The NAEC recommends 15-30 minutes of total competition time for races without mechanical uplift. For races with mechanical uplift, the NAEC recommends 20-45 minutes of total competition time.

### **5.2: Pre-Race Training**

At the discretion of the Race Organizer, the course will be made available for on-bike training before timed competition begins. Details of the course are to be published ahead of each event on each Race Organizer's website. The timing of the course announcement is provided above in Article 4.5. The use of e-bikes for mechanical uplift is prohibited. If the venue owner offers a shuttle service during pre-race training it must not be restricted and open to all competitors. While the Race Organizer will make known any restrictions to pre-race training, competitors are responsible knowing any restrictions placed on pre-race training.

### **5.3: Racer Meeting**

The Race Organizer must hold a racer meeting no less than 15 minutes before the designated start time. At this meeting, the Race Organizer will provide a description of the course and a summary of the rules of competition.

### **5.4: Seeding**

The use of seeding for races will be at the discretion of the Race Organizer. In the event that seeding is used, competitors will be seeded for the race in accordance with the Race Organizer's own system. This can include a prologue stage, series ranking, or other means.

## **5.5: Results**

The results will be calculated by adding all timed stage times together for each rider. In the event of unforeseen or extreme circumstances, the Race Organizer can decide to withdraw a timed stage(s) from consideration.

In the case where timed stages have had to be cancelled, an event must have a minimum of two complete timed stages in order for the result to be deemed valid for the [name of your race or series] ranking. If there is a cancellation of a stage, it is within the discretion of the Race Organizer to cancel the entire event. However, if there are two or fewer completed stages and the entire event is not cancelled, the Race Organizer may still publish results. In the event of a tie, the highest placed rider in the final stage will be awarded the higher final placing.

### **5.5.1 Protest Period**

Riders have 15 minutes following the posting of results at the race headquarters to file a protest with the Race Organizer before the results become official. All decisions of the Race Organizer are final.

## **5.6: Equipment Requirements**

### **ALL RIDERS MUST WEAR A HELMET AT ALL TIMES DURING A COMPETITION.**

This mandate includes all transfer and timed stages. There are no exceptions to this rule. Any competitor observed or reported to be competing without a helmet must be automatically disqualified.

#### **5.6.1: Safety Equipment**

All riders must wear a helmet at all times during the competition. The Race Organizer recommends that all riders wear a full-face helmet, gloves, and body armor at all times while competing. Riders are permitted to remove their helmets at the top of each transfer stage only when they have dismounted their bicycle. Their helmet must be correctly fitted before mounting their bicycle for the timed section. The correct fitting, condition and suitability of the rider's helmet is the sole responsibility of the rider.

Any protection rules put in place by the Race Organizer must be followed by all competitors. A rider's failure to adhere to a protection rule will result in disqualification. No exceptions will be given.

#### **5.6.2: Other Rider Equipment**

Each rider must be self-sufficient during the entire duration of the race. Personal responsibility and self-sufficiency are a large part of the spirit of enduro racing and riders should carry adequate equipment for racing and riding in mountainous environments. Each rider should remember that they are solely responsible for themselves.

It is strongly recommended that all competitors carry:

- Suitable backpack
- Waterproof jacket
- Emergency blanket
- Spare tubes/ puncture repair kit
- Multi tool
- Basic, well maintained first aid kit
- Map
- Food and fluids
- Eye protection (glasses or goggles)
- Emergency contact information

The use of electronic recording equipment or other devices is permitted. This permission may be revoked at the sole discretion of the Race Organizer. In any case, any electronic device used must not impair safe operation of a bicycle or pose a safety risk to a competitor's self, other competitors, spectators, or any race officials. The use of earbuds or any other device that impairs hearing is prohibited.



### **5.6.3: Bicycle Requirements**

Only one frame, one front and rear suspension unit (fork/rear shock) and one pair of wheels can be used by a competitor during a race. Frame, suspension and wheels may be individually marked by the Race Organizer to ensure compliance with this rule.

Any rider needing to replace a wheel, frame or forks during the competition must present the broken item at the race office, where the Race Organizer or designated representative will assess the damage. Only upon approval of the Race Organizer may a rider replace a frame, suspension part or wheel. Following the repair the rider must return to the Race Organizer to have the replacement part(s) re-marked before rejoining the race.

A 2 minute penalty will be applied to every rider who replaces the equipment listed above. Any rider found to have replaced a named/marked part without consent from the Race Organizer member will be disqualified.

### **5.7: Rule Violations**

#### **5.7.1: Course cutting**

Taking short cuts on course in order 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 choosing a line that lies outside of the marked or implied course will be immediately disqualified. In general, riders must follow the predominant trail or path that exists. While line choices do exist on a course, all riders should be aware that their actions on the course have lasting impacts on the environment and the ability of the Race Organizers to host future events.

