

**2025 AUSCYCLING  
MOUNTAIN BIKE  
NATIONAL SERIES  
TECHNICAL GUIDE  
ROUND 5, 6 & 7 – XCO  
ROUND 3 – DH  
CANBERRA**



**National Series**

AusCycling

## Welcome

This technical guide is for the information of the participants competing in the 2025 AusCycling MTB National Series (XC) Round 5, 6 & 7 and (DH) Round 3 in Canberra, ACT from Friday the 28<sup>th</sup> of February to Sunday 2<sup>nd</sup> of March.

### **Welcome to the AusCycling MTB National Series for 2025!**

We are thrilled to have you join us for what promises to be an incredible season showcasing the best of Australian mountain biking. This series is not just a competition - it's a celebration of the passion, skill, and dedication that make mountain biking one of the most exciting spectacles in the country.

A special thank you goes to Canberra Off Road Cyclists (CORC) for putting their hands up to host this monster double-header of a weekend that also serves as a UCI world Junior Series XCO Round (2<sup>nd</sup> March) and UCI Continental Series XCO Rounds (1<sup>st</sup> & 2<sup>nd</sup> March) and a Continental Series DH Round (1<sup>st</sup> and 2<sup>nd</sup> March). Being the final event for XCO and the second last for Downhill the heat will be on for this big weekend of racing. CORC have organized something truly awesome at the stunning Stromlo Mountain Bike Park. We are deeply grateful for their dedication to the sport and thank them for putting time aside to offer the very best experience they can. We ask that you be courteous and kind when interacting with your hosts. Even buy them a coffee.

The MTB National Series is a critical part of the development pathway for aspiring riders, providing a platform for talent to flourish and progress toward international competition. Whilst we want to continue to ensure the sustainability of the series and continue to grow participation we always want to ensure that the racing being offered is tough and technical, reflective, to a degree, of what international racing looks and feels like, for those looking to take the next step. The introduction of the UCI continental series for 2025 has added an important element and we thank CORC for their commitment in being part of the series.

This season and into future seasons, we are committed to improving the series by listening to the community. We will be gathering feedback through rider surveys and other engagement activities throughout the year. Your feedback is invaluable in shaping the future of the series—please take the time to share your thoughts and help us craft a format and schedule that supports riders, teams, and fans, as well as the commercial future of the series.

Thank you once again, to everyone, for being a part of this journey. Let's make this season unforgettable!

Steve Peterson  
Head of Events - MTB|CX

## Welcome Message From Canberra Off-Road Cyclists

Stromlo. Back on the world stage again and hosting the first HC mountain bike events in Australia. Stromlo was created in its current form by the ACT Government after the 2003 bushfires and since 2007 has hosted multiple Australian National Championships, National Series Rounds, 3 World Solo 24 Hour Championships and in 2008/2009 a UCI World Cup and a UCI World Championships. Trails like Cardiac Arrest and Hammerhead are legendary, but there is so much more to Stromlo with a great range of facilities including the HandleBAR for food and drinks.

Find out more here: <https://www.stromloforestpark.act.gov.au/>

Canberra Off-Road Cyclists are one of the founding mountain bike clubs in Australia, and one of the largest. How old is CORC? Let me put it this way; Australia's outstanding XC Mountain Biker (and CORC member) Bec Henderson has never known a world without CORC.

The trails you will be riding over these 3 days have been ridden by multiple world and Australian champions – but more importantly they have also been ridden by tens of thousands of mountain bikers who just love mountain biking. This weekend of high level competition represents both the pinnacle of our sport in this country, and an aspirational target for all the developing riders in our sport. It has been made possible by a strong team of CORC volunteers, some of whom have been involved in Canberra mountain biking for decades, and over 20 years of development at Stromlo Forest Park.

Welcome to Canberra!

Matt Battye  
President, CORC

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## Event Details

### Dates

#### XCO

[Round 5](#) (XCC) - Friday 28<sup>th</sup> of February 2025

[Round 6](#) (XCO) - (incl UCI Continental Series, round 2) - Saturday 1<sup>st</sup> of March 2025

[Round 7](#) (XCO) - (incl UCI Continental Series, round 3 and UCI Junior Series) - Sunday 2<sup>nd</sup> of March 2025

#### DH

[Round 3](#) (DH) - (UCI Continental Series, round 3) - Sunday 2<sup>nd</sup> of March 2025

### Location

UC Stromlo Forrest Park, Opperman Ave, Stromlo ACT, 2611

### Entries

Entries open – December 1<sup>st</sup> 2024. All entry fees are listed on entry portal pages.

#### XCO

[Round 5 – Entries](#) (Close 26/2/25 @ 4pm)\*

[Round 6 – Entries](#) (Close 26/2/25 @ 4pm)\*

[Round 7 – Entries](#) (Close 26/2/25 @ 4pm)\*

\* *Scratch Cut-Off is 26/2/25 at 4:00pm*

#### DH

[Round 3 – Entries](#) (Close 23/2/25 @ 12pm)\*\*

\*\**Scratch Cut-off is 26/2/25 at 6:00pm*

Any entries made after these closing times are at the sole discretion of event host. Any entries made after these closing times will start from the rear of the starting grid.

## Entry Eligibility & Entitlements

### Australian Riders

- Can enter all events.
- Will earn places, points, medals and prizes (where applicable) in the AusCycling National Series, UCI Continental Series and UCI Junior Series.
- Riders must have an active and current AusCycling Membership (either and Off-Road or All Discipline membership) to race in these events. Failure to provide a current license will result in the rider having to pay to renew their membership at registration.
- No Temporary memberships are permitted for any category.

Further information regarding AusCycling memberships can be found at the following link - <https://auscycling.org.au/membership>

## International Riders

- Can enter all events.
- Will earn places, points, medals and prizes (where applicable) in the AusCycling National Series, UCI Continental Series and UCI Junior Series.
- Must provide evidence of affiliation with their regional / provincial body and their UCI ID (where available).
- Must have a current UCI License issued by the national federation of their country of residence.

## Rider Responsibilities

Riders shall, at all times:

- Obey instructions from the Event Organisers, Commissaires and event marshals/officials.
- Employ correct etiquette and ride safely in all situations.
- Wear the minimum requirements for safety gear including appropriately approved helmet.
- Ensure that their bicycle is in good working order.
- Ensure they have an adequate supply of water, sports drink and nutrition as required for the activity they are to participate in.
- Be responsible for ensuring they are fit enough for the activity.

## Race Categories

| Categories                                 |                           |
|--|---------------------------|
| Elite M & W (XC) (UCI Continental Series)  | Masters 1/2 M & W (30-39) |
| U23 M & W (XC) (UCI Continental Series)    | Masters 3/4 M & W (40-49) |
| Junior M & W(U19) (UCI Continental series) | Masters 5/6 M & W (50-59) |
| Under 17 M & W                             | Masters 7+ M & W (60+)    |
| Under 15 M & W                             | Masters 1/2 M & W (30-39) |
| Expert M & W (19-29)                       |                           |

## Continental Series Categories

- Elite, U23 and Junior riders in the Saturday 1 March 2025 XCO will accrue points in the UCI Continental Series.
- Elite and U23 riders in the Sunday 2 March 2025 XCO will accrue points in the UCI Continental Series.
- Elite and Junior riders in the Sunday 2 March 2025 DHI will accrue points in the UCI Continental Series.

## Junior XCO Categories

- Australian Junior riders in the Friday 28 February 2025 XCC will accrue points in the 2025 Australian National Series. Other nationality Junior riders will not earn Australian National Series points.
- Junior riders in the Saturday 1 March 2025 XCO will accrue points in the UCI Continental Series.
- Junior riders in the Sunday 2 March 2025 XCO will accrue points in the UCI Junior Series rankings and receive prize money. They do not also accrue UCI Continental Series Points.

