

ALBERTA BICYCLE ASSOCIATION – PROVINCIAL REGULATIONS

4. MOUNTAIN BIKE REGULATIONS

4.1 Alberta Cup XC categories

Upon licensing, riders will be placed in a provincial mountain bike category, as described in the table below.

Mountain Bike Categories: Alberta Cup categories

| Category | Corresponding CCC Category | Min. Optimum Winning Time | Max. Optimum Winning Time |
|--------------|--|------------------------------------|------------------------------------|
| Men | | | |
| U11/U13 | All riders between 9 and 12 years old (mixed gender) | 0h15m | 0h20m |
| U15 | All riders between 13 and 14 years old (mixed gender) | 0h25m | 0h30m |
| U17 | U17 sport, U17 expert (race with sport men) | 0h35m | 0h40m |
| Novice | Junior Novice, Senior Novice, Master Novice, Master 40+ Novice | 0h45m | 1h00m |
| Sport | U17 Expert, Junior Sport, Senior Sport, Master Sport, Master 40+ Sport | 1h00m | 1h15m |
| Expert | Junior Expert, Senior Expert, Master Expert, Master 40+ Expert | 1h15m | 1h30m |
| Elite | Elite | 1h30m | 1h45m |
| Women | | | |
| U11/U13 | All riders between 9 and 12 years old (mixed gender) | 0h15m | 0h20m |
| U15 | All riders between 13 and 14 years old (mixed gender) | 0h25m | 0h30m |
| U17 | U17 sport, U17 expert (race with sport women) | 0h35m | 0h40m |
| Novice | Junior Novice, Senior Novice, Master Novice, Master 40+ Novice | 0h45m | 1h00m |
| Sport | U17 Expert, Junior Sport, Senior Sport, Mater Sport, Master 40+ Sport | 1h00m | 1h15m |
| Expert | Junior Expert, Senior Expert, Master Expert, Master 40+ Expert | 1h15m | 1h30m |
| Elite | Elite | 1h30m | 1h45m |

Each rider's license will reflect one of Cycling Canada's XC Categories

Citizen Class race categories for Cross-Country

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- 4.1.1** All riders purchasing a single-event license are required to race in the Citizen Class race category corresponding to their age and gender. Citizen Class race categories will be split into the below outlined age/gender groups:

| Citizen Class race category | Min. Optimal Winning Time | Max. Optimal Winning Time | Corresponding AB Cup Category |
|------------------------------|---------------------------|---------------------------|-------------------------------|
| U19 Citizen Men | 0h30m | 1h00m | Novice Youth Men |
| U19 Citizen Women | 0h30m | 1h00m | Novice Youth Women |
| 19 to 29 Citizen Men | 0h45m | 1h00m | Senior Novice Men |
| 19 to 29 Citizen Women | 0h45m | 1h00m | Senior Novice Women |
| 30+ Citizen Men | 0h45m | 1h00m | Master 30+ Novice Men |
| 30+ Citizen Women | 0h45m | 1h00m | Master 30+ Novice Women |

Category placement for first-time licensees

- 4.1.2** First-time mountain bike license applicants will be placed in Novice or Novice Youth. Riders who have previously held a license in another jurisdiction, or have not held a license in several years, may be placed in a category other than Novice upon submission of proof of previous category.

Non-prescribed categories

- 4.1.3** Organizers wishing to offer non-prescribed categories must receive prior permission from the Racing Committee.

4.2 Provincial Championship Categories

The Provincial Championship XC race will be contested by the age/gender categories described in the table below, rather than Alberta Cup categories.

| MEN'S CATEGORIES | WOMEN'S CATEGORIES | Min. Optimum Winning Time | Max. Optimum Winning Time |
|------------------|--------------------|---------------------------|---------------------------|
| U13 Men | U13 Women | 0h20m | 0h20m |
| U15 Men | U15 Women | 0h30m | 0h30m |
| U17 Men | U17 Women | 0h35m | 0h40m |
| Junior Men | Junior Women | 1h00m | 1h15m |
| Open Men | Open Women | 1h30m | 1h45m |

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| | | | |
|--------------------|----------------------|-------|-------|
| Master Men 30 – 39 | Master Women 30 – 39 | 1h15m | 1h30m |
| Master Men 40 – 49 | Master Women 40+ | 1h15m | 1h30m |
| Master Men 50-59 | Master Women 50+ | 1h15m | 1h30m |
| Master Men 60+ | | 1h00m | 1h15m |

Organizers encouraged to include sport, novice and citizen class categories.

Provincial Champion jersey

4.2.1 Provincial Champion jerseys will be awarded in the Open Men and Open Women categories as per General Regulation item 1.3.3

4.2.2 Open Category

All riders aged 17 and over may compete in the Open category regardless of the ability listed on their UCI license.