The Race Organizer may choose, in exceptional circumstances, to apply a time penalty, in lieu of a disqualification, 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 disqualification.

#### **5.7.2: Allotment Stage delay/missed start**

However, where otherwise applied, an individual's time on a timed stage will start in accordance with the specified start time on the published start list even if the rider is not present. 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 suitable time penalty. Any riders arriving at the start of a timed stage later than 30 minutes after their specified start time will be disqualified from the race.

Unless otherwise organized, use of a SPORTident (or similar) timing system at a race means that riders are not required to start their timed sections in any particular order, and may self-seed and self-space in accordance with the Race Organizer's instruction. Competitors must start the timed section within a reasonable amount of time and before the Race Organizers determine, in their discretion, to begin closing the course for the day.

#### **5.7.3: Illegal outside assistance**

Any competitor receiving outside assistance from a non-racer without prior agreement from the Race Organizer will be disqualified. This includes using team staff/outside help to carry equipment around the course, receiving assistance to perform repairs during the race, and disclosing or attempting to learn an event's course prior to the official announcement.

#### **5.7.4: Rule Violation Recording**

The Event Organizer is responsible for the application of the rules and has the final say in regards to the application of these rules. The Race Organizer can appoint a marshal to travel the course at their own discretion to undisclosed points. These marshals must report all rule violations to the Event Organizer. Any rule violations must be registered with the Event Organizer within 15 minutes of the last competitor finishing the final stage.

## Chapter 6: The Idaho Enduro Series Titles

### 6.1: Individual Titles

The overall first, second, and third place competitors for each category will be recorded and announced. Medals (or another prize) will be awarded to the winners at each round of the series. Depending on the number of competitors, a Race Organizer may, at their discretion, record and announce up to the top 5 finishers.

### 6.2: Team Competition

If the Race Organizer has elected to track and score team competition through a season, only teams registered with the Race Organizer will be eligible to compete for the Overall Team Championships. A team registers with the Race Organizer by declaring the team affiliation when the racer is registering. Retroactive application of a team affiliation is not permitted. The Overall Team rankings will be calculated at the discretion of the Event Organizer using a predetermined formula post on the race website prior to competition.

### 6.3: Points Structure

| Position                                  | Points Awarded             |
|---|----------------------------|
| 1 <sup>st</sup>                           | 200                        |
| 2 <sup>nd</sup>                           | 180                        |
| 3 <sup>rd</sup>                           | 160                        |
| 4 <sup>th</sup>                           | 150                        |
| 5 <sup>th</sup>                           | 140                        |
| 6 <sup>th</sup> through 10 <sup>th</sup>  | 132 to 100 (8 point steps) |
| 11 <sup>th</sup> through 20 <sup>th</sup> | 100 to 55 (5 point steps)  |
| 21 <sup>st</sup> through 30 <sup>th</sup> | 50 to 32 (2 point steps)   |
| 31 <sup>st</sup> through 50 <sup>th</sup> | 30 to 10 (1 point steps)   |

### 6.4: Series Titles

The podium for each individual race will still be determined by fastest overall time. The series points will be determined by how an individual performs at each race. The North American Enduro Cup will be a bonus race for 2018. Points gained at the NAEC will be added to your overall series score. Please note, you have to race in the same CAT as the IES series. The racer with the highest points will win the series. In the event of a tie the win will go to the racer with the best placing in the last event.

## Chapter 7: Financial Obligations

The purpose of the Idaho Enduro Series is to encourage national and international mountain bike competition. A part of this requires the Race Organizers to be aware of the financial restrictions that racing may impose on riders. Waivers or reductions of entry fees may be given to racers or teams at the discretion of the Race Organizer.

Event Organizers who work with the Race Organizers are encouraged to award prizes and prize money for winners of each category. These awards are within the sole discretion of the Event Organizer.

## Chapter 8: Anti-Doping Policy

The North American Enduro Coalition, the Idaho Enduro series, and each Race Organizer do not permit doping of any kind, and will respect and assist any operating anti-doping controls at any event. Any competitor entering an Idaho Enduro Series event must follow any anti-doping procedure that may be asked of them by the Race Organizer.

With the interests of keeping enduro mountain biking clean from the start and to avoid the spirit and reputation of enduro mountain bike racing from being brought into disrepute, any cyclist, regardless of cycling discipline, who has previously been found guilty by any court or regulatory body of any use of or

involvement with banned, performance enhancing drugs will not be entitled to compete or take part in any [insert your race or series] event.

Any cyclist prevented from competing or taking part in any Idaho Enduro Series event by virtue of the foregoing paragraph may appeal to the Race Organizer for exemption from that rule and in exceptional circumstances the Race Organizer may at its absolute discretion grant such an exemption.

However, in the interests of transparency within the sport of enduro mountain bike racing, the Race Organizer reserves the right to maintain a zero tolerance approach to drug taking in cycling and will communicate any appeal decision publicly.