

1. Description

Enduro mountain bike racing is designed to be the definitive test for the mountain biker, with the focus of each event on creating a great atmosphere, community, competition and adventure for the competitor, including the best riding on the best terrain available in the host region.

The racing platform detailed below outlines a format that allows riders to compete against each other, starting individually, on special stages(P.S) which are designed to challenge the rider's technical ability and physical capacity.

2. Number of participation in the race – assigning number plates-champion tops

The number plate assignment of each competitor is under the responsibility of the organizer. The entry number will be given according to the declaration of participation to the race. In the first race there will be a stage prologue, which upon completion will give the drivers the corresponding starting sequence. From the 2nd race onwards, the number of entries will be based on the rating that has been set (e.g 1 is for the highest rated rider) and for the other riders according to the declaration of participation to the race.

The winner of each category in the first race will receive in the awards the top of the champion of the category, which he is obligated to wear in the next race. From the second race and then the champion's shirt will be received by the pioneer of the category based on the up to then elaborated score. Athlete who lost due to scoring the champion's shirt is forbidden to wear it in another Cup match.

3. Categories

The opening of the Cup gives the opportunity To any athlete, any class, to join the Men category. Subsequent change of category for the rest of the race year is prohibited.

- **Under 21** – All times Under 21 will be placed on the same list. The presence and signature of a guardian in a special solemn declaration are necessary for the under-18.
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- **Men Elite (22-30)**
 - **Men (31-38)**
 - **Women**
 - **Masters (39 –46).**
 - **Veterans (47 +).**

- **E-Bikes** – The E-bikes must be equipped with an electric Pedelec assistance system, up to 250W, a speed cutter at 25 km/h, and of course not to carry a manual, just as European laws on electric bicycles establish. If this is not the case, the participation will be void. All E-Bikes times will be placed on the same list and will not be included in the overall standings.
- **Fun** – In some areas, the organizer can offer limited lengths and a combination of routes for athletes who want to test their capabilities without being classified in any of the other categories without timing procedure.

4. Course

Structure

Enduro racing is about best use of the trails and terrain available. Rider experience and enjoyment should be the focus for any course setter. It is expected that, in order to achieve the best riding on the best trails possible, some climbs will feature within Special Stages.

All Special Journeys (SP) must follow a generally downward course (elevation difference of 80% of the total altitude of the gap) with emphasis on the test of the technical skills of riders. These restrictions do not include the prologue stages and the liaisoning stages (the interconnection routes).

Liaison Stages

The composition of each connecting path (LS) is at the discretion of the organiser. Mechanical assistance (lift, truck help), pedal (cycling) or a combination of both is acceptable.

Special Stages

The General Classification (GC) of each race will be calculated by adding all Special Stage times together.

The start and finish of each Special Stage will be clearly marked on the map supplied by the organiser. Signs clearly marking the start and finish of each Special Stage will be in place 24 hours before the race start.

A Special Stage will be designed to test the rider's technical and physical abilities.

There is no minimum or maximum duration for a Special Stage.

As a guideline for course designers, Special Stages should aim to contain a maximum of 10% climbing

Major wooden features (i.e. Wall-rides or large bridges) or wooden features that are situated in compressions or braking zones should be covered adequately with an anti-slip surface material.

A B-Line must be installed at every major Gap Jump or major Drop Off

All Special Stages must be closed to public during ALL Official Training times.

4.1 Direction and Marking

A map must be produced by the organiser and displayed at registration and in Race Headquarters. This map may also be published on the event website. Riders are encouraged to study the map and understand the race route before leaving the start.

4.2 Course markings

Tape

Course tape can be used to identify the course. Where two pieces of tape, on opposite sides of the course, are installed, the riders must pass between them. In these areas, missing, crossing or passing the course tape on the wrong side will be deemed as course cutting. See Article 5.5

