

ENDURO RULING 2009

1. DEFINITION

- The “Enduro” concept is brand new in the mountain biking landscape.
- The Enduro du Roc is not a Cross-Country event, nor a downhill.
- 4 special downhill racers will be timed then their times added together in order to produce a final ranking.
- Climbs will be made in non-timed links
- The total event distance measures around 25 km

2. PARTICIPATION

The number of participants will be set at 200.

3. CATEGORIES

- The Enduro du Roc is open to competitors who may or may not be members, from the 15-16 years category.
- The categories will be: Cadets (15-16 yr olds); Junior (17-18 yr olds); Men; Women; and Masters.

4. CIRCUIT

- The starts will be given at the Col de Valdingarde and competitors will set off every 30 seconds.
- The time granted for links, enable riders to bunch together in little groups.
- No reconnaissance will be permitted prior to the race in order to be on an equal footing and to allow room for improvisation.

5. COMMITMENTS

- This competition will be run according to the FFC ruling in force.
- Competitors must respect all points of the event regulation and instructions in the Highway Code.
- During the specials, be courteous and don't hesitate to slow down in order to let the faster racers get past you.

6. RECEPTION AND OFFICIAL CHECKING

- For members, the presentation of the licence will be requested when the numbers are given out.

- For non-members, supply of a medical certificate of aptitude dating back to within 1 year authorising the practice of competitive mountain biking will be requested.

7. MATERIAL

- Organisers advise the use of an 'Enduro' type mountain bike, equipped with a triple chainring and a weight not exceeding 15 kg.
- The extremities of the handlebars must be plugged beforehand.
- Any change of bike is forbidden throughout the duration of the event.

8. EQUIPMENT

- The wearing of a classic helmet and long gloves is compulsory.
- Any competitor showing up at the start without his/ her helmet and gloves will not be allowed to take the start.
- In the event that this obligation is omitted, the organiser may in no way be held responsible for any possible incidents which might occur.

9. START ZONE

- The start of the event will be given at the Col de Valdingarde.
- Competitors should get to this site using their own means.

10. FINISH ZONE

- The final finish will take place on the beach of Saint Aygulf, as with all the other races.
- Any participant must cross the final finish line with their bicycle to be ranked.

11. COMMENTS

- Riders will be staggered 30 seconds apart and each of them must get to the start of each special, at the time referred to on their badge.
- If the competitor performs the link (non-timed) more quickly than the time which is allowed, s/he must wait for the start to be given by the race stewards.
- In the reverse situation, the latecomer will set off on the special straightaway on the agreement of the steward present and his/her time will begin at the time of the scheduled start.

12. START SCHEDULES

- The first start is at 1000 hrs.
- The competitors' start schedules will be communicated to them when the numbers are handed out

13. REPAIRS and OUTSIDE ASSISTANCE

In the event of accident it is your duty to assist the person in difficulty and to warn first-aid workers as it is usual to do in this type of competition.

14. RANKING

A ranking per material category will not be made and all participants are to compete in a single, solitary material category.

15. PENALTIES

Any rider who deliberately crosses the boundary tape and doesn't return to his/her original course will be penalised through his/her disqualification.
To see the other penalties, refer to "Roc regulation"

16. CANCELLATION GUARANTEE

same "Roc regulation"

17. INSURANCE

same "Roc regulation"

18. CLAIMS

same "Roc regulation"

19. RIGHT OF PERSONAL PORTRAYAL

same "Roc regulation"

20. CNIL (French Data Protection Watchdog)

same "Roc regulation"

21. DOPING

same "Roc regulation"