



1. **COVID-19 HEALTH & SAFETY PRECAUTIONS** Race Cascadia will adhere to all Covid-19 related health and safety protocols in effect for each venue on the date of each race. This is mandatory to ensure permitting for our event so we may return to and continue racing to the maximum extent possible during the Covid-19 global pandemic, as well as our collective responsibility to protect communities. All racers will be required to follow these protocols to participate in the event. This may include wearing face coverings in designated areas where groups gather (ie main venue), maintaining a set physical distance away from people you don't live with, frequent handwashing, etc. Failure to comply to the protocols as put forth on race day may result in being disqualified from the event.
2. **BRING ONE BIKE, BE SELF-SUPPORTED** Racers must compete on one bike only for all stages and be self-supported; **this includes food and water.** Racers can and should carry replacement parts, tubes, tires etc.
3. **NO STAGE RE-RUNS DUE TO MECHANICALS** Racers are not allowed to repeat a stage due to a mechanical failure.
4. **NO OUTSIDE HELP** At no time can a racer receive outside help. The only help a racer can receive is from designated Neutral Support and fellow racers. The only exception is Youth 13U racers racing in the Enduro Lite beginner category.
5. **NO NON-RACER TAG-ALONGS ON COURSE** At no time may a racer have a non-racer follow them or lead them on a race stage. The only exception is 13U racers racing in the Enduro Lite beginner category. 13U Enduro Lite racers may have a parent accompany them along the course. If a parent chooses to ride with racer they must follow **BEHIND** the 13U Enduro Lite racer during the race stages (no leading).
6. **PROTECTIVE GEAR AND HELMETS** The amount and type of protective gear is at the rider's discretion. The CDC recommends and encourages a full-face helmet and knee pads. **A helmet must be worn during all Race AND Transfer Stages.** Racers are welcome to carry two helmets (Full-Face/XC). Full-Face helmets may NOT be worn rocked back on the head during climbs.
7. **NO EAR BUDS / EXTERNAL SPEAKERS** In the interest of rider/race official communication and safety, ear buds/external speakers will not be allowed during Cascadia Dirt Cup events.
8. **OBEY TRAIL ETTIQUETTE** Race and Transfer Stages are often open to the public. Race organizers have done what they can to limit interference on race stages. If you come across a different user group during your race stage be courteous, and if they do not offer the right away, you must yield. If your race run is hindered during this interaction, you may report the incident to a race official. If feasible, a re-run of your stage will be offered.
9. **SELF-SEEDING** Racers are the best judge of their own abilities, and self-seed at the Cascadia Dirt Cup. It is the racer's responsibility to race in the appropriately challenging category for their skill level. The following category descriptions may be useful to find the category where a racer will feel competent on course as well as competitive with racers in the same category.

- **PRO RIDERS** are the elite athletes of our sport. They are extremely competent at jumping, drops, cornering and technical rock / trail features. A pro rider can ride any trail in any condition at race speed without hesitation.
- **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 ride most trail features but may occasionally take an alternate line.
- **SPORT RIDERS** are experienced mountain bikers but may be happier traveling down a trail at slower speeds. They may be newer to racing, and eager to compete against other racers at similar skill level. Sport racers can ride many trails but will not hesitate to take an alternate line around more technical sections/features above their skill level.
- **LITE RIDERS** compete on a shorter, 2-3 stage condensed course geared toward youth, beginners or racers unable to commit to a full course/day of racing. Riders should be able to complete a comparable ride of approximately 10 miles in length and up to 2000' of elevation gain to participate. Lite riders are often still working on the fundamentals of riding and do not hesitate to walk technical sections that they feel are above their riding ability.

In the spirit of competition and fair play the **Race Organizers strongly encourage riders to compete in the next category up if they would have placed in the top 5 of the next level of category.** Racers may be required to change categories in either direction at the Race Director's discretion if circumstances warrant it. Racers may also change their category for any event right up until race day check in. However, series points in one category will not transfer between categories, and racers must earn points in the same category for four total races during the season in order to compete in the series overall awards.

