

# **2025 AUSCYCLING MOUNTAIN BIKE NATIONAL SERIES**

## **SERIES GUIDE**



**National Series**

AusCycling



## 1 Introduction

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The 2024/2025 AusCycling MTB National Series is designed to be the most prestigious series of mountain bike events in Australia. The Mountain Bike National Series for the 2024/25 season seeks to address the needs of our riders, clubs, and community, and AusCycling's key ambitions for the sport.

It provides a platform for our riders to grow and develop their skills and experience, but it also provides a platform for our workforce, including our commissaires, and our hosts, to grow and develop their skills and capability.

It is critical to read this document in line with the [AusCycling Technical Regulations \(General and MTB Specific\)](#) and each event Technical Guide, but if you still have questions, we are here to help.

## 2 Welcome

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### **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 out to our round hosts, whose commitment and tireless work make these events possible. Largely volunteer-run, their efforts ensure we can enjoy some of the finest mountain biking venues across Australia. Without them, this series simply wouldn't happen, and we are deeply grateful for their dedication to the sport. Please remember that these volunteers are putting time aside to offer the very best event experience they can. 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. But whether you're a seasoned rider or just starting your journey, these events are designed to push your limits and foster growth, maybe on your way to the global stage.

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



### 3 Series Rounds

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#### Cross Country (XC):

ROUND	DATE	LOCATION	HOST CLUB	ENTRIES	CONTACT
Round 1 2	14/15 December, 2024	Spring Gully, Bendigo, VIC	Bendigo MTB Club	<a href="#">Link</a>	<a href="#">Contact</a>
Round 3 4	26/27 January, 2025	Tolosa MTB Park, Hobart, TAS	Hobart Wheelers Dirt Devils	<a href="#">Link</a>	<a href="#">Contact</a>
Round 5 6 7	28(Feb)/1/2 March, 2025	Mount Stromlo MTB Park, Canberra, ACT	Canberra Off-Road Cyclists	<a href="#">Link</a>	<a href="#">Contact</a>

#### Down Hill (DHI):

ROUND	DATE	LOCATION	HOST CLUB	ENTRIES	CONTACT
Round 1	11/12 January, 2025	Toowoomba Range, Mount Lofty, QLD	Toowoomba MTB Club	<a href="#">Link</a>	<a href="#">Contact</a>
Round 2	31(Jan)/1 February, 2025	Maydena Bike Park, ACT	Maydena Bike Park	<a href="#">Link</a>	<a href="#">Contact</a>
Round 3	28(Feb)/1/2 March, 2025	Mount Stromlo MTB Park, Canberra, ACT	Canberra Off-Road Cyclists	<a href="#">Link</a>	<a href="#">Contact</a>
Round 4	30 March, 2025	Glenwood Forest, Orange, NSW	Orange MTB Club	<a href="#">Link</a>	<a href="#">Contact</a>

### 4 National Series Web Page

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An exciting new development is a dedicated hub for the MTB National Series with all the news and info you need as you engage with the program. It will be launched very soon so keep an eye out.



## 5 Schedule of Events

### Official Race Schedule

The Race Director of each event will develop the official race schedule for the Series, in consultation with AusCycling and the appointed PCP. To plan your travel and logistics, the following is an example of what a round of the Series (both XCO and DHI) may look like. Please refer to the Aus Cycling website for each event for the final event schedule.

#### 5.1 DHI

DAY	TIME	ACTIVITY
<b>1 (Friday)</b>	All Day	Training and Registration,
	1400-1600	Course Walk
<b>2 (Saturday)</b>	0800 – 1200	Official Practice Group B
	1230 – 1630	Official Practice Group A
	All Day	Community / Participation Programs
<b>3 (Sunday)</b>	0800-0930	Official Practice Group A
	0930-1100	Official Practice Group B
	1100-1500	Racing/Seeding/Qualifying
	1300-1600	Finals
	All Day	Community / Participation Programs



## 5.2 XCO

DAY	TIME	ACTIVITY
1 (Friday)	All Day	Training and Registration,
		Optional racing activity
2 (Saturday)	07:30 – 09:00	Rider Briefing and Official Practice
	0900 – 1600	Racing
	1400 – 1600	Community / Participation Programs
3 (Sunday)	0730-0900	Official Practice
	0900-1600	Racing
	1000-1600	Community / Participation Programs

## 6 Race Format

Current UCI & AusCycling Rules and regulations apply, any change to race format will need to be approved by AusCycling.

### 6.1 DHI

Dependent upon entry numbers and uplift capacity schedules may vary venue to venue, however we will endeavour to reach a level of consistency across the series wherever possible. This may include some differences in seeding v qualifying. Please note the group A and group B category split for practice may vary between events to ensure we are balancing rider numbers across practice sessions.

#### DHI Sunday Race Format:

##### Group B

Single race run format for the following categories will be used. Each rider will receive one timed run. The fastest rider in that timed run will be declared the winner.

