



## Competition Format and Rules

Gold Coast 2018 Commonwealth Games Competition Format

GC2018 will host two mountain bike medal events: men's and women's cross country:

Men's medal events: one	Women's medal events: one
Cross country	Cross country

The cross country event is contested on an undulating circuit of approximately 4.5km. Athletes will complete a specified number of laps based on course and weather conditions, which can be determined as late as two hours prior to the race.

Athletes are called up to the start line in a grid formation based on their current world ranking. The top ranked athletes will be positioned on the first row.

After a mass start, the trail is very wide and riders complete a 'start lap' which allows the stronger athletes to get to the front of the pack, as they approach the smaller widths of the trail, better known as 'single track'. These sections do not provide many opportunities for overtaking, so it's an important strategy to get to the front of the pack to maintain position.

The athletes complete a specified number of laps in order to complete a race time between 1 hour 20 mins and 1 hour 40 mins. The challenging course comprises three distinct sectors, that include short, steep, technical and long grinding ascents; flowing fast descents interspersed with linked jump and berm sections; and a flatter mid-loop recovery sector through the start/finish zone. The course is composed of a variety of terrains, such as fire trail sections, forest tracks, rocky sections and single track. All terrains involve significant amounts of climbing and descending.

Athletes that become lapped will be removed in a discrete manner from the course by the technical officials. This is to eliminate interference with other athletes or cause any disadvantage.

Competitors compete under the same conditions, in a finals-only phase, leading to a ranking system from one to the final finisher. The first competitor to cross the finish line in the final lap is declared the winner.

### Equipment description:

Most mountain bikes used in competition are available for general purchase and share the following characteristics:

- Wide off-road tyres
- Disc brakes
- Some form of shock-absorbing suspension (front and/or rear)
- Rapid shifting gears

### Tiebreak rules:

*Men's and women's cross country*

Ties remain as such, if they cannot be resolved by electronic means. For tied riders, the rider with the lowest race number is listed first.



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**Penalties/disqualification rules:**

A rider may be disqualified if during the event he/she commits any of the following infringements:

- Pushing or interfering (jersey pulling) with another rider by hand or by other means, obtaining non-regulation assistance
- Displaying indecent conduct or using foul language
- Committing acts of violence
- Using radio links or other remote means of communication
- Going outside the race course boundaries and not returning where they left the course in order to gain an advantage
- Athletes are not allowed to cut the course
- Deliberately blocking the path of another rider so they cannot pass
- The riders must respect nature and make sure they do not pollute the course venue.

**Race facts:**

- A rider must act in a sporting manner at all times and permit any faster rider to overtake without obstructing.
- If an athlete crashes just prior to the finish and their bike becomes unrideable, they must carry it over the finish line in order to be credited with the win.
- If the athlete is unable to ride a certain part of the course, they can dismount and walk or run their bike through that section.
- If anything on an athlete's bike breaks during the race, they must try to fix it themselves or get back to the Technical Assistance/Feed Zone where their team mechanics can assist.
- Athletes can be passed replacement water bottles or food from team officials only in the zones designated for that purpose, which is the Technical Assistance/Feed Zone.