



RULES OF BC Bike Race

BC Bike Race takes place in and around the remote wilderness of British Columbia (BC) – racers are often quite a distance from hospitals – in addition to our standard racer rules, these rules are in place to keep racers safe.

The Basics

1. All racers must follow the official designated marked route on their modern and well-maintained mountain bike with an official BCBR racer plate affixed to the front of the bike and visible.
2. Racers must always wear a helmet in accordance with the laws of BC when riding their bicycle, show up to the start on time, and cross the official finish line. This is a timed event; cumulative times are used to determine the winners and all racers who complete all stages are considered finishers.
3. While we want racers to be helpful towards each other in the event of a mechanical, this does NOT apply to racers vying for a podium spot. Race leaders/contenders may not accept help from other categories.

Conditions of Participation

4. Racers must be 15+ on the first day of racing.
5. Racers must complete a comprehensive medical questionnaire prior to racer check-in.
6. All racers must attend racer check-in. Racers must agree to and sign the liability waiver as a condition of participation and will wear their wristband for the duration of the event.
7. Racers are responsible for having a well-maintained and working bike. Mechanical support is available at each aid station and through Obsession Tech at basecamp.
8. All racers must attend the Mandatory Racer Meeting

Medical

9. Racers may be medically disqualified at the discretion of the Medical Team.
10. Do not come to the start line if you are feeling sick or exhibiting any symptoms and let Racer Relation know that you will not be starting using the Racer Relations Hotline. Please review our [Covid-19 Safety Measures](#).

On-Course

11. Racers may not participate without a race plate. The race plate must remain affixed to the front of the bike and visible at all times while on course. The race plate may not be amended in any way.
12. Racers may not participate without their bib visibly affixed to their back (outer layer of clothing or backpack).



13. Racers must be wearing a helmet that complies with the international ANSI/SNELL standards at all times while riding their bikes.
14. We suggest that racers carry the recommended gear while on course: whistle, rain jacket/space blanket, a pressure bandage, and a day's supply of any medication you require (EpiPen, heart medication, asthma medication, diabetes medication, etc.).
15. All racers must comply with directions from race officials regarding start times and the box you start in. Starting in a different box is not allowed and racers doing so will be penalized.
16. The water provided at Aid Stations is only for hydration and not for bike washing or showering.
17. All traffic laws must be observed when on roads. Failure to do so may result in injury or being removed by BCBR officials from the event
18. A racer is not permitted to take any shortcuts, or omit a circuit, take other advantages of similar nature against other competitors.
19. Any racer who exits the course must return to the course at the exact same point at which they exited.
20. Towing another racer is not allowed, unless required as a result of a medical or mechanical situation to reach an aid-station or the finish line.

Leaving the Course

21. Only racers who complete all stages will be considered official BC Bike Race "finishers" and are eligible for cumulative time (overall event wins) wins. All others will be considered "participants" and are still eligible for stage wins.
22. Any racers who do not cross the finish line, are taken off the course, or self-extract from the event must check-in immediately with Racer Relations upon returning. Failure to do so will result in us contacting your listed emergency contact and being unable to participate in any further stages.
23. If you do not finish a stage, or if you miss a stage completely (do not start) for any reason, you will be registered as a 'participant'. All "participants" who wish to re-enter the event must be cleared by Racer Relations staff to do so.
24. Any racers who are medically disqualified due to injury or illness must be cleared by the BC Bike Race Medical Director and/or local hospital doctor.

Timing

25. Timing is mat timing, not gun timing. Your time starts when you cross the start and stops when you cross the finish mat.
26. Racers who stay with injured racers or are commandeered by BC Bike Race will be given time credit for being a good Samaritan. Requests for credit must be made within 15 minutes of results being posted for the day.
27. When racing as a team, the time of the second team member to cross the finish line will be recorded as the team's time.
28. Protests must be communicated immediately upon finishing the event to Racer Relations (within 15 minutes of results being posted). Protests will be adjudicated by the



Management Committee (local Course Director, Course Control Manager, and Racer Relations.)

Leaders

- 29. Race leaders and winners are obliged to wear the leader jerseys and must attend daily podium awards.
- 30. A racer's sponsor badge/logo fixed on any leader jersey must not cover or obscure the existing BCBR branding and sponsors' logos.

Category Changes

- 31. Teams of 2 who divorce during the race are eligible to be categorized into solo status. All status changes must be requested through Racer Relations the day before. **Note:** converted teams are eligible for stage but not cumulative wins.

Cut-Off Times

- 32. BC Bike Race may enforce cut-off times for racers who have exceeded the allowable amount of time on course, or in the event of extenuating circumstances (extreme conditions, course damage, etc.)

Consequences:

These rules are in place primarily to ensure fairness and safety within the context of a mountain bike stage race. Failure to comply will result in a warning. Second offenses will result in a 30-minute timing penalty and subsequent offenses may include expulsion, at the discretion of Racer Relations and the Management Team.