

## RACE RULES - revised 7/1/2016

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

2- Protective Gear & Helmets - The amount and type of protective gear is at the riders 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 2 helmets (Full-Face/XC) – Full-Face helmets may not be worn rocked back on the head during climbs.

3- No Ear Buds – In the interest of rider/race official communication and safety, Ear Buds will not be allowed during Cascadia Dirt Cup events.

4- 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.

5- 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.**

6- Man Down Rule – If you come across a downed rider, please stop to see that they are okay before continuing on. 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.

7- Directions and Course Markings - Course map will be displayed online at [trailforks.com](http://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 (Red Arrow) or Transfer stages (Turquoise 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.

#### 8- Environmental Rules:

- No disposable goggle tear offs are allowed to 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

9- Venue Rules - Special rules may apply to certain venues and will be announced accordingly.

10- Series Points - The best 5 of 6 races will be counted toward the series overall results.