

Technical Skill Testing Guide

By Tristan Haycock & Alex Pengelly

Proudly introduced to New Zealand by DirtCraft

Version 2.0



Overview	3
Vision	3
Objectives	3
KPIs:	3
Station Breakdown	3
Judging Panel	4
Obtaining Results	5
Protests	5
Station outcome protest	5
Result outcome protest	5
Station Overviews and Rules	6
Execution Station Overview	6
Execution Station Rules	6
Execution Stations Tips	7
Timed Station Overview	8
Timed Station Rules	8
Timed Stations Tips	9
Execution Stations	10
Balance (Station 1&2)	10
Hop/Jump (Station 3&4)	19
Momentum Transfer (Station 5)	25
Miscellaneous (Station 6)	29
Timed Stations	30
Timed Flow Station (Station 7)	30
Timed Technical Station (Station 8)	34



Overview

Vision

To provide a skill testing that is standardised and encourages skill acquisition enabling riders to measure their skill progression under pressure.

Objectives

Technical Skill testing:

1. Enables a rider to track their progression.
2. Can be utilised by Event Organisers to determine seeding.
3. Can be utilised by schools to determine entry allocation.
4. Can be used by skills coaches to measure and track progress.

KPIs:

1. The procedure is clear to follow for organisers, judges, riders and spectators.
2. Repeatable and standardised as reasonably practicable.
3. Results reflect skill ability under pressure.
4. A range of skill testing activities are provided.
5. Provides an environment to test riders under pressure.

Station Breakdown

Technical Skill Testing is made up of 8 stations.

Each station has a different objective. In stations 1 to 6 the riders aim is to perform the required skills to the best of their ability. In stations 7 & 8 riders are required to complete the stations in the fastest time possible.

Stations 1 & 2 are focused on Balance. - Pool of 9 stations.

Stations 3 & 4 are focused on Hops/Jumps. - Pool of 6 stations.

Station 5 is focused on momentum transfer. - Pool of 4 stations.

Station 6 is miscellaneous. - Unlimited station pool (2 examples given).

Station 7 is focused on flow skills under timed pressure. - Pool of 4 stations.

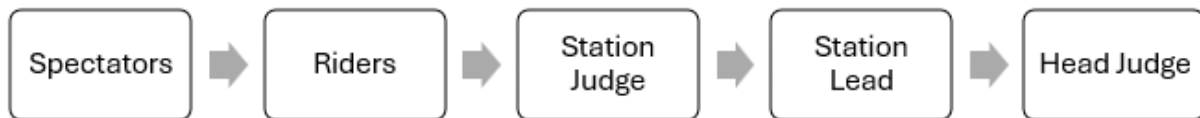
Station 8 is focused on technical skills under timed pressure. - Pool of 4 stations.

*Station Diagrams are indicative only, not accurate shape or scale/size.

Judging Panel

- Each station has a judge panel with a station lead judge.
- The head judge has the master decision.
- The riders will look to the station lead to hold up a green flag (progression complete) or a red flag (progression failed) after each attempt before moving to the next one.
- The station judge and station lead judges may interpret a rule or scenario different to a rider or spectator, however, if this is the case, you can rely on the judge(s) to manage the station with continuity.
- Any Protests must be submitted to the Head Judge by the Team Manager. See the protest section for more information.

Technical Skill Testing Interaction Chain of Command



Obtaining Results

The riders Technical Skill Testing Score (TSTS) is calculated by adding the results of station 1 to 8. This will give a number between -8 and 24. The higher the number the better the rank. If a rider has a score tied with another rider, then whoever has the best result on station 8 will receive the better ranking. In the result of equal times on station 8, then station 7 will be used to determine the ranking.

Station 7 & 8 points are allocated by the riders time in relation to the 3rd place time (including penalties) in their category. This means there are different standards for different categories.

Protests

Any protest must be lodged by the team manager on behalf of the rider.

Once a protest has been received by the organiser, the following process will occur.

The team manager will approach the Head Judge within the protest window with a written protest outlining what occurred, what the outcome was and what their desired outcome is along with any supporting evidence. This is to be presented to the head judge along with \$50 cash for review. The Head judge will investigate the incident and if the protestors desired outcome is reached then the \$50 is returned. A verbal response will be given to the team manager from the Head Judge as to the outcome of the protest. If the protestors desired outcome is not achieved, then the \$50 will be retained by the event organiser. See the two protest types below. The team manager can only protest on behalf of riders from their own school.