- |  |  |
|--|--|
| 1. U15 Women                                       | 4. U15 Men                             |
| 2. Expert Women (if we want to have this category) | 5. Masters Men All Categories (1 to 9) |
| 3. Masters Women All Categories (1 to 9)           | 6. Expert Men                          |



## Group A

Subject to entry numbers and uplift capacity a Qualifying format for the following categories may be used, with an identified and published number of riders progressing through to a final race run. The fastest rider in the timed finals run will be declared the winner.

1. U17 Men (seeding\qualifying)
2. U17 Women (seeding\qualifying)
3. U19 Women (seeding\qualifying)
4. U19 Men (seeding\qualifying)
5. Elite Women (seeding \qualifying)
6. Elite Men (seeding \qualifying)

Category starting order and format may be as follows: (This may vary with entry numbers and uplift capabilities for each event).

- |  |   |
|--|---|
| 1. U17 Women (seeding\qualifying)        | 10. U15 Men                             |
| 2. U17 Men (seeding\qualifying)          | 11. Masters Men All Categories (1 to 9) |
| 3. U19 Women (seeding\qualifying)        | 12. Expert Men                          |
| 4. U19 Men (seeding\qualifying)          | 13. U17 Women (final)                   |
| 5. Elite Women (seeding \qualifying)     | 14. U17 Men (final)                     |
| 6. Elite Men (seeding \qualifying)       | 15. U19 Women (final)                   |
| 7. U15 Women                             | 16. Elite Women (final)                 |
| 8. Expert Women                          | 17. U19 Men (final)                     |
| 9. Masters Women All Categories (1 to 9) | 18. Elite Men (final)                   |

## 6.2 XCO

Each XCO race weekend will consist of two XCO format events. A sample schedule is included here below simply for explanatory purposes and to describe how categories are likely to work, per round. Check the schedule for the rounds you wish to race for further detail. Dependent on entries, masters categories are likely to be combined.

Schedule for Saturday and Sunday

Race 1	0900 – 1015 1 hour and 15 minutes	Men U15, U17 Masters 5,6,7+	Wave Starts
Race 2	1030 - 1145 1 hour and 15 minutes	Women U15, U17 Masters 5,6,7+	Wave Starts
Race 3	1215 – 1415 2 hours	Women Elite/U23, WX, U19 Masters 1, 2,3 and 4	Wave Starts
Race 4	1430 – 1630 2 hours	Men Elite/U23, MX, U19 Masters 1,2,3, and 4	Wave Starts



## 7 Membership Requirements

Either a Race All -Discipline or Off-Road Membership is required to be eligible for Series participation.

## 8 Series Points

The points for the Series will be awarded based on the finishing place on each stage in accordance with the following tables:

### 8.1 DHI 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

### 8.2 DHI & XCO

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

### 8.3 Series Points Calculation

Series points will be calculated by adding the total points for individual races.



## 8.4 Tie Break

Should any riders within the top 3 finish on the same number of points at the end of the Series, the tie will be broken by way of countback as follows:

- The number of 1st places achieved
- The number of 2nd places achieved
- The number of 3rd places achieved
- The number of races started

Should the tie remain after the countback, the riders will receive the same placing in the Series.

Any riders outside the Top 3 who are tied will receive the same place.

## 8.5 Riding Up

Riding up is not permitted in these series events for any Junior age categories.

## 9 Race Categories

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Series categories will include J15, J17, J19, U23/Elite and Masters (age based on a riders age as at the 31 December 2025). Additional participation categories may also be included for J9, J11 & J13, however this may vary between events. Note: Bendigo XC rounds 1 and 2, despite being hosted in 2024, will be run with 2025 age categories, to maintain consistency across the series.

## 10 Seedings / Rankings

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### 10.1 XCO

The seeding for grid positions for Round 1 will be as follows

1. UCI World Champion
2. AusCycling National Champion
3. Top 200 UCI riders by points
4. 2023/24 National Series rankings
5. Order of entry

Seeding for subsequent rounds 2 through to 7 will be as follows

1. Current Series Rankings
2. Order of Entry

### 10.2 DHI

Seeding for start order for round 1 will be as follows. Highest ranked rider last, lowest ranked rider first.

1. UCI World Champion
2. AusCycling National Champion
3. Top 200 UCI riders by points
4. 2023/24 National Series rankings
5. Order of Entry





Seeding for subsequent rounds 2 through to 4 will be as follows

1. Current Series Rankings
2. Order of Entry
7. Group A Finals Run
8. Starting order for Elite, U19, U17 Rider race runs will be in order slowest to fastest based on the specific event seeding times.

## 11 Series Awards & Results

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### 11.1 Series Awards

AusCycling will be responsible for Series Champion awards for Elite/U23 combined category, & J19 categories for Men and Women in both DHI and XCO.

Prizing	Cash
1st	\$1500
2nd	\$1000
3rd	\$750
4th	\$500
5th	\$250

Cash prizes are on offer for the combined U23/Elite Category in both XCO and DHI series as per the table.