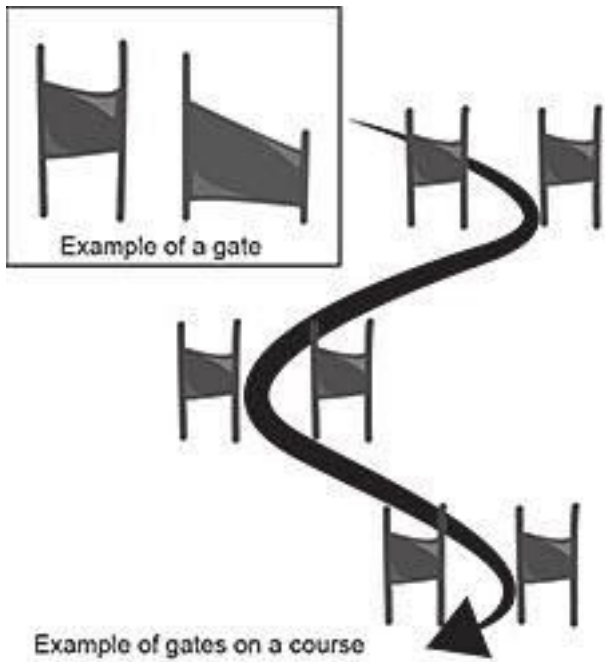
Gates

Gates can be used to clearly mark sections of the course that a rider must pass through. The identity of official course gates will be explained by the event organiser. Missing a gate will be deemed as course cutting. See Article 5.5

[example of what a taping may look like]



[[example of what a gate may look like]



4.3: Safety

First Aid + evacuation

Medical staff should carry a first aid qualification and meet the standards required in the given territory of the event.

A Medical Plan and location of the First Aid Base will be available at race headquarters.

Medical staff should carry a first aid qualification and meet the standards required in the given territory of the event.

The organiser must supply each competitor with the details of who to contact in the event of an accident on course.

In remote events that include hard to access backcountry stages, the organiser may ask all riders to carry a whistle, to be used to attract attention in the event of an emergency. It is the rider's responsibility to supply their own whistle.

Where a racer believes another competitor is injured on course, they should alert the next race official/marshal they see. The Special Stage restart of any rider delayed due to voluntarily assisting another rider will be determined by race officials. A racer who who deliberately fails to do so will be disqualified.

Any racer who fails a concussion assessment by a qualified medical practitioner, during that event, will be removed from the current practice session or race and will be prohibited from further participation in any E.G.S practice session or race until cleared in writing by a doctor to resume such activity.

5. Competition Requirements

5.1 Race Format

Individual start on all Special Stages

Minimum of 3 Special Stages per event

Minimum of 12 minutes' total competition time for the fastest rider in the General Classification (accumulation of all Special Stages) for one-day events
Minimum of 25 minutes' total competition time for the fastest rider in the General Classification (accumulation of all Special Stages) for two-day events

Maximum of 2000m elevation climbed in a one-day event and Maximum of 3200m (1600m/day) climbed in a two-day event.

5.2: Training

On-bike training must be scheduled by the organiser on all Special Stages before timed competition begins.

The full and detailed route and the race map must be announced 2 weeks before the start of the race.

Official tests will be conducted no earlier than 2 days before the start of the match.

Any rider found riding on a Special Stage prior to the start of official training will be disqualified.

Walking on the stages is allowed during course closure but riders must not have a bike with them or risk DSQ.

Sectioning' of a Special Stage is allowed only after permission of the organizer. Any rider found to be accessing a stage by pushing or riding upwards against the direction of travel will be penalised.

5.3 Shuttling

The transport of riders between Special Stages (car, lift, bicycle) during the official training and the race will be determined by the organizer at least 2 weeks before the start of the official training. An athlete who fails to observe these instructions will be disqualified

5.4: Seeding and Starting Order.Let

Riders seeding and their starting order will be determined by the organizer.

The starting order per category is as follows:

- Men Elite
- Men
- Masters
- Under 21
- Veterans
- Women
- e-bike
- Fun

The start time between the athletes will be 1 minute.

There will be a gap of 1.5 minutes per 10-20 starts to get a starting line and delayed athletes who will receive a specific penalty (paragraph 7).

5.5 Results

The general classification (GC) will be derived from the sum of the total time of all special journeys and the deduction of points of any penalty. In exceptional circumstances the organizer may remove from the rating one or more special routes.

In the event of a tie in the General Classification, the highest placed rider in the final stage will be awarded the higher final placing.

A rider not finishing a Special Stage will NOT be allowed to re-join the race at any time.

5.6: Equipment Requirements

Safety Equipment

All riders must wear a helmet during competition, during both Liaison and Special Stages. The helmet should meet the regulations set by the EWS event organiser. The correct fitting, condition and suitability of the rider's helmet is the sole responsibility of the rider.

The use of other protectors such as gloves, knee pads, eyewear, etc. will be determined by the organizer of the race.