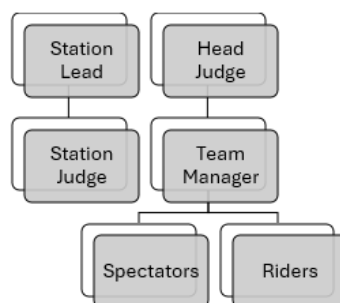
Station outcome protest

A 'Station outcome protest' is when a team manager wants to protest on behalf of a rider, the outcome of a specific station. The protest window for this occurs within 20 minutes of the rider completing the final station.

Result outcome protest

A 'Result outcome protest' is only valid when a result is used for a competition result, not for seeding. This is when a spectator, or rider wants to protest a result calculation. The protest window for this occurs within 20 minutes of the provisional results being made public.

Technical Skill Testing Protest Chain of Command



Station Overviews and Rules

Execution Station Overview

Execution Station Breakdown:

- 2x Balance
- 2x Hop/Jump
- 1x Momentum Transfer
- 1x Miscellaneous

The objective for Execution Stations is to obtain as many points as possible. The maximum number of points on offer is 18. Each station offers -1, 0, 1, 2, or 3 points for various standards.

Execution Station Rules

Points allocation:

-1 points	Not attempting a station/no score recorded.
0 points	Attempting a station but not completing the first progression.
1 point	By completing the requirements of the first progression.
2 points	By completing the requirements of the second progression.
3 points	By completing the requirements of the third progression and exiting the station correctly.

- **One rider at a time** per station, unless specified otherwise by the station judge.
- Riders are allowed **one attempt at each station** unless specified otherwise by the station lead/head judge.
- Riders are allowed **one attempt at each progression** per station unless specified otherwise by the station lead/head judge.
- Riders **cannot attempt the next progression** unless they have successfully completed their current progression.
- Riders must complete **progressions in order from 1 onwards** unless specified otherwise by the station lead/head judge.
- Riders must complete the progressions within a station in order **from 1 to 3**.
- Riders are **not permitted to practice at any Execution Station** unless specified otherwise by the Head Judge.
- Riders **MUST** start behind the start cones on the outside of the marked area with one foot on the ground and riders **MUST** finish between the finish cones.
- It is the riders responsibility to arrive at the start of any station at the correct time.
- Riders **cannot leave a station boundary** or will incur a penalty.
- Riders **cannot put their foot down** while completing a station or will incur a penalty unless specified otherwise in the station specific rules.

- After completing a progression a rider must **regain control for its validation** at the discretion of the judge panel. This will be confirmed by the station lead holding up a green flag or verbally.
- If a rider is to leave the station, put a foot down, or not regain control when attempting or finishing a station, then their previous completed progression (with control regained) will be their score.
- Where cones or tape mark any form of boundary, the following **interpretation will be implemented by the judge from their perspective**. A rider's wheel touching the boundary is permitted. A rider's wheel pressing on the boundary will count as a failure. Protesting a judge's perspective of this rule is invalid. This means even with video evidence, no prior decision will be overturned, it will be considered a 'play to the whistle' call.
- It is the **riders responsibility** to understand the general rules, station specific rules and objectives.
- It is the **riders responsibility** to determine the station is prepared and ready before they commence. Should the state of the station change, after the rider commences the station, that is out of their control, the Station lead will notify the rider that they qualify for a re-attempt. This is the only scenario where a rider may obtain a reattempt.
Valid reattempt scenario examples: 1. The rider starts, then a dog runs out into the riders path. 2. The rider starts, a person deliberately impedes the rider's progress.
Invalid reattempt scenario examples: 1. Before the rider starts, a station feature is knocked over by a child. 2. The rider doesn't understand the TST rules or station specific rules and makes a mistake.
- Should a judge deviate from a rule or interpretation of a rule, this is not desired, however, they will still enforce their interpretation of the rule consistently throughout the duration of the event.

Execution Stations Tips

- Identify the skill(s) needed to do well at the station, practice those skills in your own time/space.
- Be patient, there is no point rushing, there isn't a time limit.
- Walk the stations first, pay attention, ask questions on things you aren't sure about.
- Watch the rider in front of you, see what you can learn from their attempts.
- Once you start the station there is no going back, so put all of your energy and focus into that one attempt.
- Some of the skills required are easy to do, others are tough. A big element of this is dealing with the pressure of getting it right with one attempt. It's the same for everyone, so give it your best!

Timed Station Overview

Timed Station Breakdown - Two of the following timed stations will be implemented based on the venue's capabilities. Ideally station 7 will be a flow station and station 8 will be a technical station.

