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GUIDING BODIES

United States Police and Fire Championships (USPFC)
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USA Cycling (USAC)
USA Cycling National Headquarters
210 USA Cycling Point, Ste. # 100
Colorado Springs, CO 80919
website: www.usacycling.org

EVENTS

MEN'S and WOMEN'S INDIVIDUAL EVENTS:

Cross Country

An endurance event held on circuits that combine various terrains, like unpaved fire roads and technical single tracks with rocks and roots. These races typically last around 2 hours and cover about 15-30 miles. The courses feature significant elevation changes and technical descents, requiring endurance and bike handling skills.

Age is determined by the first day of the Games.

Men's Individual events will be offered in the following age categories:

18 - 29
30 - 34
35 - 39
40 - 44
45 - 49
50 - 54
55 - 59
60+

In the event more than 16 riders are entered in any of the above age groups, the group may be split into 2 separate 5-year age groups.

Women's Individual events will be offered in the following age categories:

18 - 39
40 - 44
45 - 49
50 - 54
55 - 59
60+

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ELITE CLASS

Men's and Women's Individual events will be offered in the following age categories:
18+

The Elite Class is an 18+ age, skill-based class and is reserved for advanced and expert level riders ONLY. Beginners and intermediate riders should not enter this class. All ages may enter this class. All current Category 1 and 2 riders must enter the Elite Class.

NOVICE CLASS -

Men's and Women's Individual events will be offered in the following age categories:
18 - 39
40 - 59
60+

In the event more than 16 riders are entered in any of the above age groups, the group may be split into 2 separate 5-year age groups.

The Novice Class is for riders new to racing and is intended to provide them with an opportunity to ease into the sport. This category is reserved for riders who have never participated in any prior USPFC or WPMFG event and who do not have racing experience.

CLASSIFICATIONS

Rider categories are assigned by the USPFC based on a rider's experience and performance. Riders are assigned to the lowest ability category until a higher category has been earned. The ranking of categories is:

- Elite Class
 - Age Group
 - Novice Class
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- Known ability – If a competitor is known to qualify for the Elite Class based on witnessed past performance they will be placed according to that ability.
 - Competing in a Higher Class - Any individual may elect, before racing, to compete in a higher classification than the one in which classified.
 - Classification Appeals - Any competitor having reason to believe that they are improperly classified may file an appeal with the USPFC Director stating all essential facts. Any such appeals must be filed prior to the start of competition. The USPFC Director will make the final determination as to the classification.
 - Classification Protests - Any person who believes that another competitor has been improperly classified may file a protest with the USPFC Director stating all essential facts. Any such protests must be filed prior to the start of competition. The USPFC Director will make the final determination as to the classification.

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Any variances to classification must be approved by the USPFC Federation Director for Cycling.

DESCRIPTION OF EVENT:

CROSS COUNTRY: Cross Country is an individual or mass start competition which is held on a circuit course comprised of forest roads, forest or field trails 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 2 miles per lap. The course must be free of hazardous terrain such as holes or ruts. The race will be approximately 1 1/2 hours to 2 hours duration.

SCHEDULING

May be a 2- or 3-day event dependent on categories of competition offered by the Host.

GENERAL SPORTS RULES for Cycling (Mountain Bike)

The race will follow USCF guidelines for Mountain Biking

All riders must attend a 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.

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.

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AWARDS

A maximum of 12 sets of medals (1st through 3rd place), for the Individual events and 4 sets of medals (1st through 3rd place), for the Stage Race will be required. USPFC will advise you of the actual number of sets needed based on events offered and total entries, plus a reasonable margin.

ATTENTION COORDINATORS

**THE GENERAL RULES APPLY TO ALL SPORTS.
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS MUST BE FORWARDED
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE
CONCLUSION OF THIS SPORT**

The USPFC Director assigned to your sport is knowledgeable and experienced in aiding during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the USPFC shall be submitted in a timely manner to this USPFC Director.

The USPFC Directors want to work with you to make your sport a success.

PLEASE USE THE USPFC DIRECTORS AS A RESOURCE.