## Rider Registration

Registration/ Event Sign on will be onsite at the Race Village. Registration will be open from 9:00am till 6:00pm Friday the 28<sup>th</sup>, Saturday the 1<sup>st</sup> and Sunday 2<sup>nd</sup> of March. Riders can register any time within this window. Riders must register before riding in any official race or practice.

All categories are open to members of any national federation for the awarding of points and prizes.

## Race Groups

Practice and Race Groups. These groups are subject to change.

| XCO Groups | Categories  |
|------------|---|
| Group 1    | Men - U15<br>Men - U17<br>Men - Masters 5 – 9   |
| Group 2    | Women – U19<br>Women – U23<br>Women – Elite<br>Women – Expert<br>Women – Masters 1 - 10 |
| Group 3    | Men - U19<br>Men - U23<br>Men - Elite<br>Men - Expert<br>Men - Masters 1 – 4            |
| Group 4    | Men & Women - U7<br>Men & Women - U9<br>Men & Women - U11<br>Men & Women - U13          |



| <b>XCC Groups</b> | <b>Categories</b>   |
|-------------------|---|
| Group 1           | Men - Masters 5 - 9   |
| Group 2           | Women - U15<br>Women - U17<br>Women - Masters 5-9   |
| Group 3           | Men - U15<br>Men - U17  |
| Group 4           | Men & Women - U7<br>Men & Women - U9<br>Men & Women - U11<br>Men & Women - U13                  |
| Group 5           | Women - U19<br>Women - U23<br>Women - Elite<br>Women - Expert<br>Women - Masters 1 - 4          |
| Group 6           | Men - U19<br>Men - U23<br>Men - Elite<br>Men - Expert<br>Men -Masters 1 – 4                     |
| <b>DHI Groups</b> | <b>Categories</b>   |
| Group A           | Men & Women - U19<br>Men & Women - Elite  |
| Group B           | Men and Women - U15<br>Men and Women - U17<br>Men and Women - Expert<br>Men and Women - Masters |

## Event Schedule

Friday the 28<sup>th</sup> of February 2025

| <b>Activity</b>             | <b>Time Start</b> | <b>Time Finish</b>        |
|-----------------------------|-------------------|---------------------------|
| DH Practice                 | 9:30am            | 2:30pm ((last rider down) |
| DH Course Walk              | 3:00pm            | 4:30pm                    |
| XCO Practice                | 10:00am           | 2:00pm                    |
| XCC Practice                | 3:00pm            | 3:30pm                    |
| XCC Practice (Adaptive)     | 3:30pm            | 4:00pm                    |
| XCC Racing Group 1          | 4:00pm            | 4:30pm                    |
| XCC Presentations – Group 1 | 4:30pm            | 5:00pm                    |
| XCC Racing – Group 2        | 4:30pm            | 5:00pm                    |
| XCC Presentations – Group 2 | 5:00pm            | 5:30pm                    |
| XCC Racing – Group 3        | 5:00pm            | 5:30pm                    |
| XCC Presentations- Group 3  | 5:30pm            | 6:00pm                    |
| XCC Racing – Group 4        | 5:30pm            | 6:00pm                    |
| XCC Presentations – Group 4 | 6:00pm            | 6:30pm                    |
| XCC Racing – Group 5        | 6:00pm            | 7:00pm                    |
| XCC Racing – Group 6        | 6:30pm            | 7:30pm                    |
| XCC Presentations – Group 5 | 7:00pm            | 7:30pm                    |
| XCC Presentations – Group 6 | 8:00pm            | 8:30pm                    |

**Saturday 1st of March 2025**

| <b>Activity</b>                        | <b>Time Start</b> | <b>Time Finish</b> |
|--|-------------------|--------------------|
| XCO Practice                           | 8:30am            | 9:00am             |
| XCO Racing – Group 1                   | 9:00am            | 10:30am            |
| XCO Presentations – Group 1            | 10:30am           | 11:00am            |
| XCO Practice                           | 10:30am           | 11:00am            |
| XCO Racing – Group 2                   | 11:00am           | 1:00pm             |
| XCO Presentations – Group 2            | 1:00pm            | 1:30pm             |
| XCO Practice                           | 1:00pm            | 1:30pm             |
| XCO Racing – Group 3                   | 1:30pm            | 3:30pm             |
| XCO Presentations – Group 3            | 3:30pm            | 4:00pm             |
| XCO Practice                           | 3:30pm            | 4:00pm             |
| XCO Racing – Group 4                   | 4:00pm            | 5:00pm             |
| XCO Presentations – Group 4            | 5:00pm            | 5:30pm             |
| DH Group B - Practice                  | 9:00am            | 12:00pm            |
| DH Racing (Adaptive – separate course) | 12:30pm           | 3:30pm             |
| DH Group A – Practice                  | 1:00pm            | 4:30pm             |

**Sunday 2<sup>nd</sup> of March 2025**

| <b>Activity</b>             | <b>Time Start</b> | <b>Time Finish</b> |
|-----------------------------|-------------------|--------------------|
| XCO Practice                | 8:30am            | 9:00am             |
| XCO Racing – Group 1        | 9:00am            | 10:30am            |
| XCO Presentations – Group 1 | 10:30am           | 11:00am            |
| XCO Practice                | 10:30am           | 11:00am            |
| XCO Racing – Group 2        | 11:00am           | 1:00pm             |
| XCO Presentations – Group 2 | 1:00pm            | 1:30pm             |
| XCO Practice                | 1:00pm            | 1:30pm             |
| XCO Racing – Group 3        | 1:30pm            | 3:30pm             |
| XCO Presentations – Group 3 | 3:30pm            | 4:00pm             |
| DH Group B - Practice       | 9:00am            | 10:00pm            |
| DH Group A – Practice       | 10:00am           | 11:00am            |
| DH Group A - Qualifying Run | 11:30am           | 1:00pm             |
| DH Group B – Racing         | 1:00pm            | 3:00pm             |
| DH Presentations – Group B  | 3:00pm            | 3:30pm             |
| DH Group A – Racing         | 2:30pm            | 5:00pm             |
| DH Presentations – Group A  | 5:00pm            | 5:30pm             |

## Event Contact list

### AusCycling Management

- Steve Peterson | Head of Events (MTB & CX)  
Email: [steve.peterson@auscycling.org.au](mailto:steve.peterson@auscycling.org.au)
- Harry Fortune | Manager of Event Operations (MTB & CX)  
Email: [harry.fortune@auscycling.org.au](mailto:harry.fortune@auscycling.org.au)

### Club Contact

- Russ Baker | Event Manager | 0408 407 946 | [bakersmtb@mac.com](mailto:bakersmtb@mac.com)
- Jeff Hughes | DH Race Director | 0427 885 112 | [heatsaveract@bigpond.com](mailto:heatsaveract@bigpond.com)
- Kristoffer Grande | XC Race Director | 0459 428 123 | [kristoffer.grande@gmail.com](mailto:kristoffer.grande@gmail.com)

Event Emergency Contact Number – 0409 532 994

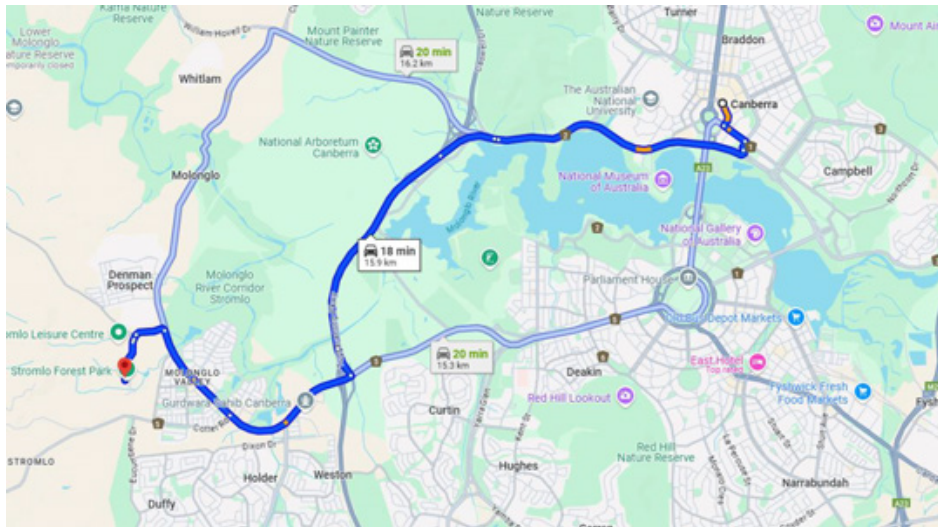
### Commissaire Panel

PCP - Matt Amos  
Member – Darryl Cram  
Member – Bradley Higgins  
Member – Martin McKowen  
Member – David Reid

