

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, separated podiums)	0h15m	0h20m
U15	All riders between 13 and 14 years old (mixed gender, separated podiums)	0h25m	0h30m
U17	U17 sport, U17 expert (race with sport men)	0h35m	0h40m
Novice	Junior Novice, Senior Novice, Master Novice, Master 45+ Novice	0h45m	1h00m
Sport	U17 Expert, Junior Sport, Senior Sport, Master Sport, Master 45+ Sport	1h00m	1h15m
Expert	Junior Expert, Senior Expert, Master Expert, Master 45+ 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 45+ Novice	0h45m	1h00m
Sport	U17 Expert, Junior Sport, Senior Sport, Master Sport, Master 45+ Sport	1h00m	1h15m
Expert	Junior Expert, Senior Expert, Master Expert, Master 45+ Expert	1h15m	1h30m
Elite	Elite	1h30m	1h45m

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

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Single Event race categories for Cross-Country

- 4.1.1** Single event licenses are capped at 3 per year in total. In cross-county events racers may choose whichever category the feel best suits them. There will be no changing categories once you have registered and no downgrades after the first race.
- 4.1.** Citizen (provincial race license, can race in the lowest category on offer or their respective age category)

Category placement for first-time licensees

- 4.1.2** First time mountain bike license applicants may choose any category to start in, however once a category is selected the racer must remain there for the season.

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
Master Men A 35-44	Master Women A 35-44	1h15m	1h30m
Master Men B 45-54	Master Women B 45-54	1h15m	1h30m
Master Men C 55-64	Master Women C 55-64	1h15m	1h30m
Master Men D 65+	Master Women D 65+	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 All riders may choose to self-upgrade to any category, at any time, but must stay in the selected category for the season

4.3.2 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

4.3.3 All riders may choose to self-upgrade to any category, at any time, but must stay in the selected category for the season

4.3.4 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** 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) 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;
 - 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:

- 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.

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 (35 – 44)	Master A Women (35-44)
Master B Men (45+)	Master B Women (45+)

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.