Timed Flow Slalom - fast zig zag course on open terrain.

Timed Flow Pump track - rolling section of trail/pumptrack that riders navigate without pedalling.

Timed Flow XC Segment - high speed XC section of trail with little technicality.

Timed Flow Figure 8 - low speed cornering course with a mixture of 180 and 360 corners.

Timed Technical Climb - A challenging climb course, with various lines, and features to navigate.

Timed Technical Artificial XC - A challenging course of man made features on varied terrain.

Timed Technical Corners - A challenging section of trail with tough and awkward corners.

Timed Technical DH - A challenging section of descending trails with tough features.

The objective for the timed stations is to complete each station in the shortest amount of time possible. The rider can obtain between -1 and 3 points per station. This is determined by their result in comparison to the 3rd fastest rider in their category.

Timed Station Rules

Points allocation:

-1 points	Not attempting a station/no score recorded.
0 points	Greater than 150% of the 3rd placed time of their category.
1 point	130% to 150% of the 3rd placed time of their category.
2 points	105% to 130% of the 3rd placed time of their category.
3 points	105% or less of the 3rd placed time of their category.

- The judging panel for each station has a Station Lead, Start Timer, Finish Timer and may include spotters.
- The Station Lead records the time, addition of any penalties and submits the riders result for that station.
- **One rider at a time** per station, unless specified otherwise by the station judge.
- Riders are allowed **one attempt at each station** unless specified otherwise by the head judge.
- Riders must complete **station 7 then station 8** unless specified otherwise by the head judge.
- Riders are able **to practice any Timed Station** unless specified otherwise by the Head Judge.
- Riders are to start at the Timed Station Start line stationary with one foot on the ground.
- Riders are to finish at the Timed Station Finish line.
- It is the **riders responsibility** to know where the start and finish for the timed stations are.
- It is the **riders responsibility** to arrive at the start of any station at the correct time.

- Riders cannot leave a station boundary or will incur a penalty.
- Any rider who does leave the boundary of the course needs to rejoin at the same location as where they left.
- Riders cannot go backwards within the station.
- Riders will receive a penalty for every time a foot touches the ground. If a rider runs/walks, the judge will penalise each step the rider took.
- The course is broken into zones for each judge to monitor.
- If a rider does not complete the Timed Station in 3 minutes or less they will receive a 0 for the station.
- It is the **riders responsibility** to understand the general rules, station specific rules and objectives.
- It is the **riders responsibility** to determine the station is prepared and ready before they commence. Should the state of the station change, after the rider commences the station, that is out of their control, the Station lead will notify the rider that they qualify for a re-attempt. This is the only scenario where a rider may obtain a reattempt.
Valid reattempt scenario examples: 1. The rider starts, then a dog runs out into the riders path. 2. The rider starts, a person deliberately impedes the rider's progress.
Invalid reattempt scenario examples: 1. Before the rider starts, a station feature is knocked over by a child. 2. The rider doesn't understand the TST rules or station specific rules and makes a mistake.
- Station specific penalties are outlined at the station and in this guide.

Timed Stations Tips

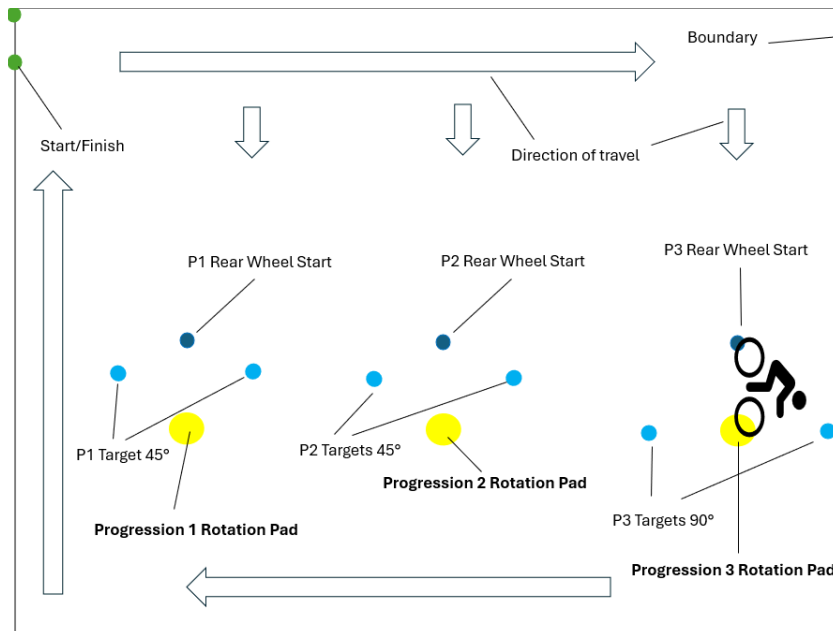
- Identify the skill(s) needed to do well at the station, practice those skills in your own time/space.
- This one is on the clock, so go out, give it lots of practice, and see what you're capable of, try some different lines.
- Watch the rider in front of you, see what you can learn from their attempts.
- Once you start the station there is no going back, so put all of your energy and focus into that one attempt.
- Some of the skills required are easy to do, others are tough. A big element of this is dealing with the pressure of getting it right with one attempt. It's the same for everyone, so give it your best!
- Walk the stations first, pay attention, ask questions on things you aren't sure about.