Member – Allie Smith  
Member – Ivan Herman  
Member – TBA  
Member – TBA

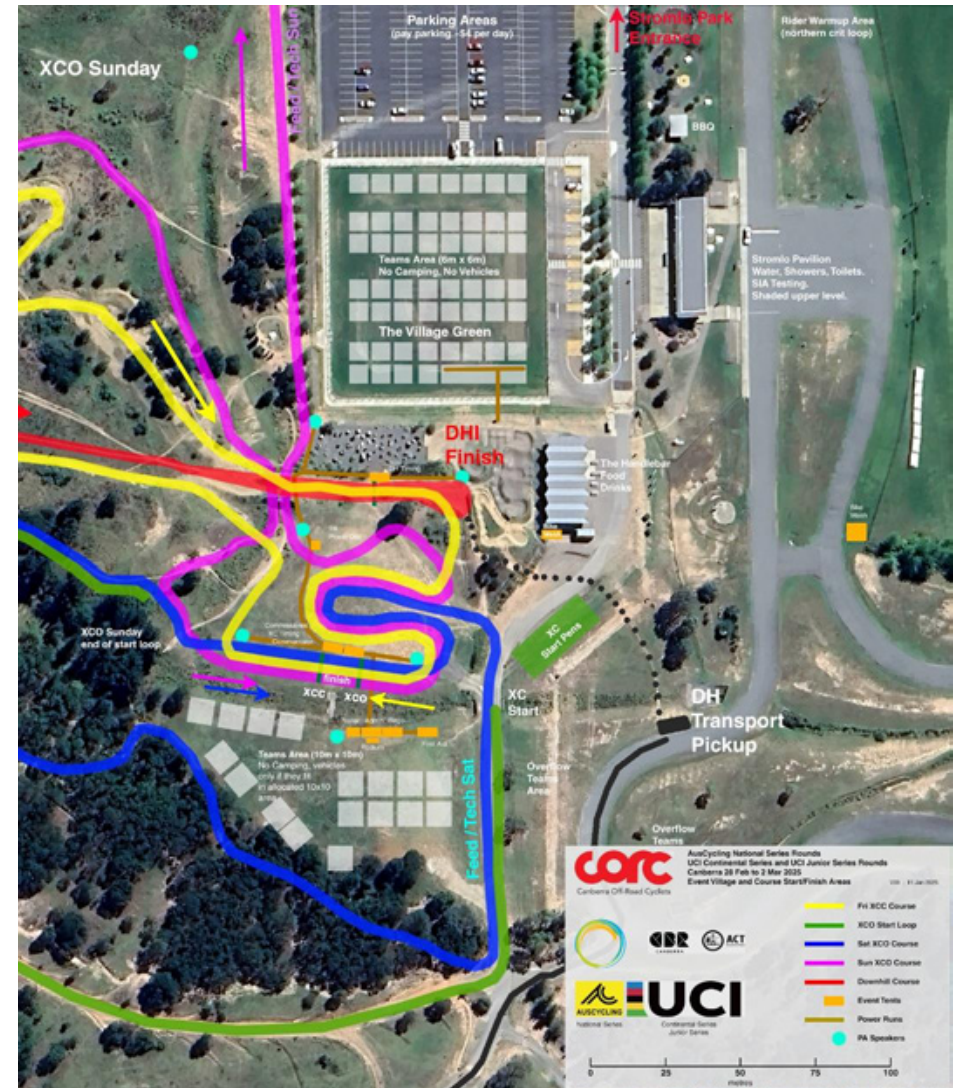
## Event Location & Race Village

### Canberra to Mt. Stromlo MTB Park (approx. 20 mins)

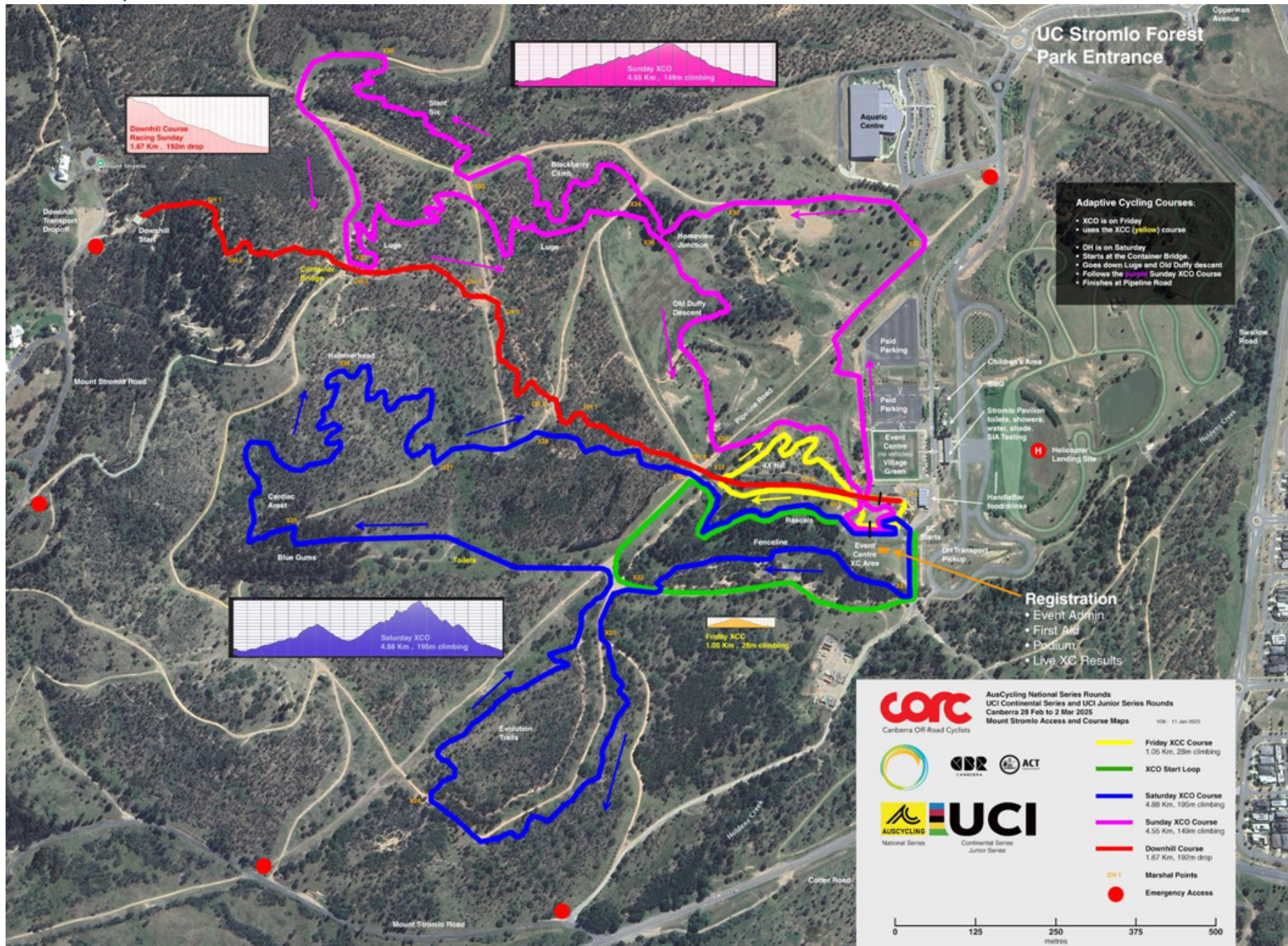


Mt. Stromlo is approximately 20 minutes drive from the center of Canberra.