Bikechain.com.au – Event Sponsor

For the J19 category, Men and Women, in both DHI and XCO will be provided with BikeChain vouchers to the value of awarded at each of the series rounds. Series winners will also receive medals.

Consult the individual technical guide for each round for further details.

There is no minimum number of events to qualify for series prizing.

### 11.2 Results

All event results will be posted to the AusCycling Results Website - <https://results.auscycling.org.au/>



## 12 Anti-Doping Testing

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### 12.1 Therapeutic Use Exemption

All competitors may be subject to anti-doping testing under AusCycling and Sport Integrity Australia regulations.

**Therapeutic Use Exemption (TUE)** 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.

To find out if you need to complete a TUE in-advance, you can use the [SIA TUE in-advance requirements checker](#)

TUE in-advance are typically required for athletes who are;

- A member of the Registered Testing Pool, National Testing Pool or Domestic Testing Pool
- A member of a national open team/squad including athletes with a disability planning to compete at the Elite National Championships.

If you are currently taking any medication, please check whether this substance is banned in or out of competition via [www.globaldro.com/AU/search](http://www.globaldro.com/AU/search) 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.

### 12.2 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 modules.

## 13 Concussion Policy

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The AusCycling Concussion Policy will be in effect at all National Series Rounds for both Downhill and Cross-Country events. The AusCycling Concussion Policy can be found [here](#).

## 14 Cameras

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Cameras are permitted to be used in accordance with Section 1.03.06 of the AusCycling Technical Regulations - General



## 15 Adaptive

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AusCycling are continuing to expand the opportunities for adaptive MTB athletes to participate. Using the guidelines for adaptive MTB found [here](#) and where trails and venues are able to accommodate adaptive MTB into their program, the National Series will include individual adaptive races integrated into the schedule.

## 16 Race Types

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### 16.1 Mountain Bike – Cross Country (XCO)

XCO is the mountain bike discipline included in the Olympic Games and provides a diverse riding experience including climbing and descending. An XCO course must be between 4km and 6km in length, preferably utilising a cloverleaf design to provide optimum course contact with the race village. No more than 15% of the course may be on paved or sealed road.

### 16.2 Mountain Bike – Down Hill (DHI)

DH is a point-to-point format race involving a course of between 1.5km and 3.5 km. Total race time should be between two and five minutes. The course will consist of a variety of different terrain types. There should be an emphasis on technical skills rather than pedalling.

## 17 Technical Regulations and Important Information

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### 17.1 Technical Regulations

All events will be conducted in accordance with the AusCycling Technical Regulations:

- [General](#)
- [Mountain Bike \(MTB\)](#)

Events may be subject to UCI regulations on a case-by-case basis:

- [UCI Technical Regulations \(MTB\)](#)

Please take the time to review the technical regulations prior to entering events.

### 17.2 Mountain Bike – Cross Country (XCO)

All National level events will have courses between 3.5 and 6km in length with target lap times between 9 and 18 minutes. All courses will be marked with clear signage at 250 meter intervals.

All events at a state and national level will have dedicated feed and technical zones where riders can receive assistance from outside parties and non-riders. This can be in the form of food, or mechanical repairs or adjustments to the riders bike.



All riders will have the opportunity to complete the course prior to the event (typically the day prior to race day). Riders must be registered participants and have race plates attached to their bike in order to complete any practice of the course.

### 17.3 Mountain Bike – Downhill (DHI)

All downhill racers are expected to comply with the clothing and equipment requirements outlined in the AusCycling Technical Regulations (4.00, pg. 16). These requirements are;

- a) Full-face helmets 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

# 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**



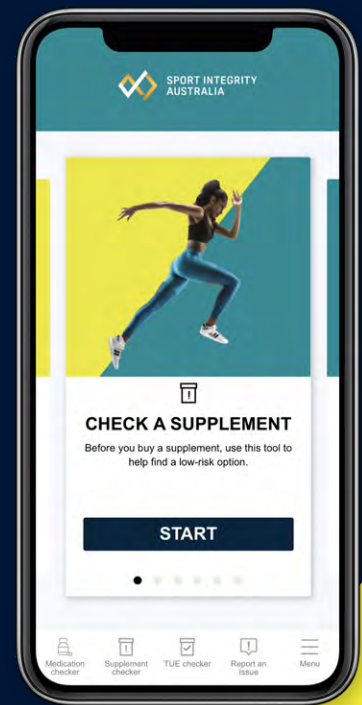
SPORT INTEGRITY  
AUSTRALIA

# 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

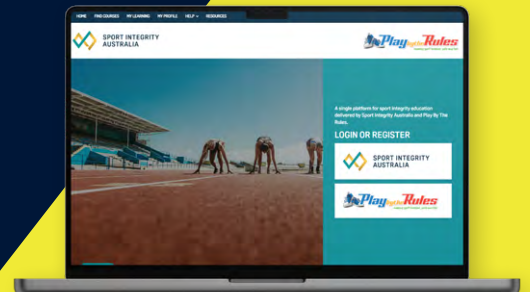
The app also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.



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)



# 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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