A rider who does not meet the safety regulations will be disqualified from the race.

5.7 Rider Equipment

Each rider must be self-sufficient during the entire duration of the race (Food or equipment stashes are not permitted – see Section 6). Personal responsibility and self-sufficiency are a large part of the spirit of enduro racing and riders are encouraged to carry adequate equipment for operating in mountainous environments. Each rider should remember that they are solely responsible for themselves but are urged help other competitors on course.

It is strongly recommended that all competitors carry:

- Suitable backpack
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- Waterproof jacket
 - Emergency blanket
 - Innertubes/ puncture repair kit
 - Multi tool
 - Basic, well maintained first aid kit
 - Course Map
 - Food and fluids
 - Eye protection (glasses or goggles)
 - Emergency contacts supplied by organiser
 - Whistle

5.8 Equipment marking stickers

Only one frame, fork and one pair of wheels can be used by a competitor during a race.

The frame, suspension and wheels will be marked separately by the organiser before the race begins.

ALL bike marking stickers must be placed on the Rider's RIGHT HAND side of the bike.

Officially marked equipment:

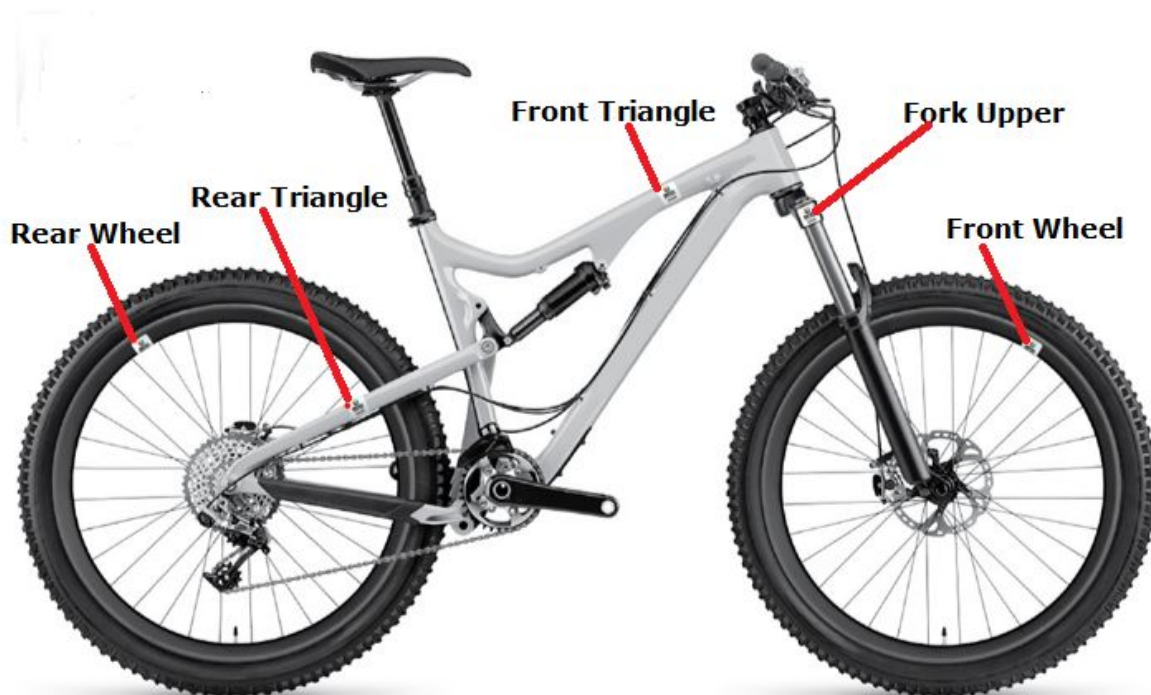
- Fork Crown
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- Swingarm / Rear triangle
 - Front triangle
 - Both wheel rims

Competitor's bikes will be checked for marking at the start of the race and at the finish of every Special Stage. Other random checks of stickered equipment will be carried out throughout the race.

A rider can use unmarked equipment during training unless otherwise stated by the organiser.

A 5 minute penalty will be awarded to every rider who, having received approval by the Race Director, replaces the equipment listed above.

Any rider found to have replaced a named/marked part without consent from the Race Director will be disqualified (DSQ).