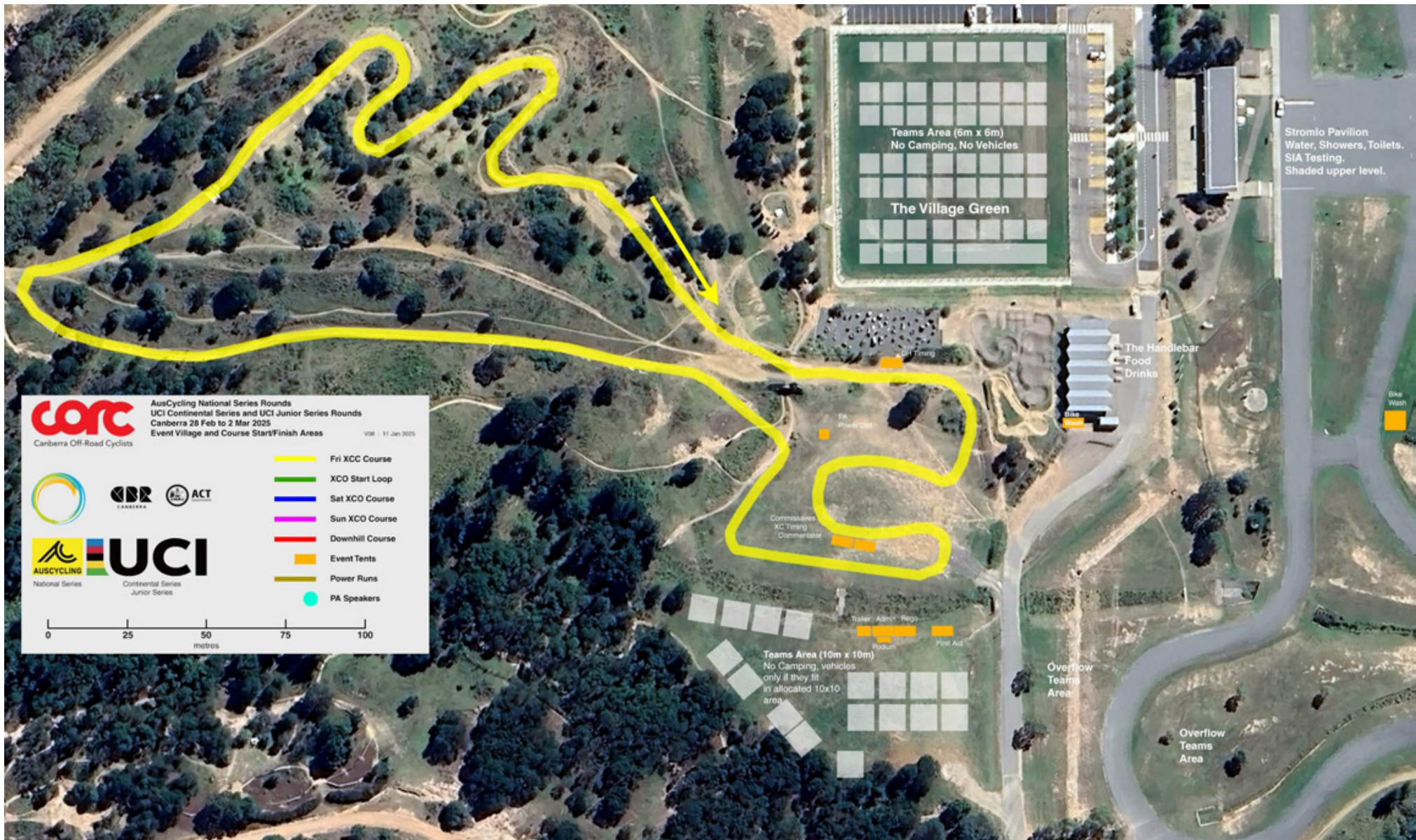
### Race Village Layout



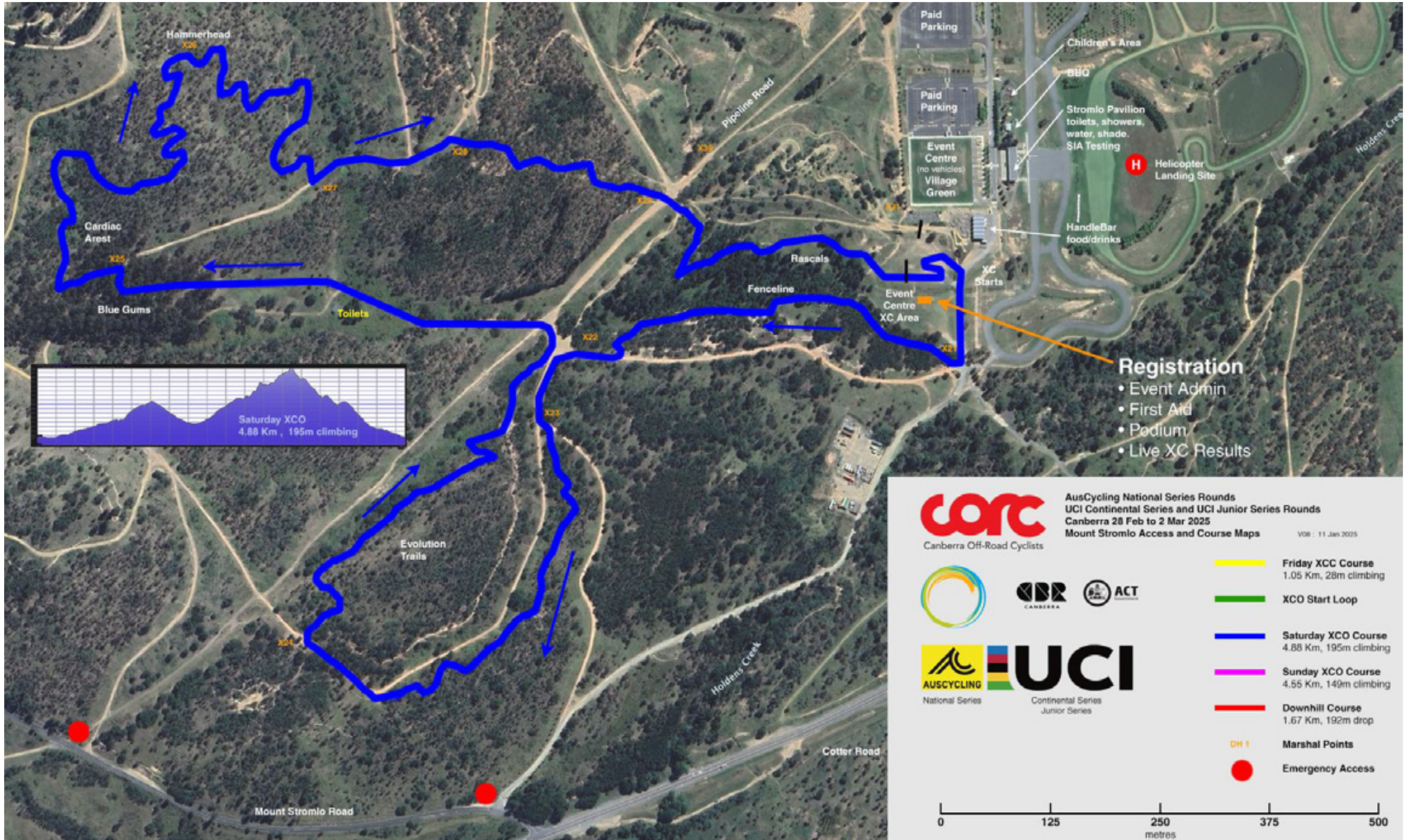
# Course Map



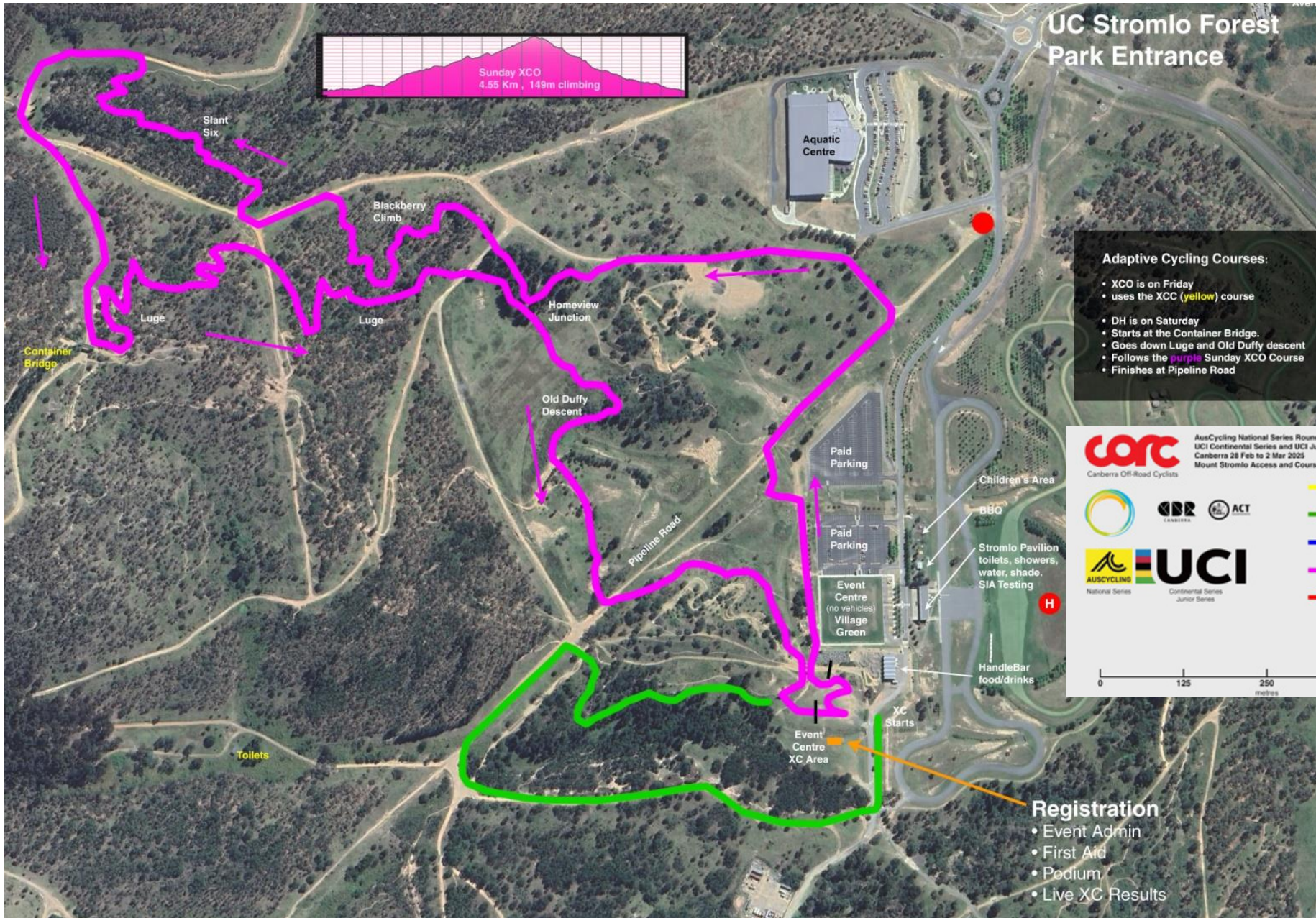
# Course Map – Round 5 XCC – Friday 28<sup>th</sup> Feb



# Course Map – Round 6 XCO – Saturday 1st Mar

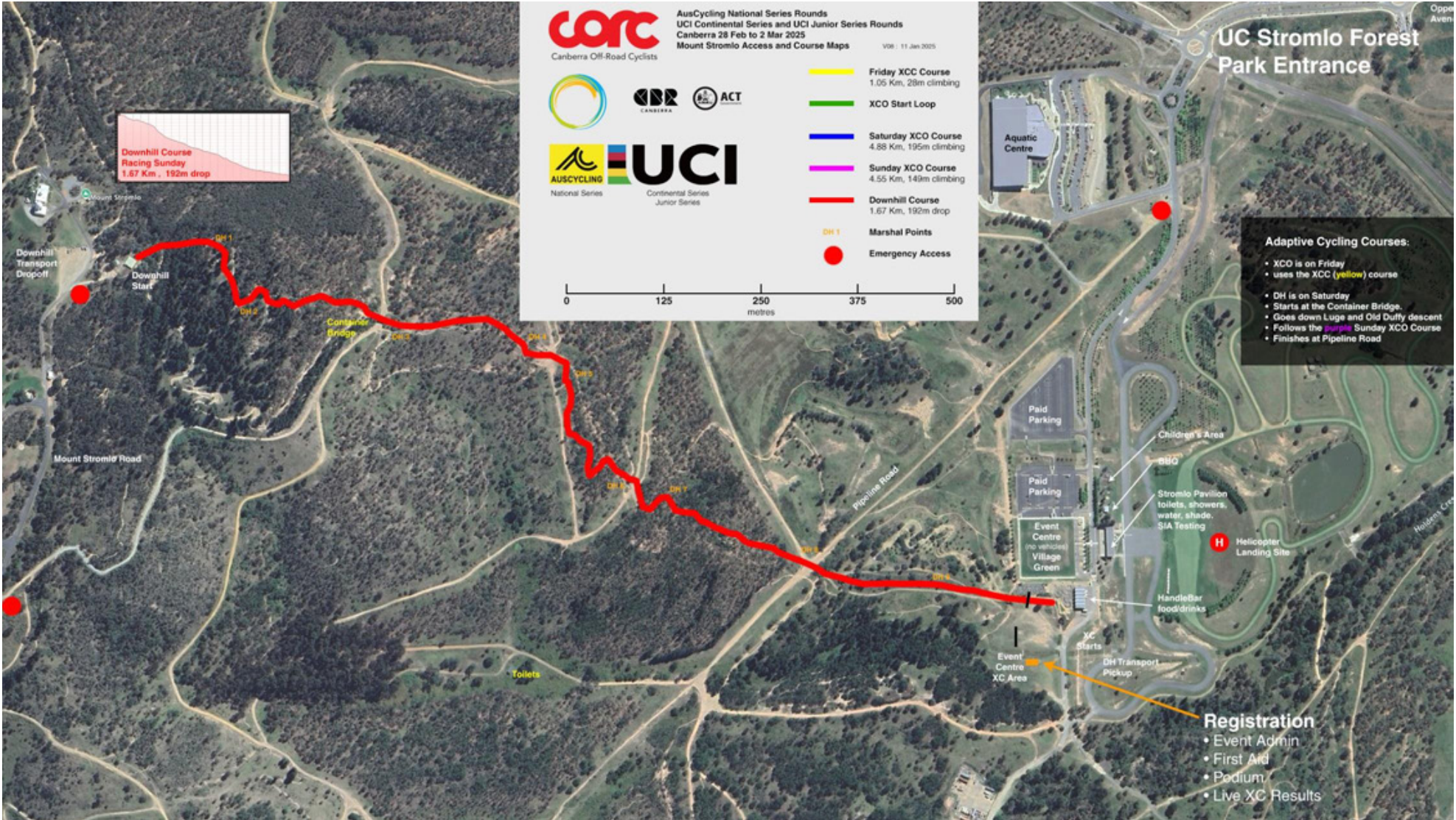


# Course Map Round 7 XCO – Sunday 2<sup>nd</sup> Mar





# Course Map Round 3 DH – Saturday 1<sup>st</sup> Mar & Sunday 2<sup>nd</sup> Mar



# Competitor Information

## Rules and regulations

The event will be conducted under the guidance of the Australian technical Regulations both General and Mountain Bike specific. UCI Regulations apply to rounds 6 & 7 of the XCO events and Round 3 of the DH Events.