Execution Stations

Balance (Station 1&2)

Balance – Stoppie Rotations



Objective:

Progression 1 Complete a stoppie rotation on Rotation Pad one either 45° right or 45° left.

Progression 2 Complete a stoppie rotation on Rotation Pad two 45° left and 45° right (in either order).

Progression 3 Complete a stoppie rotation on Rotation Pad three 90° left and 90° right (in either order).

Station Specific Rules

Front wheel must be stopped on the rotation pad.

If the front wheel leaves the ground or the rotation pad prior to the progression being completed then the progression doesn't count.

Rear wheel must stop at the rear wheel start. Rear wheel must land on the target.

Riders can choose if they go left or right. But for progression 2 & 3 must return to start.

For progression 2 & 3, the rear wheel must return to the rear wheel start.

Progression 1 must be done in one movement either left or right.

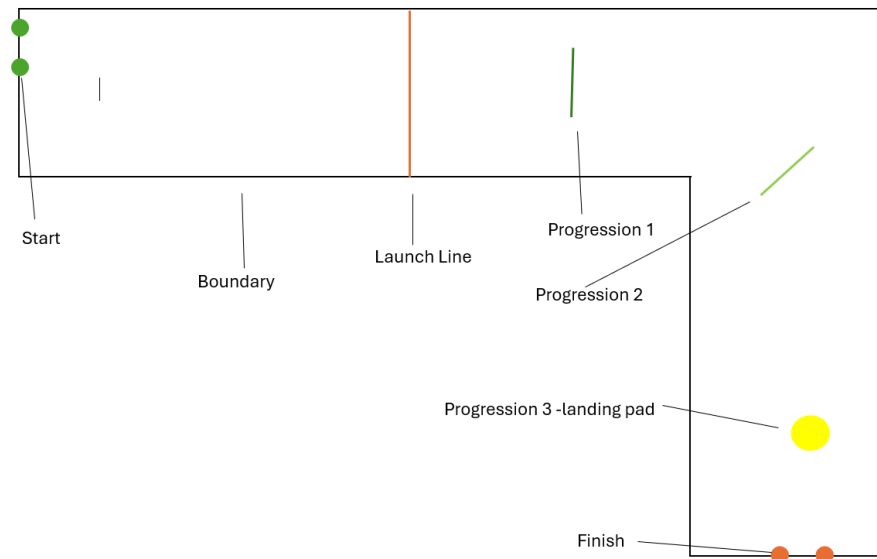
Progression 2 & 3 must be done in one movement either way. So two movements total.

I.e - Progression 3 - 1 movement from start to 90° right, balance, one movement back to start 90° to the left.

Riders rear wheel cannot touch the ground with the exception of the Start and Target Zones.

Do not put a foot down in between progressions.

Balance – Manual



Objective: Riders are able to pedal from the start to the launch line. Riders must have the front wheel launched prior to the launch line. From here riders pass through the gates of Progression 1, Progression 2 before placing the front wheel down on the landing pad and riding through the station finish.

Station Specific Rules

Front wheel must be up before the launch line.

Riders cannot pedal during the launch phase.

Once the wheel is in the air, riders cannot pedal.

Rear wheel must pass through progression 1 with the front wheel remaining in the air.