4.3 Cross-Country Upgrading

Men

4.3.1 Riders in the Men's categories, with the exception of Expert, will be upgraded based on Alberta Cup Points:

- a) Novice Men may upgrade to Sport at their own discretion. An upgrade from Novice to Sport will be mandatory for upon any Novice Men winning one race or reaching 2 podiums.
- b) Sport Men will be upgraded upon earning 40 Alberta Cup points.
- c) Expert Men will be upgraded based on top-3 performances and average speed. Riders must meet both of the following criteria:
 1. One of the following combinations: 2 wins; 1 win plus 2 other top-3 placings; or, 5 top-3 placings.
 2. Riders must demonstrate competitive ability in the higher category by achieving, on at least two occasions, an average speed that would place them amongst the top two-thirds of finishers in the Elite category.
- d) Riders graduating from Junior Expert will be placed directly into Senior Elite if over the course of their final Junior season they have achieved one of the following:
 - i. Selection to the Canadian National MTB Team
 - ii. Top-3 result at a Canada Cup in Junior Expert
 - iii. Top-5 result at National MTB Cross-Country Championship in Junior Expert

Junior, Senior, Master Women

4.3.2 Riders in all Women's categories, with the exception of Novice, will be upgraded based on top-3 performances and average-speed.

- a) In order to upgrade, riders must meet both of the following criteria:
 - 1. One of the following combinations: 2 wins; 1 win plus 2 other top-3 placings; or, 5 top-3 placings.
 - 2. Riders must demonstrate competitive ability in the higher category by achieving, on at least two occasions, an average speed that would place them amongst the top 75% of finishers in the next highest category.
- b) Novice Women may upgrade to Sport at their own discretion. An upgrade from Novice to Sport will be mandatory for upon any Novice Women winning one race or reaching 2 podiums.
- c) Graduating Junior Expert female riders will be placed directly in Senior Elite if, over the course of their final junior season, they have achieved one of the following criteria:
 - i. Top-3 result at a Canada Cup in Junior Expert;
 - ii. Top-5 result at the Canadian National Cross-Country Championship in Junior Expert
 - iii. Selection to the Canadian National MTB TeamSuch riders must also demonstrate competitive ability by achieving, on at least two occasions:
 - i. An average speed or lap time that would place them amongst the top-half of finishers in the Senior Elite category;

4.4 Downhill – Course Requirements

U13 Downhill Course Requirements

- 4.4.1 U13 downhill courses must be suitable for all age and ability levels, and conform to the following standards:
 - a) Course length must be no more than 2500 metres;
 - b) The average steepness of the course must be not exceed 15%;
 - c) ‘Professional’ and ‘Difficult’ level obstacles (see below) are not permitted;
 - d) Soil quality must be firm in all weather conditions.

U15 Downhill Course Requirements

- 4.4.2 U15 downhill courses must be suitable for all age and ability levels, and conform to the following standards:
 - a) Course length must be no more than 2500 metres;
 - b) The average steepness of the course must be not exceed 15%;
 - c) Any ‘Professional’ or ‘Difficult’ level obstacles (see below) must have go-arounds;
 - d) Soil quality must be firm in most weather conditions.

Classes of Obstacles – “Difficult”

- 4.4.3 ‘Difficult’-level obstacles Include the following:
 - a) Any type of jump or feature such that it is likely that both wheels will leave the ground more than momentarily;

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- b) Drops between 40cm and 1.5m in height (measured from the top edge to the top of the transition);
- c) Pitches with inclines in excess of roughly 50 degrees, exceeding 3 metres in length;
- d) Any man-made features increasing the technical difficulty of the course such as rock gardens and log gardens;
- e) Any obstacle or section judged by the Technical Delegate or Chief Commissaire to require somewhere between advanced and professional-level skills to successfully negotiate in a race situation.

Classes of Obstacles – “Professional”

4.4.4 ‘Professional’-level obstacles include the following:

- a) Gap jumps of any height or length;
- b) Any type of jump with a length of more than 3 metres from the end of the launch section to the start of the landing transition;
- c) Drops exceeding 1.5 metres in height (measured from the top edge to the top of the transition);
- d) Pitches (with roll-out or drop) with average inclines in excess of roughly 50-degrees exceeding 5 metres in length;
- e) Any pitch of any length with an average incline of roughly 70 or more degrees;
- f) Any obstacle or section judged by the Technical Delegate or Chief Commissaire to required professional-level skills to successfully negotiate in a race situation.

