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## AUSTRALIAN GRAVEL CHAMPIONSHIPS TECHNICAL REGULATIONS

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## **1 SCOPE**

Gravel Grinding is riding a bike on gravel, loose stones or any unpaved surface using any type of bike including cyclo-cross, mountain bike, gravel grinder or hybrid (ref. rule 2.5.2). Gravel riding racing has seen a growth over the past years to be popular with mountain bike, cyclocross and road cyclist. Cycling Australia and Mountain Bike Australia are pleased to endorse the Australian Championships to be conducted under these regulations.

These regulations do not supplant existing UCI regulations with regards to General Organisation of cycling as a sport, Anti-Doping Rules and Discipline and Procedures.

## **2 GENERAL**

### **2.1 Eligibility**

All riders must hold either a Cycling Australia or Mountain Bike Australia Race Membership or purchase a Day License for the day of the race.

The Australian Gravel National Championships are an Open Championships where riders from other national federations can compete. However to be eligible to claim the Australian Championship jersey a rider must be an Australian Citizen or if under 18 years old, be an Australian resident and, have not competed for any other national federation.

### **2.2 Age Category**

The following categories will be recognised at the Gravel Australian Championships:

**Elite Men and Women (19yrs +)**  
**Expert Men and Women (19-29yrs)**  
**Junior Men and Women (17-18yrs)**  
**Under 17 Men and Women (15-16yrs)**  
**Under 15 Men and Women (13-14yrs)**  
**Masters 1 Men and Women (30-34yrs)**  
**Masters 2 Men and Women (35-39yrs)**  
**Masters 3 Men and Women (40-44yrs)**  
**Masters 4 Men and Women (45-49yrs)**  
**Masters 5 Men and Women (50-54yrs)**  
**Masters 6 Men and Women (55-59yrs)**  
**Masters 7 Men and Women (60-64yrs)**  
**Masters 8 Men and Women (65-69yrs)**  
**Masters 9 Men and Women (70-74yrs)**  
**Masters 10 Men and Women (75-79yrs)**

Ages for all categories will be calculated based on age at 31<sup>st</sup> December of the year of the championship.

### **2.3 Course Distance**

The following maximum race length and target time restrictions will apply:

<b>Elite men and women</b>	<b>100km</b>	<b>max 3 hrs</b>
<b>Junior Men and Women</b>	<b>70km</b>	<b>max 2.5hrs</b>
<b>Under 17 Men and Women</b>	<b>50km</b>	<b>max 2hrs</b>
<b>Under 15 Men and Women</b>	<b>35km</b>	<b>1.5hrs</b>

### **2.4 Course**

Course must consist of 90% minimum dirt or gravel road.

Course must not contain any single track.

Course must not contain more than 5% un prepared surfaces like sand, grass or field sections.

Course must be on closed or private roads.

## **2.5 Equipment**

### **2.5.1 Helmets**

All riders are required to wear a helmet meeting AS2063 or equivalent. Helmets must have a manufacturers mark stating its compliance with the Standard. Helmets may be inspected at any time by a commissaire.

The list of standards accepted as an international equivalent to the Australian/New Zealand Standard 2063 are as follows:

1. NSI Z90.4;
2. Snell "B" or "N" series;
3. ASTM F1447.
4. Canadian CAN/CSAD113.2M;
5. U.S. CPSC standard for bicycle helmets;
6. European CEN standard for bicycle helmets (EN1078)

Other international standards may be added however if not explicitly listed above or in any supplementary regulations are not permitted for use.

### **2.5.2 Bikes**

Bikes must have two working brakes. Riders must complete the race with the same frame and forks as at the start. MTB, Hybrid and other bikes with "straight" handlebars may add "bar ends" The use of "aerobar" extensions is not permitted on any bike. Motorised bikes may not be used.

### **2.5.3 Rider Number**

Race organisers will provide riders with frame number and helmet or body numbers plates. If an electronic identification device is provided for race timing, riders must follow instructions for mounting. Riders are responsible to ensure the number remains readable and timing device is undamaged during the race.

### **2.5.4 Other equipment**

Riders are expected to be self sufficient whilst racing. It is recommended riders carry:

- Adequate water for hydration
- Basic first aid kit
- Spare tube and tools to repair
- Adequate food
- A map (actual or electronic)

### **3 RACE PROCEDURES**

#### **3.1 Sign On**

Riders are required to sign on at the start marshal area. Failure to sign on will result in the rider being refused a start or being disqualified.

#### **3.2 Rider Briefing**

Riders are required to attend a briefing at the start marshal area no more than 15 minutes before the published start of the race.

#### **3.3 Start**

The start may be flying or standing and will be given by gun shot or whistle blast. Depending on the number of racers the start may be broken into waves based on categories. Each start wave will have a distinct start time. Riders who start before their categories scheduled wave start time will be disqualified.

#### **3.4 Neutral Support**

A neutral support area will be provided at minimum every 30km. Riders may be permitted to drop bottles for this area in designated tubs at the start marshal area. At a minimum a water supply will be provided at these areas.

#### **3.5 Check Points**

Organisers will provide marshal points at minimum every 15km.

#### **3.6 Injured Riders**

A rider who comes across an injured rider must stop and render assistance. The assisting rider should stay with the injured rider until assistance arrives. They should inform the next rider to pass to advise the next race official to send assistance. Time will be credited the assisting rider so their race time will not be affected.

#### **3.7 Technical Assisting**

Riders may receive technical support (if provided) at the neutral support area (Rule 3.4). Riders may also assist each other during the event, however there will be no time credit for either rider.

#### **3.8 Cut off Times**

The race organiser will publish cut off times for checkpoints at the rider information briefing. Riders who fail to reach a check point by the cut off time will not be permitted to continue.

#### **3.9 Broom Vehicle**

A broom vehicle will be provided for riders who are unable to complete the course or have exceeded the cut off time.

#### **3.10 Finish**

The finish will be at least 4 meters wide and be hard fenced for 100m before the finish line. Riders are expected to hold their line when between the hard fencing. Hard fences should be in place at least 30m after the finish to allow for a safe braking area.

#### **4 PRIZES AND JERSEYS**

All prizes will be equal to both genders.

All official categories will receive medals.

Winners in both Elite Men and Elite Women will receive the Australian Champion Jersey. Normal rules around the wearing of national champion jerseys will apply (Refer to CA Technical Regulation 3.22.07 (2d))

Any prize money paid will be at the discretion of the event organiser.