These regulations can be read below:

- [2025 Mountain Bike Technical Regulations](#)
- [2025 General Technical Regulations](#)
- [2025 UCI Regulations](#)

## Medical & Hospital

There will be a dedicated First responder and first aiders present on all days of racing and practice. Medical staff will be located on course as well as in the event village. The nearest hospital to the race location is the Canberra Hospital Emergency Department – Building 5 Hospital Rd, Garran ACT, 2605.

## Venue Details

Stromlo Forest Park is a large open area on the slopes of Mount Stromlo in Canberra, ACT. Created after the 2003 bushfires, the park has a wide range of facilities and there is also an aquatic centre at the park. There is not a lot of shade in the event centre, however the HandleBar (food, drinks) has a covered area and at the upper level of the Stromlo Pavilion is fully shaded.

Stromlo Forest Park is a paid-parking area and will cost approximately \$4 per day. There is no camping at Stromlo, pets are not permitted and open fires are not permitted.

There are two areas for setting up rider and team tents. The Village Green is to the north of the HandleBar area and while you can set up your tents there, there is no vehicle access (although it is right next to the parking area). The southern (XC Finish) area has larger site allocation and you can put a vehicle in there if you have a team, and all your team tent/vehicle fits in a 10m x 10m area. However, this area is inside the XCO course, so you need to have your vehicle in before 0830 on 1<sup>st</sup> & 2<sup>nd</sup> March and you cannot move it out until the final race of the day is completed

## Results

Results will be available at: <https://results.auscycling.org.au/>

All race plates will have a QR code on them for results tracking during the race. There will be signs in the event village with these codes on them.

## AusCycling National Series Points (DH & XCO)

Series Points to be awarded for final placings.

| FINAL RACE RUN POINTS |        |          |        |          |        |          |        |          |        |
|-----------------------|--------|----------|--------|----------|--------|----------|--------|----------|--------|
| Position              | Points | Position | Points | Position | Points | Position | Points | Position | Points |
| 1st                   | 200    | 11th     | 110    | 21st     | 90     | 31st     | 70     | 41st     | 50     |
| 2nd                   | 186    | 12th     | 108    | 22nd     | 88     | 32nd     | 68     | 42nd     | 48     |
| 3rd                   | 176    | 13th     | 106    | 23rd     | 86     | 33rd     | 66     | 43rd     | 46     |
| 4th                   | 168    | 14th     | 104    | 24th     | 84     | 34th     | 64     | 44th     | 44     |
| 5th                   | 160    | 15th     | 102    | 25th     | 82     | 35th     | 62     | 45th     | 42     |
| 6th                   | 152    | 16th     | 100    | 26th     | 80     | 36th     | 60     | 46th     | 40     |
| 7th                   | 144    | 17th     | 98     | 27th     | 78     | 37th     | 58     | 47th     | 38     |
| 8th                   | 136    | 18th     | 96     | 28th     | 76     | 38th     | 56     | 48th     | 36     |
| 9th                   | 124    | 19th     | 94     | 29th     | 74     | 39th     | 54     | 49th     | 34     |
| 10th                  | 116    | 20th     | 92     | 30th     | 72     | 40th     | 52     | 50th     | 32     |
|                       |        |          |        |          |        |          |        | 51st~    | 30     |
|                       |        |          |        |          |        |          |        | DNF      | 20     |
|                       |        |          |        |          |        |          |        | DNS      | 0      |

## UCI Continental Series Points

Series Points to be awarded for final placings for Rounds 6 & 7 XCO and Round 3 DH.

| Rank | XCO Elite | XCO U23 | XCO U19 | DH Elite | DH U19 |
|------|-----------|---------|---------|----------|--------|
| 1    | 100       | 60      | 20      | 90       | 30     |
| 2    | 80        | 40      | 18      | 70       | 25     |
| 3    | 60        | 30      | 16      | 60       | 20     |
| 4    | 50        | 25      | 14      | 50       | 18     |
| 5    | 40        | 20      | 12      | 40       | 16     |
| 6    | 35        | 18      | 10      | 35       | 15     |
| 7    | 30        | 16      | 8       | 30       | 14     |
| 8    | 27        | 14      | 6       | 27       | 13     |
| 9    | 24        | 12      | 4       | 24       | 12     |
| 10   | 22        | 10      | 2       | 22       | 11     |
| 11   | 20        | 8       |         | 20       | 10     |
| 12   | 18        | 6       |         | 18       | 9      |
| 13   | 16        | 4       |         | 16       | 8      |
| 14   | 14        | 2       |         | 14       | 7      |
| 15   | 12        | 1       |         | 12       | 6      |
| 16   | 10        |         |         | 10       | 5      |
| 17   | 9         |         |         | 9        | 4      |
| 18   | 8         |         |         | 8        | 3      |
| 19   | 7         |         |         | 7        | 2      |
| 20   | 6         |         |         | 6        | 1      |
| 21   | 5         |         |         | 5        |        |
| 22   | 4         |         |         | 4        |        |
| 23   | 3         |         |         | 3        |        |
| 24   | 2         |         |         | 2        |        |
| 25   | 1         |         |         | 1        |        |

## AusCycling XCO National Series Points for Rounds 6 & 7

With the upgrade of the Canberra XCO rounds (National Series XC rounds 6 & 7) to UCI Continental Series for the Elite, U23 and J19 races, the UCI requires that the Elite & U23 races are run separately.

The National Series rounds 1 through 5 have and are being run as combined Elite/U23 races. With the XCO races now being run separately in Canberra there will be full National series points on offer across the two individual races (Elite & U23).

For example, and in accordance with the series points table, first place in Elite will secure 200 points towards their National Series tally. First place in U23 will also secure 200 points. These points go towards the already existing, combined, Elite/U23 National Series ranking.

## Presentations

Presentation ceremonies will take place in the event village at the conclusion of each race. All riders who finish 1<sup>st</sup> to 5<sup>th</sup> in Elite or 1<sup>st</sup> to 3<sup>rd</sup> in all other categories must be present at their presentation.

## Awards & Prizing

Awards for this event are in accordance with the [2025 AusCycling MTB National Series Guide](#). There is also a cash prize for the UCI C3 Junior Series event racing on Sunday March 2nd.

### **UCI Golden Ticket – UCI Continental Series (Elite, U23 and J19)**

If any of the top-5 riders in the Continental Series results are on UCI World Series Teams, then the top-5 placings for golden tickets get rolled down (so that it is the first 5 riders who are not in a UCI MTB World Series Team who will be awarded those golden tickets).

## Parking

Parking for this event is available at the Stromlo Forrest Car Park. This car park is a paid car park and costs approximately \$4 per day. Further information about parking at this location is [available here](#).

## Rider Emergency Contact

In the event of an emergency riders are to contact an event crew member. This may be the event manager, race director, marshal, or commissaire. Riders can flag down an event crew member or phone 0408 407 946 to receive assistance from the event manager.

**There will also be an additional emergency number printed on your race plate you can call.**

## Rider Emergency Procedure

If you find yourself or another rider in need of medical assistance either during practice or race days, please follow the procedure below.

1. Stop riding and remove yourself and your bike from the track
2. Ensure that you are not in any danger to assist the injured person/s.
3. Immediately phone 0408 407 946 or the emergency number printed on your race plate, to alert race officials, and alert marshal if close by.
4. You **must** remain with the rider until assistance arrives.