Citizen Class race categories for Downhill

4.5 All riders purchasing a single-event license are required to race in the Citizen Class race category corresponding to their age and gender. Citizen Class race categories will be split into the below outlined age/gender groups:

| Citizen Class race category | Corresponding AB Cup Category |
|-------------------------------|-------------------------------|
| U19 Citizen Men | Junior/U17/U15 Sport Men* |
| U19 Citizen Women | Junior/U17/U15 Sport Women* |
| 19 to 29 Citizen Men | Senior Sport Men |
| 19 to 29 Citizen Women | Senior Sport Women |
| 30+ Citizen Men | Master A Men |
| 30+ Citizen Women | Master A Women |

** Same course for all except when separate U15 and/or U13 courses are designated*

4.6 Downhill Upgrading

Downhill Upgrading – Men

4.6.1 Male Downhill riders will be upgraded as follows:

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- a) Riders in the Sport categories (Junior, Senior) will be upgraded upon earning 40 Alberta Cup points over the course of two seasons, in addition to demonstrating competitive ability by achieving at least two podium finishes. Such podium results need not be separate performances from those performances included in earning the requisite number of points;
- b) Riders in the Senior Expert category will be upgraded upon earning 50 Alberta Cup points over the course of two seasons, in addition to demonstrating competitive ability by achieving at least two podium finishes. Such podium results need not be separate performances from those performances included in earning the requisite number of points;
- c) BC Cup points and podium placings may be presented toward an Alberta upgrade;
- d) Riders graduating from Junior Expert will be placed directly into Senior Elite if, over the course of their final Junior season, they have achieved one of the following:
 - i. Selection to the Canadian National MTB Team
 - ii. Top-ten result at a Canada Cup in Junior Expert
 - iii. On more than 2 occasions post a finish time faster than the 3rd place Elite male at an Alberta or BC Cup race

Downhill Upgrading – Women

4.6.2 Female Downhill riders will not be upgraded according to Alberta Cup points earned; rather, such riders will be upgraded on the basis of Top-3 performances and finish time. Sport and Expert riders will be upgraded as follows:

- a) Riders in the Sport and Expert categories (Junior, Senior, or Master) must demonstrate competitive ability in the higher category by achieving, on at least two occasions, a finish time that would place them amongst the top 50% of finishers in the next higher category.
- b) Graduating Junior Expert female riders will be placed directly in Senior Elite if, over the course of their final junior season, they have achieved one of the following criteria:
 - i. Top-3 result at a Canada Cup in Junior Expert;
 - ii. Top-5 result at the Canadian National DH Championships in Junior Expert;
 - iii. Selection to the Canadian National MTB TeamSuch riders must also demonstrate competitive ability by achieving, on at least two occasions, an average time that would place them amongst the top half of finishers in the Senior Elite category.

Downhill Upgrading – Out of Province results

4.6.3 Results from out-of-province races may be used for upgrading, pending verification. Canada Cup and BC Cup races will count for Schedule “B” (*refer to ABA General Regulations – 1.5.2*) upgrade points. Out-of-province results will not be added automatically to a rider’s upgrade status; rather a rider must submit such results to the ABA Mountain Bike Coordinator for inclusion.

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4.7 Provincial Mountain Bike Downhill Championships

The Provincial Championship Downhill race will be contested by the age/gender categories described in the table below, rather than all Alberta Cup categories.

| MEN'S CATEGORIES | WOMEN'S CATEGORIES |
|------------------------|--------------------------|
| U13 Men | U13 Women |
| U15 Men | U15 Women |
| U17 Expert Men | U17 Expert Women |
| Junior Expert Men | Junior Expert Women |
| Elite Men | Elite Women |
| Master A Men (30 – 39) | Master A Women (30 – 39) |
| Master B Men (40+) | Master B Women (40+) |

Provincial Champion jerseys

- 4.7.1** Provincial Champion jerseys will be awarded in the Elite Men and Elite Women categories as per General Regulation item 1.3.3

4.8 Fat Bike

General Rules

- 4.8.1** If the temperature in a major portion of the course is minus 25° C or below, the competition shall be delayed or cancelled. If the temperature level is between minus 15° and minus 25° C at any point on the course, the event may be canceled or postponed at the discretion of the Technical Delegate and/or Chief Commissaire
- 4.8.2** The course may not be held on or across a frozen body of water.
- 4.8.2** Without prejudice to the relevant legal and administrative provisions and the general duty of care, the organiser shall ensure that the race course or the competition grounds include no places or situations that could

constitute a particular safety risk to anyone (riders, attendants, officials, spectators, etc.). (UCI regulation 1.2.061)

4.8.3 No screws or other homemade method of studded/spiked tire will be permitted. Studded tires are permitted for use on fatbikes under the following conditions:

- Stud may have a maximum of 3mm prominence from the tire tread
- Must be in the form of a pre-studded factory fatbike tire, or incorporate aftermarket studs designed specifically for bicycle use.