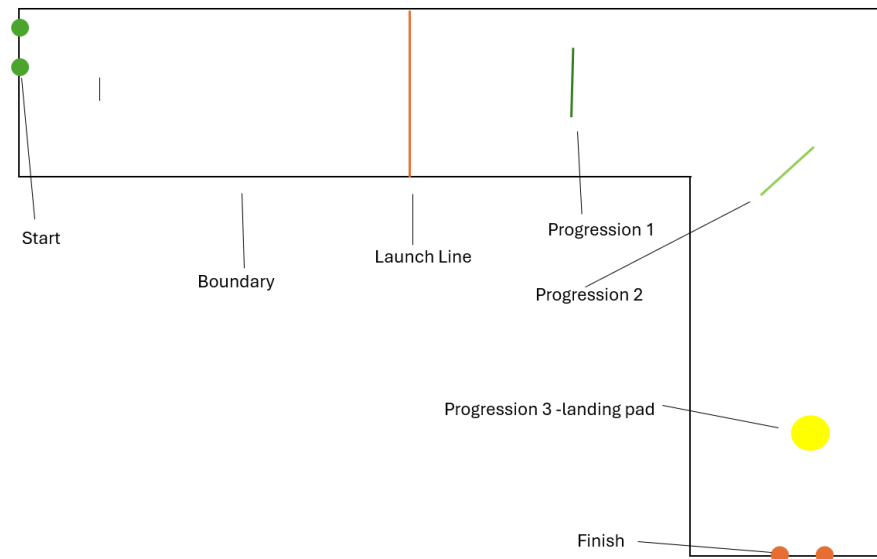
Rear wheel must pass through progression 2 with the front wheel remaining in the air.

Rider touchdown the front wheel on the landing pad to complete progression 3 then finish.

Once the rider touches down the front wheel they can pedal again.

All station progressions are attempted together.

Balance – Wheelie



Objective: Riders are able to pedal from the start to the launch line. Riders must have the front wheel launched prior to the launch line. From here riders pass through the gates of Progression 1, Progression 2 before placing the front wheel down on the landing pad and riding through the station finish.

Station Specific Rules

Front wheel must be up before the launch line.

Riders can pedal at any time.

Rear wheel must pass through progression 1 with the front wheel remaining in the air.

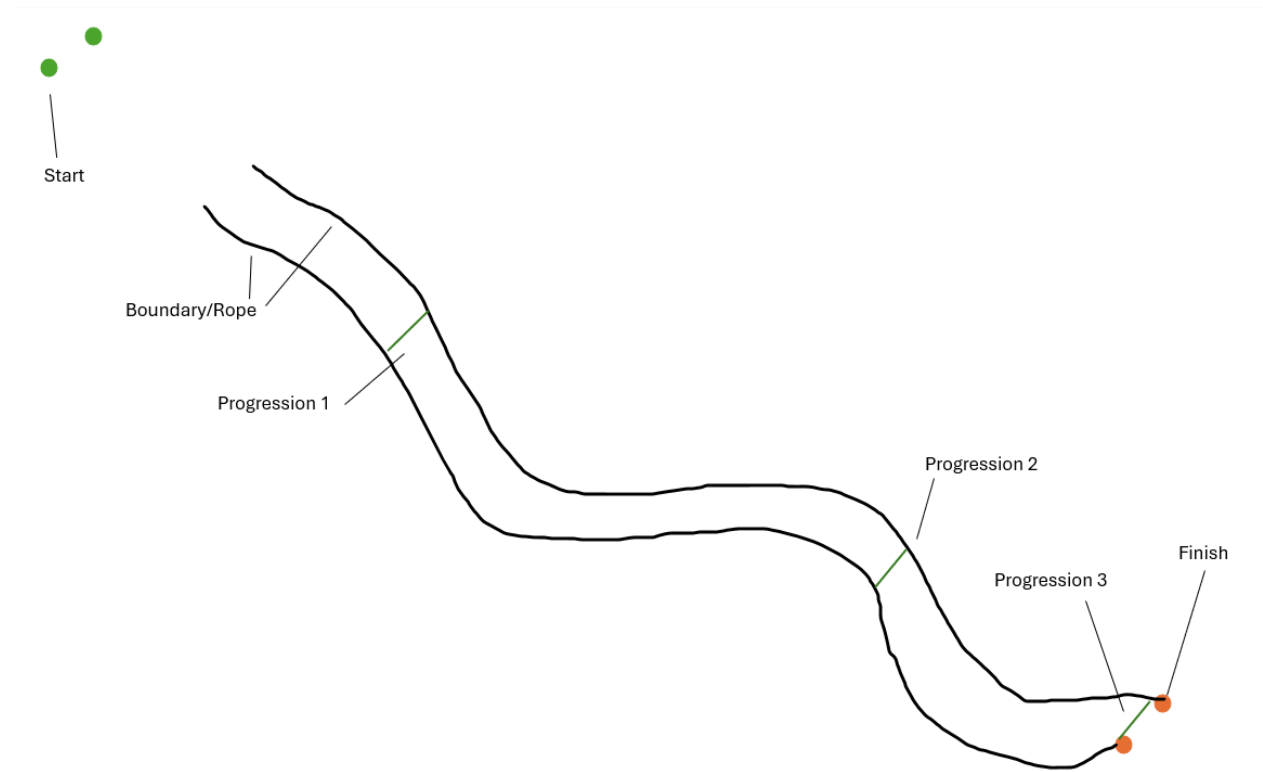
Rear wheel must pass through progression 2 with the front wheel remaining in the air.

