2024 Gravity Girls Race Series Rules

Aim

This three-part women's race series is aimed at providing a supportive environment for racing and fostering an interest and understanding of racing. It will introduce women to racing so that they can enter the current racing pathways with confidence and knowledge, and expand the existing female racing network.

Women can choose to enter individual races or can participate in all three races. There will be competitive categories, for those wishing to push themselves and compete for individual race wins as well as for the overall series title. There will also be non-competitive "just for fun" categories, for those who wish to soak up the event experience, riding on the same trails, without the pressure of competition.

Series rules

1. **Overall Series**
   a. Riders in the competitive categories will be able to compete for individual race wins and points from the 3 races will accumulate towards an overall series championship.
2. **Individual and Team Entries**

a. Riders can either compete as individuals, or as part of a team of two. For riders that nominate to be a part of a team, they will race as a team at the Cross Country XCM race. For the Gravity Enduro and Downhill races, the pair will have their times added together for that race to determine team points for that race.

b. There will be a series pairs championship winner for each of the junior and senior competitive categories. We will also award an individual series championship winner of the competitive categories in the same manner. Riders may not compete for both the individual and the teams series award.

c. We will not be offering a team option for the E-bike category this year.

d. Prizes will not be awarded in the "just for fun" non-competitive categories.

3. **Points**

a. Points from each race will be allocated to award an overall race series champion for each of the competitive categories.

b. The following points will be awarded based on the finishing position of either the individual or team:

Position	Points	Position	Points	Position	Points
1	500	11	330	21	230
2	450	12	320	22	220
3	420	13	310	23	210
4	400	14	300	24	200
5	390	15	290	25	190
6	380	16	280	26	180
7	370	17	270	27	170
8	360	18	260	28	160
9	350	19	250	29	150
10	340	20	240	30	140

4. **Pricing**

a. The following entry fees will apply. Entry fees have been set at a level to cover costs and be in-line with what other SA clubs charge for their races.

    i. Cross Country XCM
- Adults: $40
- Adults (Gravity Girls SA members): $35
- Juniors: $30
- Juniors (Gravity Girls SA members): $25

    ii. Gravity Enduro

- Adults: $75
- Adults (Gravity Girls SA members): $70
- Juniors: $65
- Juniors (Gravity Girls SA members): $60

iii. DH
- Adults: $85
- Adults (Gravity Girls SA members): $80
- Juniors: $75
- Juniors (Gravity Girls SA members): $70

5. **Minimum age requirements**
   a. All riders must turn 11 in 2024.
6. **Maximum age limits**
   a. There are no maximum restrictions on age.
7. **Licensing requirements**
   a. All riders will be required to have a 'race off-road' AusCycling Licence as minimum. Day licences and 4 week free trials will be accepted. Riders from other clubs will be accepted.
8. **Minimum equipment**
   a. All riders must wear an Australian Standard Helmet (AS/NZS 2063) while riding for the duration of the event. This includes around the village and on liaison stages.
   b. All bikes must have working and effective front and rear hand brakes, bar plugs, 'MTB style tyres' and flat bars. It is recommended (although not required) for bikes to have gears and suspension.
   c. E-bikes are permitted, however they must race in the dedicated E-Bike category. E-Bikes must be commercially available, not be modified or chipped and comply with AusCycling Technical Regulations for E-Bikes.
   d. Each race has its own minimum equipment and clothing requirements, which are specified in more detail within the race information below.
9. **Signage/ track marking**
   a. The track will be marked with bunting and arrows. It is the responsibility of riders to have ridden the course prior to the event.
   b. The Gravity Enduro event will not have arrows to follow for liaison stages, and it is riders' responsibility to navigate between stages. Ride mentors can assist with this process.
   c. Arrows on either side of the track indicate a gate, which riders must pass through.
   d. Arrows pointing down indicate an obstacle ahead.
10. **Behaviour**
    a. All riders are expected to behave in a courteous and sporting manner and within the rules of each individual race.

b. Please respect all the volunteers and helpers on the day. Swearing, cheating or rude behaviour will not be tolerated and may result in disqualification. We're all there to have fun!

c. Please respect the land on which the races are being held. Stick to dedicated trails and parking areas at all times and make sure you take all rubbish away with you.

2. Race 1- Cross Country Marathon (XCM)

1. **Format**
   a. A Cross Country Marathon race requires participants to complete the largest number of laps of a course in the given time. The length of this XCM race is 3 hours (9am-12pm) and riders may start their final lap up until 2:59:59 (at the discretion of the race director).
   b. There will be a mass start, meaning all riders will begin together at 9am. Riders are encouraged to self-seed their starting position, with faster riders towards the front and slower riders towards the back.
   c. The course will be a circuit and will consist of climbs and descents. It will be on predominantly blue level trails. Teams (pairs) will compete in a relay style, and must tag their partner in the change over zone in the race village. Partners may complete the same or different number of laps, with each rider required to complete at least one lap.

