

FULL TILT

RACE & REPEAT GRAVITY STAGE RACING

FULL TILT RACE RULES – Updated June 1, 2019

1) BIKE AND COMPONENTS RULES

- a. Racers must compete on one frame, rear triangle, fork, shock and wheelset for all stages.
- b. Racers may change bike, frame, rear triangle, fork, shock and wheelset for a five-minute time penalty. Race Director must approve.
- c. Racers have their choice to compete with a single or dual crown fork.

2) REPEAT STAGES

- a. Racers may repeat each stage for a total of two runs per stage for a faster time or if racer was unable to complete their first run due to mechanical, such as a flat, broken derailleur, etc.
- b. Racers may take lift down to main venue due to mechanical.
- c. Once a stage is started it is counted as an attempt toward the riders two total runs, regardless if the racer completes the stage.

3) PROTECTIVE GEAR & HELMETS

- a. The amount and type of protective gear is at the rider's discretion. Race Cascadia recommends and encourages a full-face helmet, gloves and knee pads at a minimum. A helmet must be worn during all Race and Transfer Stages while riding their bike. If a racer is caught without a helmet while pedaling it is grounds for disqualification.

4) NO EAR BUDS/EXTERNAL SPEAKERS

- a. In the interest of rider/race official communication and safety, ear buds/external speakers will not be allowed during Full Tilt events.

5) OBEY TRAIL ETTIQUETTE

- a. Race and Transfer Stages are often open to public use. Race organizers have done what they can to limit interference on race stages. If you come across a different user group during your race run and they interfere with or hinder your race run please be courteous and report incident to a race official. You will be offered a rerun of your stage if circumstances allow.

6) SELF-SEEDING

- a. 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 up if they would have placed in the top 5 of the next level.

7) RACER DOWN RULES

- a. If you come across a rider down, please stop to see that they are okay before continuing. Use your judgement here. If a rider is broken or unconscious, STOP! If they've fallen but confirm they are okay, ride on. Report rider down situations to race officials.

8) DIRECTIONS AND COURSE MARKINGS

- a. Course map will be displayed online at trailforks.com the week of each race. Riders are encouraged to study the map and understand the race route prior to racing.
- b. RACE 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.
- c. Green Directional Arrows are utilized on Race stages (Green Means Go!) or Black Arrows on Transfer stages where course tape cannot be used.
- d. 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.
- e. 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.

9) ENVIRONMENTAL RULES

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

10) VENUE RULES

- a. Special rules may apply to certain venues and will be announced accordingly during the mandatory racer meeting.

11) SERIES POINTS

- a. The best 2 of 3 races will be counted toward the series overall results.