## Trail Access outside of event days

Riders must be aware that all trails will not be staffed outside of official practice and race times. Riders who access the trails at this time do so at their own risk of being unable to access emergency assistance.

## Rider Communiques

Riders will receive communications regarding the event via email or via the dedicated event WhatsApp channel. All riders will have the opportunity to Opt-in to the WhatsApp channel via a link that will be sent via email to riders prior to the event as well as a QR Code that will be posted around the event village.

## Social Media

Please help us grow the profile of the MTB National Series by using the hashtag #xx

### **Aus Cycling**

|           |                            |
|-----------|----------------------------|
| Facebook  | @AusCyclingMTBC            |
| X         |                            |
| X/Twitter | @AusCyclingAus             |
| Instagram | @auscyclingaus<br>Official |

### **CORC**

|           |              |
|-----------|--------------|
| Facebook  | @CORC.social |
| Instagram | @corc_mtb    |

# Technical Information - Downhill

## Rider Uplift

Riders can access uplift shuttles departing from the race village to the top of the DH course. The pickup point is marked in dark grey on the race village map and can be located adjacent to the

## Race Numbers

For all races, DH riders will be issued a race plate at registration plus a separate timing chip which they must attach to the front forks of their bike.

**This chip must be returned to DH timing after their final race run.**

Race Plates must be clearly visible and unaltered in any way. This race plate must be fixed to the rider's bike prior to commencing any practice or racing.

Race numbers must be visible to any official or rider whilst on track in either race or course practice. This means that the race plate cannot be obscured in any way. The race plate must be:

- Displayed flat, not curved.
- Free from visible obstructions such as cables or any other hardware.
- Displayed as provided, not cut, folded or altered in any way.
- Perpendicular to the ground with a slight upwards slant.



*Example*

## Safety Equipment

As per the 2025 AusCycling Mountain Bike Technical Regulations (Annexure A), riders must meet the following requirements for safety equipment:

- a) A Full-face helmets meeting AS 2063 or equivalent standard with a fixed non-detachable mouthpiece are mandatory at all AusCycling sanctioned events
- b) The jersey shall be a long-sleeved shirt with sleeves that extend down to the rider's wrists. Jerseys used in downhill events should be of a type specifically designed and sold for use in BMX Racing or Mountain Bike downhill events. Jerseys designed for road cycling, skinsuits, or one-piece suits comprising the jersey and the pants/shorts are not permitted for use in downhill events. The jersey must be either close fitting around the waist or must be tucked into the pants before the start to not cause interference. Knees must be covered by full-length trousers and/or self-fastening knee or knee/shin guards expressly designed for off-road competition.
- c) For all riders who are eligible to compete in U13, U15 and U17 categories, the following equipment is mandatory at all times while on track regardless of registered category:

- Full-finger gloves must be worn;
- Full length jersey – jersey must cover elbows at all times;
- Knee pads and elbow pads must be worn.

**The use of the following for all competitors is strongly recommended:**

- Neck brace expressly designed for off-road competition;
- Back and shoulder protection expressly designed for the purpose;
- Full finger gloves;
- Elbow protectors and/or long sleeve jersey to the wrist;
- Goggles expressly designed for the purpose.

## Race Seeding

Seeding/Plate order is determined as follows for Round 3 (Sunday 2<sup>nd</sup> of March)

| Elite & U19   |                                  |
|---------------|----------------------------------|
| 1.            | 2025 UCI Rankings                |
| 2.            | 2025 National Series Rankings    |
| 3.            | UCI World Champion               |
| 4.            | AusCycling National Champion     |
| 5.            | Top 200 UCI riders by points     |
| 6.            | 2023/24 National Series rankings |
| 7.            | Order of Entry                   |
| Masters       |                                  |
| 1.            | 2025 National Series Rankings    |
| 2.            | AusCycling National Champion     |
| 3.            | 2023/24 National Series rankings |
| 4.            | Order of Entry                   |
| J13, J15, J17 |                                  |
| 1.            | 2025 National Series Rankings    |
| 2.            | Order of Entry                   |

## AusCycling National Series - Seeding / qualifying Points Scoring

| Group A DHI Seeding Points |        |          |        |          |        |          |        |
|----------------------------|--------|----------|--------|----------|--------|----------|--------|
| Position                   | Points | Position | Points | Position | Points | Position | Points |
| 1st                        | 50     | 6th      | 25     | 11th     | 19     | 16th     | 9      |
| 2nd                        | 45     | 7th      | 23     | 12th     | 17     | 17th     | 7      |
| 3rd                        | 40     | 8th      | 21     | 13th     | 15     | 18th     | 5      |
| 4th                        | 35     | 9th      | 20     | 14th     | 13     | 19th     | 3      |
| 5th                        | 30     | 10th     | 20     | 15th     | 11     | 20th     | 1      |

*This table is only relevant to the AusCycling National Series*



# Technical Information – Cross Country

## Marshaling & Start

Riders are required to be present for a race briefing prior to racing. This briefing will occur during marshaling as riders move to the starting boxes. In accordance with the technical regulations, rider staging must commence no later than 10 minutes before the scheduled start of the race.

## Race Numbers

For all races, XC riders will be issued a race plate with a timing chip attached at registration. Race Plates must be clearly visible and unaltered in any way. This race plate must be fixed to the riders bike prior to commencing any practice or racing.

Race numbers must be visible to any official or rider whilst on track in either race or course practice. This means that the race plate cannot be obscured in any way. The race plate must be:

- Displayed flat, not curved.
- Free from visible obstructions such as cables or any other hardware.
- Displayed as provided, not cut, folded or altered in any way.
- Perpendicular to the ground with a slight upwards slant.



*Example*

## Safety Equipment

As per the 2025 AusCycling Mountain Bike Technical Regulations (Annexure A), riders must have a helmet meeting AS2063 or equivalent international standard. Equivalent international standards include;

- ANSI Z90.4, SNELL B or N Series
- ASTM F-1447
- CAN/CSA-D113.2-M
- US CPSC standard for bicycle helmets
- European CEN standard EN1078

## Race Duration

| Category            | UCI Continental Series Target Time | AusCycling National Series Target Time |
|---------------------|------------------------------------|--|
| Elite M & W         | 1:20 – 1:40                        |  |
| U23 M & W           | 1:15 – 1:30                        |  |
| U19 M & W           | 1:00 – 1:15                        |  |
| Expert M & W        |                                    |  |
| Masters 1 & 2 M & W |                                    | 1:15 – 1:30                            |
| Masters 3 & 4 M & W |                                    | 1:15 – 1:30                            |
| Masters 5 & 6 M & W |                                    | 1:00 – 1:15                            |
| Masters 7+ M & W    |                                    | 1:00 – 1:15                            |
| U15 M & W           |                                    | 0:45 – 1:00                            |
| U17 M & W           |                                    | 1:00 – 1:15                            |

## Race Seeding

Seeding/Plate order is determined as follows for Round 5 (Friday 28<sup>th</sup> of February), Round 6 (Saturday 1<sup>st</sup> of March) & Round 7 (Sunday 2<sup>nd</sup> of March)

|   |
|---|
| <b>Elite, U23 &amp; U19</b>   |
| <ol style="list-style-type: none"> <li>1. 2025 UCI Rankings</li> <li>2. 2025 National Series Rankings</li> <li>3. UCI World Champion</li> <li>4. AusCycling National Champion</li> <li>5. Top 200 UCI riders by points</li> <li>6. 2023/24 National Series rankings</li> <li>7. Order of Entry</li> </ol> |
| <b>Masters</b>  |
| <ol style="list-style-type: none"> <li>1. 2025 National Series Rankings</li> <li>2. AusCycling National Champion</li> <li>3. 2023/24 National Series rankings</li> <li>4. Order of Entry</li> </ol>   |
| <b>J15, J17</b>   |
| <ol style="list-style-type: none"> <li>1. 2025 National Series Rankings</li> <li>2. AusCycling National Champion</li> <li>3. 2023/24 National Series rankings</li> <li>4. Order of Entry.</li> </ol>  |
| <b>J13 &amp; Expert</b>   |
| <ol style="list-style-type: none"> <li>1. 2025 National Series Rankings</li> <li>2. Order of Entry</li> </ol>   |

## Technical Assistance Zone (TAZ) & Neutral Race Support

Designated Technical Assistance Zones (TAZ) will be clearly marked and located after the Finish Line. Only in the Technical Assistance Zone (TAZ) are racers allowed to change any part of their clothing or equipment with the assistance from non-racers.

