

## 1 GENERAL

All competitors must make themselves aware of any updates or changes to the rules and regulations at each race or by checking the Grassroots Enduro Series (G.E.S.) web page for any rule changes or updates [www.grassrootsenduro.com/rules/latest.pdf](http://www.grassrootsenduro.com/rules/latest.pdf)

Each competition in the G.E.S. will consist of a minimum of three timed stages and a maximum of 5 timed stages. Each competition in this series follows a Blind Format. This means that competitors are allowed to ride the course only on race day. A practice ban will come into place 7 days before the competition. Competitors are requested to respect the blind format of the races, and not ride any part of any trail in the week preceding race day.

Competition entry is only available on-line

Competitors can attempt the timed stages in any order they like, as many times as they like, provided they start and finish within the official published race start and finish times. (The expectation is that competitors will have 2 attempts per stage).

A cut off time applies to all competitions in this series. Competitors must return their timing chips to the designated area (race HQ) by the cut-off time to register their times. The cut-off time will be specified by each race organiser, A late penalty equal to the number of minutes late will be applied.

All competitors must register, verify their valid and current license details, verify their timing chip, display their number plate, and mandatory equipment check before starting each competition.

All competitors must wear a UCI approved full face helmet, on their heads with the chin strap closed when racing on a timed stage. The helmet can have a detachable chin bar. The chin bar can be removed on stage transitions, but the helmet must be correctly on their head with the chin strap closed whenever a competitor is cycling their bike. Failure to comply will result in automatic disqualification.

Competitors must make their way unassisted to each timed stage.

## 2 CATEGORIES

Ages are automatically decided by your age on 1<sup>st</sup> January of the year a race is run.

**Female Under 40 (age 21 to 39 on Jan 1<sup>st</sup>)**

**Female Over 40 (age 40+ on Jan 1<sup>st</sup>)**

**Under 14 (age 12-13 on Jan 1<sup>st</sup>)**

**Under 17 (age 14-16 on Jan 1<sup>st</sup>)**

**Under 21 (age 17-20 on Jan 1<sup>st</sup>)**

**Men Master (age 21 to 29 on Jan 1<sup>st</sup>)**

**Men Senior (age 30 to 39 on Jan 1<sup>st</sup>)**

**Men Vets (age 40 to 49 on Jan 1<sup>st</sup>)**

**Men Super Vets (age 50+ on Jan 1<sup>st</sup>)**

**Hardtail (open age group)**

**e-Bike (open age group)**

### Notes

**Under 14's** : The minimum age is 12. Competitors aged under 14 must always be accompanied by a guardian who is competing at the race, at all times on the competition course. The Under 14 must have a valid competitive licence issued by Cycling Ireland (C.I.) (or have purchased a one-day licence on-line when entering the race). The guardian also must take part in the competition and thus must have a valid C.I. competitive license (or have purchased a one-day licence on-line when entering the race).

The guardian must be present at registration to sign the guardian consent form.

**Competitors aged under 18** : The guardian consent form must be signed by both the competitor and the guardian, in person at registration. It is recommended that all competitors under 18 are accompanied by a guardian during the competition.

**Age Differences** : Example: a competitor entering the under 30 category must be a minimum of 21 and a maximum of 29 years old on the 1<sup>st</sup> of January. If they are 30 on the 1<sup>st</sup> of January they will be automatically entered in the next category.

## 3 REGISTRATION AND LICENSE

On registering, all competitors agree to the rules of the competition.

Entries are non-refundable. However, entries can be transferred from one rider to another using the SI Entries website, up to one week before each race. After this cut-off date all entries are then non-transferable and non-refundable. The G.E.S. does not operate a waiting list. No entries will be available on the day of each competition.

All competitors must either have a valid racing license (not a leisure license) from Cycling Ireland (C.I.) or other UCI national federation when they enter the races on-line, or otherwise purchase a one-day license at the time of entry, on-line. It will not be possible to purchase a one-day license on the day of the race at registration.

All competitors must present their valid license at registration. A screenshot of **BOTH** the front and back of the license will suffice in the event. Every competitor's license must cover competitions. A leisure license does not cover competitors to race in any of the competitions in this series.

## 4 BIKES

Competitors cannot change their bike during the race. Different bikes can be used for separate competitions.

In the case of e-Bikes, they must comply with current EU legislation which specifies that their top speed is limited to 25km/h and a maximum continuous rated power of 0.25kW. eBikes must have pedalling assistance only, although a start-up assistance not exceeding 6km/h without pedalling is allowed. Riders can only use the battery in place on their bike and cannot carry an additional battery during the competition. The penalty for this is disqualification.