2. **Dates**
   a. Recon date: 2nd March 2024
   b. Race date: 24th March 2024

3. **Categories**
   a. The XCM will be raced in the following categories
      - Senior competitive pairs
      - Senior Just for fun pairs
      - Senior competitive solo
      - E-bike solo
      - Junior (combined U17/19 age group) solo
      - Junior (combined U17/19 age group) pairs
      - Junior (combined U13/15 age group) solo
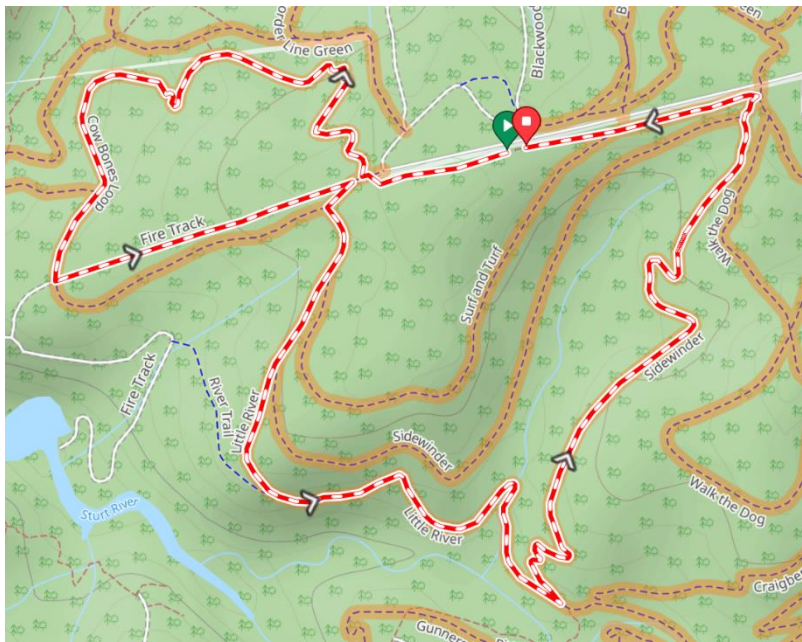   - Junior (combined U13/15 age group) pairs

4. **Location**
   a. The XCM will be raced at Craigburn Farm Recreation Park, accessible by car via Craigburn Road. Parking will be along Craigburn Road, between the trail head and the event village.

5. **Track map**

   The following is the proposed course map.

6. Parking and event village

    a. The following map shows access to the event village and parking.

7. Podiums/ prizes

    a. There will be a short podium at the conclusion of the race for each category.

    b. Prizes, if any, are to be decided in conjunction with sponsors.

8. **Schedule**

7:00am	Arrive on site, bump in
8:00am	Participants arrive
9:00am	Race begins
12-12:30pm	Race concludes
12:30pm	Presentations
1:00pm	Pack up
3:00pm	Bump out complete, depart

9. **Feed and Technical Zones**
    a. Riders are only able to receive technical or mechanical assistance or take on additional food and water in the designated feed and technical zone near the finish area of the lap. Riders may not receive technical assistance of any kind while on the course.

10. **Minimum equipment**
    a. All riders must wear an Australian Standard Helmet (AS/NZS 2063) while riding for the duration of the event. This includes around the village and on liaison stages.
    b. All bikes must have working and effective front and rear hand brakes, bar plugs, 'MTB style tyres' and flat bars. It is recommended (although not required) for bikes to have gears and suspension.
    c. E-bikes are permitted, however they must race in the dedicated E-Bike category. E-Bikes must be commercially available, not be modified or chipped and comply with AusCycling Technical Regulations for E-Bikes.
    d. Riders may not change their bike through the course of the race.

11. **Timing and race plates**

    a. Race plates will be provided to participants at the first race of the series. Competitors will keep their race plates for the duration of the race series and are expected to bring their own race plate to each event. If riders forget their race plates, they will be charged $50 for a replacement plate.
    b. Competitors will also be provided with an Adelaide Mountain Bike Club race plate for this race, which contains a timing chip. **These race plates must be returned at the end of the race**.

3. Race 2- Gravity Enduro (GE)

1. **Format**
    a. Riders will be given 4-5 predominantly downhill 'stages' to complete between 10am and 2pm. Riders may climb up at whatever pace they wish, and only their timed downhill stages will be counted towards their final result.
    b. Riders can complete the stages in any order. All riders will have at least a 30 second gap to the rider in front and behind on the descents. The rider with the lowest total time will win.
    c. This event will be in a "super-enduro" format, where riders will be allowed to have multiple attempts at their timed race runs, with their fastest time in each stage being recorded as their race run.