Feeding and Technical support may only be provided within these Zones. Racers are allowed to collect and drop equipment or food in the TAZ. No food is allowed to be prepared or given to a racer by a member of the racer's support crew unless the rider is in an officially marked TAZ.

Racers are only allowed to give any waste equipment to another person (this includes event or team staff and fans) in the TAZ. Racers can gain verbal assistance from anyone during a race but no one other than another racer can physically help a racer, touch their equipment or provide any supplies outside of the TAZ.

Neutral Support. In the event of extreme weather (heat) a neutral water point may be located close to the highest point of the XCO courses on Saturday and Sunday. If this occurs it will be briefed at the race start and there will be a marshal onsite at the neutral location. Riders may get bottles of water in a neutral water point, but it cannot be handed to them by spectators or their team personnel.

# Technical Information - General

## Severe Weather Guidelines

When looking at weather conditions, the safety of the athletes, spectators, staff, and volunteers is the utmost priority. While often providing an additional challenge, adverse weather in its extremes may result in hypothermia, heat exhaustion or other dangerous conditions. In all cases the event will follow the AusCycling Extreme Weather Guidelines.

## Therapeutic Use Exemption

All competitors may be subject to anti-doping testing under AusCycling and Sport Integrity Australia regulations. If you are currently taking any medication (including supplements), please check whether this substance is banned in or out of competition via [www.globaldro.com/AU/search](http://www.globaldro.com/AU/search)

A TUE is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance). TUE approval may protect athletes from receiving a sanction if a prohibited substance is found in their sample.

Who needs to complete a TUE in-advance for Cycling? Athletes who are taking, considering taking, or being prescribed any banned or prohibited substances.

Further information on the TUE process can be found on the Sport Integrity Australia (SIA) website <https://www.sportintegrity.gov.au/resources/therapeutic-use-exemption> or by calling 1300 027 23

## Sport Integrity Australia App

Any athlete and official can download the SIA app.

The SIA App has been designed with athletes in mind. The App gives a complete list of all supplements sold in Australia that have been screened for prohibited substances by an independent laboratory. The testing and certification of sports supplements cannot provide athletes a 100% safety guarantee but does significantly lower the risk of a positive test. For non-tested supplements the App gives athletes access to a quiz to assess the risk posed by highlighting key risk factors. The App can also be used to report doping, check if a medication is banned in sport, give SIA feedback on testing missions, and complete online education module.

# COMPETITION COMING UP?

## MAKE SURE YOU ARE READY!

1

Download the Sport Integrity App and use it to make your way through the following steps.



2

### TAKING A MEDICATION?

Use the 'Check a Medication' tab to access Global DRO to make sure your medication isn't banned in sport.



3

### TAKING A BANNED SUBSTANCE FOR MEDICAL PURPOSES?

Use the Therapeutic Use Exemption Checker to see if you need a TUE, and complete the paperwork if required.



4

### USING SUPPLEMENTS?

Use the 'Check a Supplement' tab to check the risk of your product. Supplements are the leading cause of inadvertent positive tests in Australia.



5

### NEVER BEEN TESTED?

Prepare yourself by going through a virtual reality test on the App. (Search for it under the menu icon)



6

### KNOW THE RULES?

A positive test is only one way to be banned from sport. Read up on the 11 Anti-Doping Rule Violations.



7

### COMPLETED YOUR EDUCATION?

Access the Sport Integrity Australia online courses by clicking on the Get Educated tab.



8

TRAIN AND COMPETE CLEAN!



SPORT INTEGRITY AUSTRALIA

#### CONTACT US

Please visit our website [sportintegrity.gov.au](https://sportintegrity.gov.au), contact us at [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au), call our Safe Sport Hotline **1800 161 361**, or enquire **1300 027 232**



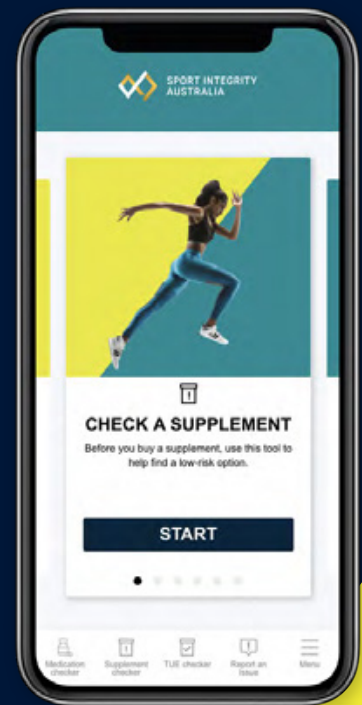
SPORT INTEGRITY  
AUSTRALIA

# CLEAN SPORT IS YOUR RESPONSIBILITY

## SPORT INTEGRITY APP

- Check medications on Global DRO
- Find low risk supplements
- Check if you need a Therapeutic Use Exemption (TUE)
- Report an issue
- Give feedback or ask a question

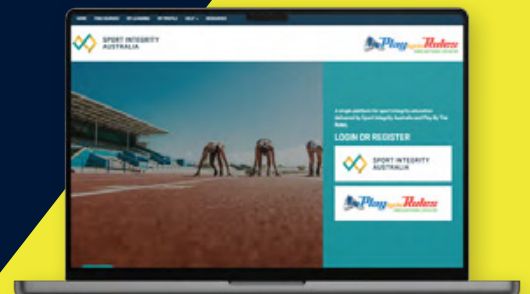
The app also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



Download the app from the Apple Store and Google Play store here.

## ONLINE EDUCATION

- Sport Integrity Australia's eLearning website: [elearning.sportintegrity.gov.au](https://elearning.sportintegrity.gov.au)
- Visit the site for courses on integrity topics including: Safeguarding Children and Young People in Sport Induction, introduction courses to anti-doping, match-fixing and illicit drugs, along with specific courses for parents and coaches.



## Contact Us

Email: [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au)

Safe Sport Hotline: 1800 161 361

Enquiries: 1300 027 232

[www.sportintegrity.gov.au](http://www.sportintegrity.gov.au)



SPORT INTEGRITY  
AUSTRALIA

# ANTI DOPING IS YOUR RESPONSIBILITY



Medications may have banned substances in them. Check all medications on the Sport Integrity app.

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All athletes are responsible for what substances they put into their own bodies - they can't blame anyone else, however if a coach has supplied the substance, penalties also apply to the coach.

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Supplements are a huge risks. Research shows 1 in 5 contain a banned substance not listed on the label. Find low risk supplements on the Sport Integrity app. If it's not listed, don't risk it.

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As a member of your sport, you are bound by an Anti-Doping Policy and potentially subject to investigation.

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There are rules that you and your athletes must follow under your sport's Anti-Doping Policy. Details are in the Sport Integrity app menu under 'Know the rules'.

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Anti-doping education should not be a 'tick the box' exercise - it should be an ongoing conversation with your athletes.

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If you are involved in a team sport, and an athlete tests positive to a banned substance, the team could lose competition points and championship placings.

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Breaking the rules could result in a ban of up to four years from ALL sport - no training, no playing, no coaching.

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Learn more about the sample collection process via our Virtual Reality anti-doping test experience. Found in the menu of the Sport Integrity app under 'Tools'.

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