



## Cycling – Mtn. Bike



# COMPETITION MANUAL

Updated: August 2025



## **GUIDING BODIES**

World Police and Fire Games Federation (WPFGF)  
7944 Convoy Court, San Diego, CA 92111 USA  
Tele: (858) 571-9919; E-mail: [4info@cpaf.org](mailto:4info@cpaf.org)

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Tele: +41.24.468.58.11; Fax: +41.24.468.5812  
Website: [www.uci.ch](http://www.uci.ch); E-Mail: [admin@uci.ch](mailto:admin@uci.ch)

## **[CLICK HERE FOR GOVERNING BODY FULL RULES](#)**

International rules will be followed unless specified in WPFG Guidelines

## **EVENTS**

**INDIVIDUAL:**      **NOTE:** Events listed below may be omitted due to the unavailability of suitable venues with approval of WPFGF.      The Heavyweight events are optional for the Host.

**Age as of Date: 12/31/2027**

**Entry Deadline: 2/28/2027**

### **INDIVIDUAL:**

Men & Women: 18-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64;  
65+

### **CROSS COUNTRY**

Long Course  
Short Course

### **Weighted Division:**

Men (Clydesdale): 200 lbs. (91 KG) & over  
Women (Athena): 170 lbs. (77 KG) & over



## **GENERAL SPORT RULES for MT Bike**

Every rider warming up or racing shall wear a protective, securely fastened helmet that satisfies the bicycle helmet standards ICU or the national/state affiliate. It is the rider's responsibility to select and wear such a helmet which offers sufficient protection against head injury and does not restrict the rider's vision. Failure to wear such a helmet, or removing it during a race, will result in disqualification. Helmets shall also be mandatory during training rides on competition courses.

Footgear shall be the fully enclosed type.

Bicycle shall have at least two brakes, which are in good working condition.

Handlebar ends must be plugged and shall have no sharp or jagged ends.

A competitor must wear appropriate riding attire, including a shirt. Eye protection is strongly recommended.

**CROSS COUNTRY:** Cross Country is an individual or mass start competition which is held on a circuit course comprised of forest roads, single track and unpaved dirt or gravel roads (a minimal amount of paved road may be necessary at times). This should be a circuit course with a minimum distance of 3.2 km (2 miles) per lap. The race will be approximately 1 hour to 1.5 hours in duration.

All riders must attend the pre-race briefing (rider's meeting) normally held at the staging area prior to competition. This meeting requirement will be included in the Confirmation Letter.

Racers shall complete the entire event on the same bicycle. All repairs during an event shall be performed by the individual racer. No outside support will be allowed.

All spare parts and tools shall be carried by the individual racer. Cannibalizing other bikes is not permitted). Cannibalizing is defined as: any part or component taken from one bicycle to repair or improve the performance of another.

Water shall be available to anyone from any point on the racecourse provided that the hand-out can be done in a safe manner. The Host will provide a neutral water zone for any race exceeding 60 minutes in length. Official "water zones" must be accessible and publicized before each race. Feeding (food handouts) shall only be done in a designated "feed zone". Any hand-out to one rider must not cause other riders to slow down or veer off course.



Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing should stay on the least rideable portion of the path when being passed. A racer pushing or carrying their bicycle can overtake a racer riding their bicycle provided they do not interfere with the rider's progress.

Lapped riders must yield to leaders. Leaders should verbalize their approach and what side they intend to pass on when overtaking another. It is the responsibility of the challenging rider to overtake safely. Riders being lapped must yield to the passing rider on the first command.

In case two riders are vying for position, the leading rider does not necessarily have to yield their position to the challenging rider. However, a rider may not bodily interfere with the intent to impede another rider's progress. Traditional rules of racing apply: the leading rider owns the course.

Short cutting and/or cutting trail switchbacks shall result in disqualification.

Foul riding, unsportsmanlike behavior, or the use of profane or abusive language are grounds for punitive action.

Laws and ordinances of appropriate jurisdictions shall be observed during participation in this sport.

Only riders officially entered in the Event may practice or compete on the designated racecourse.

### **AWARDING OF MEDALS TO ATHLETES**

During the medal presentation, only athletes are allowed to participate in this ceremony. Each athlete and **SHALL** present their Athlete's Credential. If the athlete does not present their Athlete's Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator **SHALL** have in their possession a copy of the CSE Report for verification of participation. This will determine and verify which event the athlete was entered into.