

NTRA CYCLEGAINING GUIDELINES FOR SETTERS & COMPETITORS

Cyclegaining is a sport in which the competitors using bicycles visit a number of control points. These guidelines have been adapted from the Mountain Bike Orienteering Australia rules and regulations 2010 (MTBO)

THE SETTER SHALL:

- ensure fair competition;
- ensure high standards of environmental sensitivity are maintained by event Organisers and competitors;
- provide for participant safety and enjoyment
- All control markers will be located beside established tracks or roads
- minimise the possibility of competitors taking un-marked tracks
- make it clear to competitors which open areas are permissible for riding
- make it clear to competitors if it is possible to cross fences from one track to another track
- make it clear to competitors which areas are out of bounds (e.g. private property)
- The competitors control card should be fixed to the bike throughout the competition (to ensure that rider and bike visit each control). This means that the control/ punching device must be placed in such a way that the rider can reach the device and record the control visit without difficulty. The punch should be on a cord of at least 1.5-2 meters in length and tied in such a way that it will reach a card attached to the bike crossbar.

Safety should be a prime consideration in course setting:

- As far as possible avoid courses crossing main roads. If this is unavoidable, provide for a control just prior to the crossing or provide for a diagonal crossing so that the rider will join the main road for a short stretch before crossing.
- Controls must not be placed at locations that may be dangerous e.g. blind corners, steep downhill, poor visibility, or near dangerous obstacles.
- Riding off the track or trail or across open areas is disallowed except as specifically advised by the event organiser. Planners should design courses so as to minimise any benefit gained from infringement of this rule. The penalty for breaking this rule is disqualification from the event.

THE COMPETITOR SHALL:

- Competitors must stay on permissible tracks marked on the competition map. This applies even if the terrain or road conditions force riders to dismount and push or carry their bikes.
- No off-track short cuts through the bush are permitted. Competitors are not allowed to make new tracks or take short cuts through the bush.
- If competitors inadvertently take an indistinct track which is not marked on the competition map, they should retrace their route to the previously known point
- Competitors must not become separated from their bike during the competition.

While riding, competitors must

- wear standard bicycle safety helmets
- have functional front and rear lights
- have efficient and safe brakes
- practice and observe the rules of the road – keep to the left on tracks/roads
- approach all track/road crossings, corners and hill crests with caution
- ride defensively and in control at all times
- give way to faster riders wishing to pass on narrow tracks
- when going uphill, give way to riders going downhill
- It is the responsibility of the competitor to ensure that cycles are roadworthy.
- Courtesy and sensible behavior is expected when bike riders encounter walkers, runners, horseback riders, land-owners and others during an event.
- Competitors should give assistance to injured riders on the course
- Competitors must read and comply with any particular instructions or rules issued by the event organisers for the event.