2. **Dates**
    a. Recon date: 9th March 2024
    b. Race date: 7th April 2024

3. **Categories**
    a. The GE will be raced in the following categories:
        i. Senior Competitive
        ii. Just for fun
        iii. E-bike
        iv. Junior Competitive - Combined U17/19
        v. Junior Competitive - Combined U13/15

4. **Location**
    a. The GE will be raced at O'Halloran Hill Recreation Park, accessible by car via Morphett Road. Parking will be along the fire road, between gate 12 and the event village.

5. **Track map**
    a. Purple- event village
    b. Red- liaison stages
    c. Orange- stage 1 (Grom Flow)
    d. Pink- stage 2 (Easy As)
    e. Light Blue- stage 3 (Blue Luge)
    f. Yellow- stage 4 (Dam Revamp)
    g. Light Green- stage 5 (Shapeshifter)- only for competitive category.
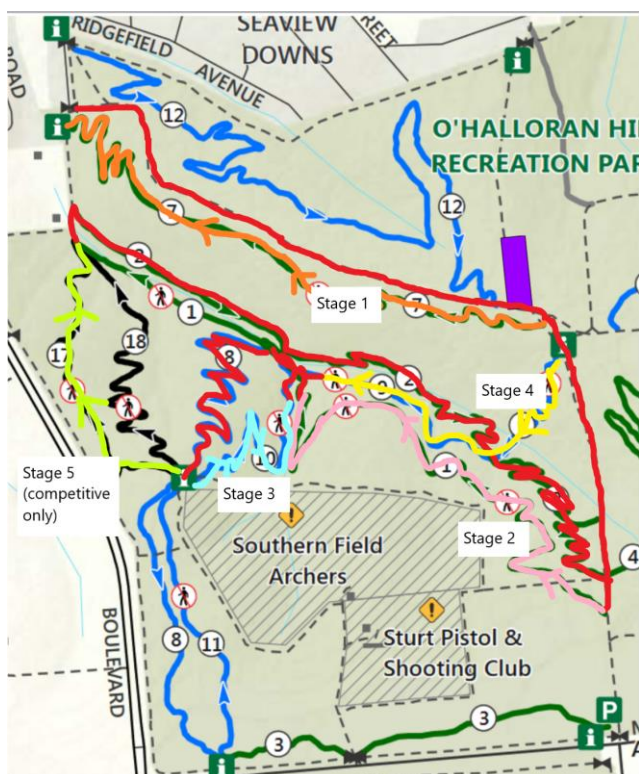
6. **Podiums**
    a. There will be a short podium at the conclusion of the race for each competitive category.
    b. Prizes, if any, are to be decided in conjunction with sponsors.

7. **Schedule**

7:00am	Arrive on site, bump in
8:30-9:00am	Participants arrive
10:00am	Race begins
1:30-2:00pm	Riders return
2:15pm	Presentations
3:00pm	Pack up
4:00pm	Bump out complete, depart

8. **Minimum equipment**
    a. All competitive riders must wear **full face** helmets that meet Australian Standards AS/NZS 2063 while riding on timed stages.
    b. All riders must wear a helmet that meets Australian Standards AS/NZS 2063 whenever they are riding their bike. This includes around the village and on liaison stages.
    c. Knees must be covered.
    d. Riders must carry enough food and water to get around the course.

e. All bikes must have working and effective front and rear hand brakes, bar plugs, 'MTB style tyres' and flat bars. It is recommended (although not required) for bikes to have gears and suspension.

f. You may only use one bike during the event. Wheel rims, bike frame and fork cannot be changed. Bikes can be repaired during the event.

g. E-bikes are permitted, however they must race in the dedicated E-Bike category. E-Bikes must be commercially available, not be modified or chipped and comply with AusCycling Technical Regulations for E-Bikes. E-bike riders may not tow other riders in liaison stages.

h. In addition to the above, all Under 17 riders and below **must** wear the following at all times:
   i. Gloves
   ii. Long sleeve jersey
   iii. Knee pads
   iv. Elbow pads

9. **Course Markings**

   a. The course will be marked out with a mixture of barrier tape, arrows, sign posts and items from the natural environment to indicate the direction of travel.

   b. Riders are expected to remain on the established trail and not create their own lines or shortcuts.

   c. Where two pieces of course tape on opposite sides of the course are installed, 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.

   d. If you leave the course on a race stage you must re-enter the track in the same place.

10. **Timing and Race Plates**
   a. Race plates will be provided to participants at the first race of the series. Competitors will keep their race plates for the duration of the race series and are expected to bring their own race plate to each event. If riders forget their race plates, they will be charged $50 for a replacement plate.

   b. Competitors will be required to wear a timing chip on their right wrist, which they will be given at race check-in. There will be timing beacons at the start and end of each timed run to record the race time. Competitors will be required to return their timing chips at the end of the race to record their race time.