In the case of mechanical failure, a part such as brakes, tires, saddles, etc. can be changed if needs be, but extra time is not provided for this. Frames, forks, and wheels cannot be changed during the race.

Bikes must be in safe working order and have bar plugs. Competitors may not modify their race number plates.

The race director has the right to deny entry to the competition if they feel a bike is not of a suitable standard.

## 5 PERSONAL EQUIPMENT

All competitors must wear a UCI approved full face helmet when on their bike as specified in section 1. All riders under 18 must wear an approved back protector when cycling on their bikes.

Gloves, knee, and elbow protection are recommended but not compulsory.

Each competitor should be completely self-sufficient in terms of mechanical repairs, race food and basic first aid. One food stop will be provided at each race which will consist of water and a snack (bar or banana or similar).

## 6 MANDATORY KIT/EQUIPMENT

- Mobile phone.
- Basic first aid kit (minimum: 1 x Dressing Pad for heavy bleeding, field dressing, bandage, plasters).
- Survival bag or foil blanket.
- Energy food and drink.
- Wind/ waterproof jacket.
- Bike repair kit (tube, pump, or CO<sub>2</sub> canisters, Allen keys, chain tool).
- Full face helmet, also back protectors for Under 18 riders as per Section 5.

All competitors must bring all mandatory kit/equipment with them throughout the competition. Equipment can be carried in any of the following combinations; in a rucksack; on the competitor themselves; secured to the competitor's bike.

Pre-race checks, in-race checks and post races checks may be undertaken in the interest of safety and fairness. Missing kit/equipment shall result in a 5-minute time penalty.

## 7 THE COURSE

There is a minimum of 3 and a maximum of 5 timed stages in each competition. Transition stages are not timed and do not count for the overall standing.

The stages are designed for Enduro bikes, not XC or DH bikes. While the format is blind racing, the standard and level of difficulty of the trials is not at beginner or novice level and will be on a par with other regional and national Enduro races. All obstacles are roll-able, and no trail contains gaps or large jumps.

The course is marked with signs and tape. Where the course is marked with tape on both sides, competitors must stay within the tape. If only one side is taped then competitors are free to choose the best line in that section, without going through the tape. They must then proceed to the next section that is taped on both sides.

If a competitor exits the timed stage course, they must re-enter at the same point, or at a point closer to the start of that stage and restore the tape as they found it.

Competitors caught cutting a special stage course will be given a minimum of 5-minute time penalty. This penalty can be increased, according to the disciplinary procedure outline in section 10.

## 8 LITTER

The G.E.S. adheres to the "Leave No Trace" policy. Any competitor seen littering will receive a 15-minute time penalty. A second infringement will result in automatic disqualification from the race and possibly the whole series.

Note: If competitors bring energy gels, bars, snacks, tubes etc. out onto the racecourse, this means they have pockets/storage to bring the wrapper or waste back with them to the nearest bin.

## 9 TIMING

Each competitor receives a timing chip at registration. This should be worn on their **right wrist**. Competitors must cycle past each stage Start and Finish timing pole for their time to be processed. The timing beacons are the "roll-by" type. This means riders don't have to stop for their time to be read and can cycle past the start and finish timing beacon as fast as they like. GPS watches can interfere with the timing chip. Thus, it is recommended that all such watches are either worn on the riders left hand or not worn at all. Riders can also accidentally trigger a stage start beacon if they accidentally walk too close to the beacon. It is each rider's responsibility to keep 5m away from the beacon.

The timing pole and race timing chip will give an audible bleep and a red LED will flash when passing the start or finish. Competitors must be either on their bike or have their bike beside them when passing the start and finish beacons of all timed stages.

Following registration, competitors can start as soon as they reach the beginning of each timed stage. There are no separate start times or running order, apart from the overall race start and finish times.

There will be a minimum 20 to 30 second time interval between competitors starting a timed stage. This will be enforced by the start marshal when there are queues.

In the event of a tie, the competitor with the fastest final stage shall be granted the fastest time. In the event of a tie on the final stage, the preceding stage time will be used, and so on until there is no tie.

Timing tags/chips (SAIC's) must be returned at the registration area post-event. Unreturned chips will be charged at cost (around €80).

**If a faster competitor closes the gap behind a competitor on a timed stage, the slower competitor should be polite and allow them to pass, by pulling over as soon as they can (it's not the EWS !!). The faster competitor is asked to be patient; give lots of polite verbal warning and clear directions as to what side they will pass on. For example, they should shout "Rider up on your left", if they intend to pass the slower competitor on their left-hand side. The faster competitor is asked to not hog the back wheel of the competitor in front or remain silent hoping the competitor in front will hear them and move to one side.**

If, while passing a slower competitor, a faster competitor causes them to crash or run off the course, the faster competitor will be penalised.