10. **E-BIKE IS HERE!** Cascadia Dirt Cup E-Bike Category options include Open (pro/expert level racers) and Sport.
 - E-Bike Open Men
 - E-Bike Open Women
 - E-Bike Sport Men
 - E-Bike Sport Women
11. **E-BIKE COURSES** There will be two E-Bike courses, with the E-Bike open racers competing on the CDC Pro/Expert course, and the E-Bike Sport racers competing on the CDC Sport Course. E-Bike courses may include an additional stage designated as the Power Stage, a technical climbing stage, subject to appropriate trail availability and permitting requirements, which varies between venues. If a Power Stage is available, it will be the same exact stage for all E-Bike racers, Pro/Expert and Sport categories alike.
12. **E-BIKE TECHNICAL REQUIREMENTS** E-Bike Technical requirements include:
 - Motors limited to 20 MPH
 - Bikes shall have a motor of no more than 250W of continuous rate power, which is only pedal-activated
 - Walk function allowed but only in factory settings
 - There will be no technical restrictions on batteries
 - Riders are not allowed to carry spare batteries on their person (they can carry them on their bike or store them in the pits). Power packs are permitted.
13. **RACER DOWN RULES** If you come across a downed rider, please stop to see that they are okay before continuing. Use your best judgement here. If a rider is injured or unconscious STOP, if they've fallen but appear to be okay, ride on. Let officials know if you get delayed assisting a fallen fellow racers, and if feasible, you may be given a re-run of your stage.
14. **DIRECTIONAL AND COURSE MARKINGS** Course map will be displayed online at trailforks.com the week of each race. Riders are required to know the map and their specific course route prior to racing.
 - Tape: Where two pieces of course tape on opposite sides of the course are used, riders must pass between them. Single pieces of course tape can be utilized to identify a turn (tape on outside of turn) and/or cheater line (usually inside of turn). Course tape can also be used to mark trail intersections to keep racers on the right trail.

- Directional Arrows are utilized on Race stages (Green means GO Arrow) or Transfer stages (Black Arrows) where course tape cannot be used.
- Any missing, crossing or passing the course tape on the wrong side will be deemed as course-cutting. Any rider trying to save time by choosing a line that lies outside the marked course will be disqualified.
- In certain circumstances, the Race Director may choose to apply a time penalty to a rider found to have cut the course unintentionally. However, any rider leaving the obvious line must be aware that they risk a DQ.

15. **ENVIRONMENTAL RULES** – Be a good steward and guest of the land.

- No disposable goggle tear offs are permitted.
- The disposal of food packaging on the trail is strictly prohibited.
- Race Organizers reserve the right to penalize and/or disqualify any rider whose actions are deemed inappropriate and likely to damage the local environment.

16. **VENUE RULES** Special rules may apply to certain venues, and will announced accordingly.

17. **TIMING** Racers are timed using the touchless Sportident SIAC+ timing system. Timing chips must be worn on the racer's right wrist only, on the outside of clothing. No watch or GPS may be worn on the same wrist.

- Racers must return to the timing trailer to scan their timing chip immediately upon finishing their final stage. Failure to report to timing immediately following your race may result in a time penalty or the possibility of not being recognized in the final results for the race.
- Anyone who thinks there may be an error in their times must contest their results within 20 minutes of receiving their stage time receipt printout to be considered for any time corrections.
- Lost or unreturned chips will result in a \$100 replacement fee and must be paid in full onsite to receive backup times for inclusion in the results for the race, overall series points, and to participate in future events.

18. **SERIES POINTS** The best four races will be counted toward the CDC series overall points and awards.

- For the E-Bike racers, they must compete in all three E-Bike eligible rounds of the CDC to be considered for overall series points and awards. (Post Canyon, North Mountain and North Slope - rounds 1, 3 and 5 respectively.)

19. **COMMUNITY PARTICIPATION GUIDELINES** People are the heart of our community. As such, we have adopted this code of conduct and require all those who participate to agree and adhere to these Community Participation to foster a safe and positive experience for all.

- **Be Respectful** – Treat everyone in our community with courtesy and respect; this includes your fellow racers, staff, volunteers, spectators, partners and others in attendance. We may not always agree, but disagreement is no excuse for poor manners.
- **Lead by Example** - By matching your actions with your words, you become a person others look up to, and want to follow. Hold yourself and others accountable by modeling clear communication, good sportsmanship and camaraderie for the community.
- **Report Unacceptable Behavior** – Act or threats of violence, personal attacks, harmful or hurtful derogatory language or unwelcome sexual attention or contact will not be tolerated. If you witness or are the victim of behavior that is harmful or violates our code of conduct, let a staff member know immediately.

20. **THE FOLLOWING BEHAVIORS WILL NOT BE TOLERATED AT A RACE CASCADIA EVENT:**

- Acts or threats of violence - threatening, intimidating or engaging in hostile acts directed at any individual will not be tolerated;
- Derogatory language – hurtful or harmful language such as the use of ethnic slurs or derogatory terms related to an individual's gender or sexual orientation will not be tolerated;
- Unwelcome sexual attention, contact or harassment will not be tolerated; this includes unwelcome sexual flirtation, sexual advances or propositions; inappropriate and/or non-consensual touching of an individual's body; graphic verbal comments about an individual's body or appearance; sexually degrading words; even language meant as a joke, or prank, or even to compliment can all be considered as harassment; be mindful and respectful to all.