5.9 Outside assistance

Riders are allowed to stop en-route to access water and food at neutral shops/cafes, water supplies. No Food is allowed to be prepared or given to a rider by a member of the rider's support crew unless the rider is in an officially marked Outside Assistance Zone

Team staff are not allowed to set a pace for their team riders along Liaisons by riding with them or in front of them or wait with them at the starting point of the special routes.

Only in Official Outside Assistance Zones are riders allowed to change any part of their clothing or equipment (not stickered bike parts) with the assistance from non-racers.

Riders are allowed to collect and drop equipment or food in all Official Outside Assistance Zones.

6. Environmental Rules

Enduro mountain bike racing allows us to ride into remote, backcountry areas of natural beauty. It is of the utmost importance that all racers respect their environment and consider the impact they leave behind for the local riding community. The below rules have been put in place to protect our trails and our riding environments.

- No disposable goggle tear offs are allowed to be used.
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- The disposal of food packaging on the trail is strictly prohibited.
 - Riders must not store food and drinks or clothing and equipment on the trail (Food/Gear Stashes). Packaging left behind and uncontrolled food supplies may have a serious impact on local wildlife and the local environment.
 - Riders must not store or drop clothing or equipment on the trail (Kit Stashes) during Official Training or racing. All riders must remain self-sufficient and carry off the mountain what they carry onto it.
 - Riders who do not adhere to the above will be penalised

7. Rule Violation

7.1 Cutting a route

Course cutting **Special routes** Taking short cuts on course in order to gain an advantage can both damage the environment and brings the sport and spirit of enduro mountain biking racing into disrepute.

Therefore, any rider trying to save time by choosing a line that lies outside of the defined trail will be disqualified.

The race organiser may choose, in exceptional circumstances, to apply a time penalty, not a DSQ to a rider found to have cut the course without intention. However, any rider leaving the obvious line must be aware that they risk a DSQ.

7.2 Liaison stage delay / Mised start

The individual timing will begin for each specific route at the specified time as defined by the published start list even if the rider is not present.

Riders arriving late to the start must follow the starter's orders and join the course when instructed to do so.

Failure to follow starter's orders will result in a time penalty (See recommended penalties Section 7.5).

Any riders arriving at the start of a Special Stage later than 30 minutes after their specified start time will be disqualified from the race.

7.3 Illegal outside assistance

Racers are encouraged to help fellow competitors on course.

Any competitor receiving outside assistance from a non-racer without prior agreement from the Race Director will be disqualified. This includes using team staff/outside help to carry equipment around the course or perform repairs during the race

7.4 Rule Violation Recording

The EGS event organiser is responsible for the application of the rules and has the final say.

The organiser can appoint special 'Flying Marshals' to travel around the course at their own discretion to undisclosed points. These 'Flying Marshals' can report rule violations to the organiser.

Any violation of the regulations must be declared within 30 minutes after the last competitor has finished.

7.6 Recommended Penalties

Violation	Penalty
Delayed start	Up to 5 minutes = 1 minute penalty 5 + minutes = 5 minutes penalty 30 + minutes = DSQ

Other Start Violation (example: pushing into queue, delaying start, jumping start etc)	From 5 seconds - Disqualification
Not obeying course marking/course cutting (intentional or unintentional)	Block
Improper cutting of a route	From 30 seconds - Disqualification
Illegal Outside Assistance + Shuttling	Block
Environmental Disrespect	From 60 seconds to disqualification
Training outside official times	Block
Changing a marked piece of equipment with authorisation	5 minutes
Changing a marked piece of equipment without authorisation	Block
Disposal of a goggle Tear Off on the trail	Block
Altering the course	Block
Missing Back or helmet number (where given)	30 seconds
Food / Kit stashing	5 minutes

8. Information – Update

8.1 Rider Briefing

Every EWS event must host a rider briefing prior the race commencing. Changes to the rules, course, timetable etc and details of course marking, feed stations and assistance locations will be communicated at this briefing. Non-attendance of the Rider Briefing will not be accepted as an excuse for any rule violation by any rider.

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8.2 Race Book

At least one month prior to each EGS event, an official Race Book will be published. This document will outline the detailed programme, local rules and venue details that every rider must know.

It is the rider's responsibility to download and read the Race Book. Having not read the rules will not be accepted as an excuse for any rule violation by any rider.

9. Anti-Doping Policy

The organisers of the **Enduro Greek Series** will respect and assist in any anti-doping testing conducted by the Hellenic Cycling Federation..