If a competitor stops to help an injured competitor, they may repeat the stage, but they must time out at the stage Finish pole before repeating it. In this instance the competitor must inform race HQ or a marshal of the incident before requesting a re-attempt of the stage. Note that due to the nature of the G.E.S. races (the open time format and multiple repeats of stages), the organisers cannot guarantee that a rider can be given a time extension past the overall race cut-off time, if they request to repeat a stage.

Competitors who retire must return to race HQ as soon as possible following the instructions of race marshals. They must return their timing chip. They must also remove their number plate from their bike or cross it with an X.

The ranking of each competitor is calculated as the sum of their fastest times on all three timed stages, plus any time penalties. Any competitor who fails to complete one or more stages shall be termed DNF (Did Not Finish).

## 10 DISCIPLINARY PROCEDURE

A G.E.S. disciplinary committee shall be formed for each race season that consists of at least two members of the committee of the G.E.S. and two representatives of that season's race organising clubs. It will be the responsibility of this committee to deal with any issues arising from a competitor who breaks the rules, or is reported by another person, or cuts a section of a stage or alters a stage, or acts in a manner that endangered another competitor/marshal/race organiser, or acts in an unsporting manner, or in a way unbecoming to the spirit of the races and brings the G.E.S. into disrepute.

This disciplinary committee shall examine any reports of riders as outlined above, as soon as possible. They shall gather the appropriate evidence of any alleged incidents. The committee will decide on the appropriate sanction that will be given to the rider, which will range from a time penalty, to being disqualified from a race, up to and including being disqualified from the G.E.S. for the remainder of that season.

Any rider who is being investigated by the disciplinary committee shall be given a chance to explain their alleged actions and defend themselves in front of the G.E.S. disciplinary committee.

## 11 SAFETY & EMERGENCIES

**We request that all competitors bike within their limit and do so in a safe manner. Bear in mind the blind format of this race series. We recommend that competitors use the first time down each stage as a practice run and can look to improve on their time on subsequent runs. When overtaking a slower competitor in front of you, do so in a safe and controlled manner (as specified in section 9 Timing).**

**All competitors are acting as rolling marshals. It is the duty of each competitor to assist any other competitor who appears to be injured or in difficulty and to alert the closest marshal or any race organiser.**

The race organising committee reserves the right to penalize or disqualify competitors that do not adhere to any rules of the G.E.S.

**Competitors must adhere to the rules of the competition and the rules of the road, particularly during sections on public roads.**

**All competitors must understand and agree that they participate in these competitions entirely at their own risk. All competitors must rely on their own ability in dealing with all hazards and that they must ride in a manner which is safe for themselves and all others. All competitors are aware that when riding on a public highway, or off-road trail, path or fire road, the function of any marshals is only to indicate direction, the competitor must decide whether their movement is safe. All competitors must agree that no liability whatsoever shall attach to the Promoter, Promoting Club, Race Sponsor, Cycling Ireland, any Sub-Committee of C.I., any Race Official or any Member of the Promoting Club in respect of injury, loss or damage suffered by them in or by reason of the competition, however caused.**

**Please note: It is a requirement of entering these competitions that all competitors provide In Case of Emergency No. (ICE). The ICE contact may be the competitors club secretary. In the case of Junior competitors, it will normally be the person who accompanies the competitor to the competition and signs the guardian consent form. Such information will be retained in accordance with GDPR, i.e., in the strictest confidence and not be divulged to anybody other than the Club Secretary of the Competition.**

## 12 PRESENTATIONS AND PRIZES

Competitors who finish in the top three in their category must attend the podium presentation. The presentation will take place as soon as possible after the last competitor has finished.

## 13 COMPLAINTS

Complaints regarding the conduct of the competition, rankings or the behaviour of other competitors and any other type of report must be submitted to the race director, written, and signed by the competitor, no later than one hour after the podium presentation. The cost of the claim is €50 which will be returned only in case of acceptance of the complaint. The race director shall communicate their decision within one hour after the submission of that claim unless further investigation is required.

## 14 INSURANCE

The G.E.S. competitions are held under C.I. event regulations and as such all competitors must be members of Cycling Ireland or have the appropriate licence. The G.E.S. organisers shall not be held liable in any way for any loss, damage or accidents that occur before, during or after any G.E.S. competitions.