

Mountain Biking Guidelines  
2008 Stations Day

**Guidelines**

**Candidates shall wear bike helmets.**

**Candidates may practice only up to the point the competition round begins.**

**Before participating in a competition round, candidates are reminded to stretch.**

**Candidates have the opportunity to participate in one competition round.**

**A 5-second penalty shall be assessed to candidates for any fallen, missed, or tapped cones, as well as, foot touches.**

**A maximum of three 5-second penalties shall be assessed to candidates per/obstacle. Upon reaching their third penalty, an additional 15-second penalty shall be assessed to candidates, resulting in a maximum 30-second penalty per/obstacle.**

**Candidates encountering a bike malfunction during the competition round shall call “time.”**

**The three candidates with the lowest times shall be awarded 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place. In the event of a tie, a “tie breaking” round shall be held.**

**Candidates who fail to complete the entire course or interfere with the competition round shall be disqualified. Additionally, at the discretion of the instructor, candidates deemed “unfit” to ride for safety reasons may be grounded.**

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Name

Post

**Competition**

1<sup>st</sup> Round

Penalties (Seconds)

#1 Start/Finish

5    5    5    +15    =\_\_\_

#2 Square (9' X 9'; 3X Round)

5    5    5    +15    =\_\_\_

#3 Narrow Serpentine (4')

5    5    5    +15    =\_\_\_

#4 Curve

5    5    5    +15    =\_\_\_

#5 Wide Serpentine (8')

5    5    5    +15    =\_\_\_

#6 Ramp

5    5    5    +15    =\_\_\_

#7 Median (Curb)

5    5    5    +15    =\_\_\_

#8 Dismount & Carry (Stream)

5    5    5    +15    =\_\_\_

#9 Dismount & Run (Suspect)

5    5    5    +15    =\_\_\_

#10 Straight-away

5    5    5    +15    =\_\_\_

Score

Course Time                    \_\_\_

Penalties (Total)            \_\_\_

Overall Time                    \_\_\_

Rank

\_\_\_

\* Lowest Time Wins

**Disqualified or Grounded**

**Incomplete**                    \_\_\_

**Interference**                    \_\_\_

**“Unfit” (Safety)**                \_\_\_