4. Race 3- Downhill (DH)

1. **Format**
   a. Riders will be aiming to complete one predominantly downhill track in the shortest time. There will be at least 30 seconds between each rider. Riders will begin the day with a track walk, and then get practice time before their race run. Riders will get driven back up the hill using shuttle buses.

2. **Dates**
    a. Recon date: 16th March 2024
    b. Race date: 14th April 2024
3. **Categories**
    a. The DH will be raced in the following categories:
        i. Senior Competitive
        ii. Senior Just for fun
        iii. E-bike
        iv. Junior Competitive - Combined U17/19
        v. Junior Competitive - Combined U13/15
4. **Location**
    a. The DH will be raced at Fox Creek Bike Park from the bottom carpark. Parking will be in the dedicated lower carpark.
5. **Track map**
    a. The race will be the full length of Blue Groove, with the start below Allen's Orange Whip. Start point is marked **green** and the end point is marked **red** on the map. Access will be via the middle car park on Croft Road and riders will roll down the fire trail to the start gate.
    b. Bus shuttles will collect riders from the dedicated shuttle area in the bottom car park. Shuttle pick up and drop off points are marked **yellow**.
    c. The event village will be set up in the **purple** area. Parking will be in the lower carpark. No parking will be allowed in the event village.
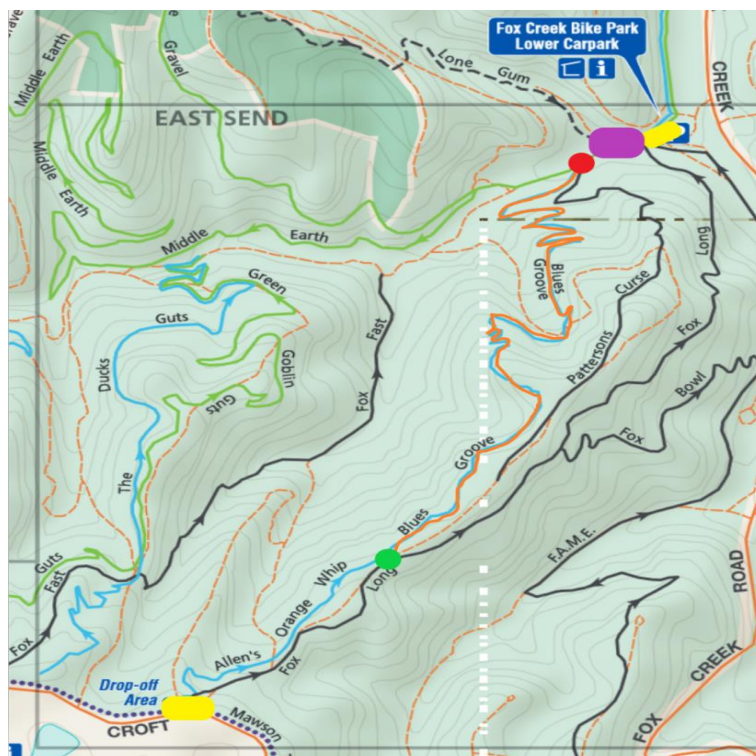
6. **Minimum equipment**
    a. **All** registered racers must have the following:
        i. Two working brakes

      ii.   Bar plugs/ends on handlebars.
      iii.   Full-face helmet with a fixed non-detachable mouthpiece that satisfies the current Australian or equivalent international standards.
      iv.   A jersey or shirt covering the elbows.
      v.   Knees must be covered by full length trousers and/or self-fastening knee or knee/shin guards expressly designed for off-road cycling.
      vi.   Fully enclosed shoes
      vii.   NO singlets allowed.

b. The following clothing requirements are **MANDATORY** for riders aged **17 or younger** at ANY point in the current year:

      i.   Knee pads
      ii.   Elbow pads
      iii.   A long-sleeved (full length) jersey or shirt
      iv.   Full-finger gloves

7. **Podiums**
   a. There will be a short podium at the conclusion of the race for each category.
   b. Prizes, if any, are to be decided in conjunction with sponsors.

8. **Schedule**

7:00am	Arrive on site, bump in
8:00am	Participants arrive
9:00am	Track walk commences
10:00am	Track practice commences
1:00pm	Racing commences
2:00pm	Presentations
3:00pm	Bump out complete, depart

9. **Timing and Race Plates**
   a. Competitors will be required to wear a timing chip on their right wrist, which they will be given at race check-in. There will be timing beacons at the start and end of the course to record the race time. Competitors will be required to return their timing chips at the end of the race to record their race time.
   b. Race plates will be provided to participants at the first race of the series. Competitors will keep their race plates for the duration of the race series and are expected to bring their own race plate to each event. If riders forget their race plates, they will be charged $50 for a replacement plate.