



RACE RULES *[revised 5/23/2019]*

1) SINGLE BIKE/SELF SUPPORTED - Racers must compete on one bike for all stages and be self-supported; **this includes food and water.** Racers can and should carry replacement parts, tubes, tires etc.

2) NO STAGE RESTARTS - Racers are not allowed to repeat a stage due to a mechanical failure. This includes at the very start of any stage. For instance, if a racer starts their stage and they break their chain, fail to clip in cleanly, etc. they must continue down the stage and may not go back to restart. Your timing chip records your time based on the first time you cross the starting beacon and continues recording until you cross the finish line – you are only adding time by attempting a re-start.

2a) **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 in Enduro Lite.

2b) **NO NON-RACERS MAY FOLLOW/LEAD YOU** 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 in Enduro Lite. 13U Enduro Lite racers may have a parent accompany them along the course. If a parent chooses to ride with their youth racer they must FOLLOW the 13U Enduro Lite racer during the race stages – the parent may not lead.

3) PROTECTIVE GEAR & 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.

4) 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.

5) OBEY PROPER TRAIL ETIQUETTE – 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 given a rerun of your stage.**

6) 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 up if they would have placed in the top 5 of the next level of category.**

7) RIDER DOWN RULE – If you come across a downed rider, 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 appear to be okay, ride on. Let officials know and they will sort out your time loss/fallen individual.

8) DIRECTIONS AND COURSE MARKINGS - 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.

- 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 Arrow) or Transfer stages (Black Arrow) 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.

9) ENVIRONMENTAL RULES

- No disposable goggle tear offs can be used
- 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

10) VENUE RULES - Special rules may apply to certain venues and will be announced accordingly.

11) SERIES POINTS – Racers must complete at least 4 CDC to be included in the series overall results. The best 4 of 6 rounds count toward series. In the event of a tie in the final standings, the best position at the most recent race takes precedence.

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