Any competitor taking part in an **EGS event** must follow the anti-doping procedures that may be requested by the organizer.

With the interest to keep the enduro mountain bike clean from scratch and to avoid discrediting the reputation of the enduro mountain bike, no competitor of any type of cycling who has been found guilty by a court or regulatory body for using or mixing with prohibited, anabolic substances will not be allowed to participate in any event of the **Enduro Greek Series**

Any cyclist who is prohibited from participating in any event of the **Enduro Greek Series** under the preceding paragraph may apply to the EGS Council for exemption from this rule and, in exceptional circumstances, the EGS Board of Directors may, at its sole discretion, grant such an exemption. However, in the interest of transparency in the sport of the enduro mountain bike, the EGS Board of Directors maintains the right to maintain a zero tolerance approach to cycling and we will notify each decision on this appeal publicly.

10. Categories – Prizes

In each race the top 5 of each category will be rewarded with prizes. If there are fewer than 20 entries per category will be awarded the first 3

Upon completion of the event, the first 3 of the general rankings and the first 5 of each category of the entire Cup will be awarded prizes.

Position	Men	<i>Masters</i>	Under 21	<i>Veterans</i>	<i>Women</i>	e-Bikes
1	500	400	300	300	300	300
2	450	350	250	250	250	250
3	420	320	220	220	220	220
4	400	300	200	200	200	200
5	390	290	190	190	190	190

6	380	280	180	180	180	180
7	370	270	170	170	170	170
8	360	260	160	160	160	160
9	350	250	150	150	150	150
10	340	240	140	140	140	140
11	330	230	130	130	130	130
12	320	220	120	120	120	120
13	310	210	110	110	110	110
14	300	200	100	100	100	100
15	290	190	90	90	90	90

16	280	180	80	80	80	80
17	270	170	70	70	70	70
18	260	160	60	60	60	60
19	250	150	55	55	55	55
20	240	145	50	50	50	50
21	230	140	45	45	45	45
22	220	135	40	40	40	40
23	210	130	35	35	35	35
24	200	125	30	30	30	30
25	190	120	25	25	25	25

26	180	115	20	20	20	20
27	170	110	15	15	15	15
28	160	105	10	10	10	10
29	150	100	5	5	5	5
30	145	95	3	3	3	3
31	140	90	1	1	1	1
32	135	85	–	–	–	–
33	130	80	–	–	–	–
34	125	75	–	–	–	–
35	120	70	–	–	–	–

36	115	65	-	-	-	-
37	110	60	-	-	-	-
38	105	55	-	-	-	-
39	100	50	-	-	-	-
40	95	45	-	-	-	-
41	90	40	-	-	-	-
42	85	35	-	-	-	-
43	80	30	-	-	-	-
44	75	25	-	-	-	-
45	70	20	-	-	-	-

46	65	15	-	-	-	-
47	60	10	-	-	-	-
48	55	5	-	-	-	-
49	50	3	-	-	-	-
50	49	1	-	-	-	-
51	48	-	-	-	-	-
52	47	-	-	-	-	-
53	46	-	-	-	-	-
54	45	-	-	-	-	-
55	44	-	-	-	-	-

56	43	-	-	-	-	-
57	42	-	-	-	-	-
58	41	-	-	-	-	-
59	40	-	-	-	-	-
60	39	-	-	-	-	-
61	38	-	-	-	-	-
62	37	-	-	-	-	-
63	36	-	-	-	-	-
64	35	-	-	-	-	-
65	34	-	-	-	-	-

66	33	-	-	-	-	-
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68	31	-	-	-	-	-
69	30	-	-	-	-	-
70	29	-	-	-	-	-
71	28	-	-	-	-	-
72	27	-	-	-	-	-
73	26	-	-	-	-	-
74	25	-	-	-	-	-
75	24	-	-	-	-	-

76	23	-	-	-	-	-
77	22	-	-	-	-	-
78	21	-	-	-	-	-
79	20	-	-	-	-	-
80	19	-	-	-	-	-
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90	9	-	-	-	-	-
91	8	-	-	-	-	-
92	7	-	-	-	-	-
93	6	-	-	-	-	-
94	5	-	-	-	-	-
95	4	-	-	-	-	-

96	3	-	-	-	-	-
97	2	-	-	-	-	-
98	1	-	-	-	-	-