Rider touchdown the front wheel on the landing pad to complete progression 3 then finish.

All station progressions are attempted together.



Balance – Pedal Tap Rut



Objective: Riders are able to complete the simulated rut from start to finish using their momentum and pedal taps only and staying inside the boundary.

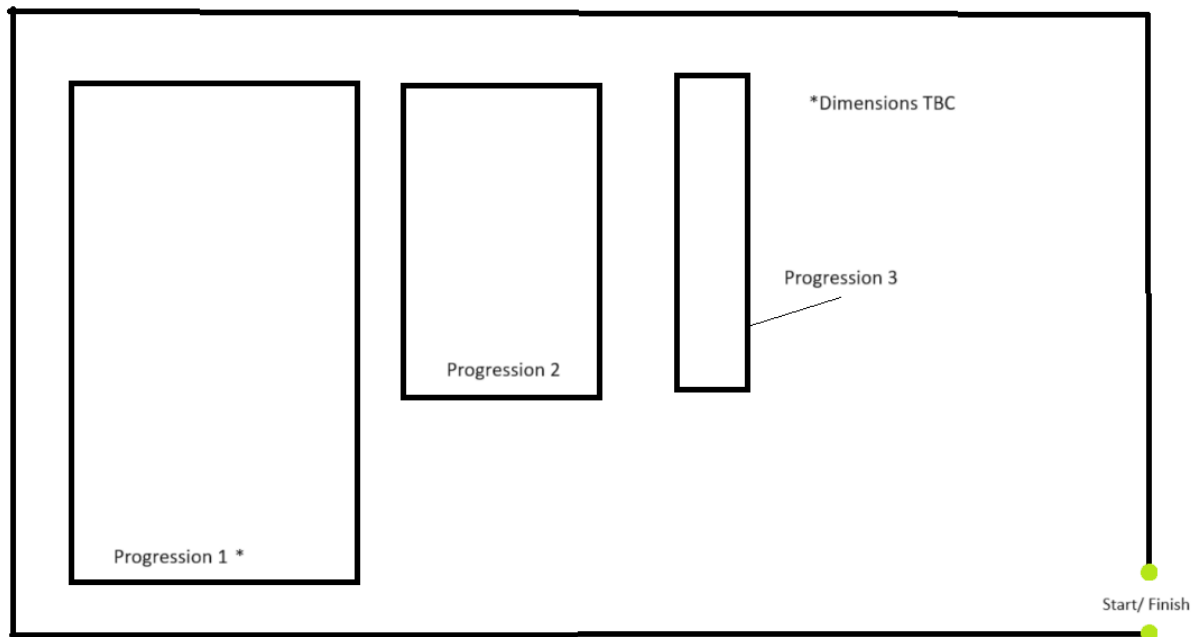
Station Specific Rules:

Riders can only generate speed by pumping and pedal tapping. This includes getting up to speed. If a rider's pedals pass 12 & 6 (top and bottom) of the pedal stroke then this will be considered pedally. They will receive 0 points (or the last progression they completed prior to pedalling).

Your wheels can touch the station boundary, ie: rope/hose. But cannot go outside of it. If the boundary is marked with tape may touch their tyre on the tape but cannot press the tape.

All station progressions are attempted together.

Balance – Track Stand



Objective - The rider is able to track stand for:

20s in box A for progression 1.

20s in box B for progression 2.

20s in box C for progression 3 and leave through the finish.

Station Specific Rules

Riders are not able to hop.

Riders are to enter the progression box from any angle, commence a trackstand, then call start. The Station Lead will call start back to them. At this point, the progression timing will commence. After 20s the Station judge will call to notify the rider that they have completed that progression. The rider can leave the box, take a moment to reset before commencing the same procedure in the next box.

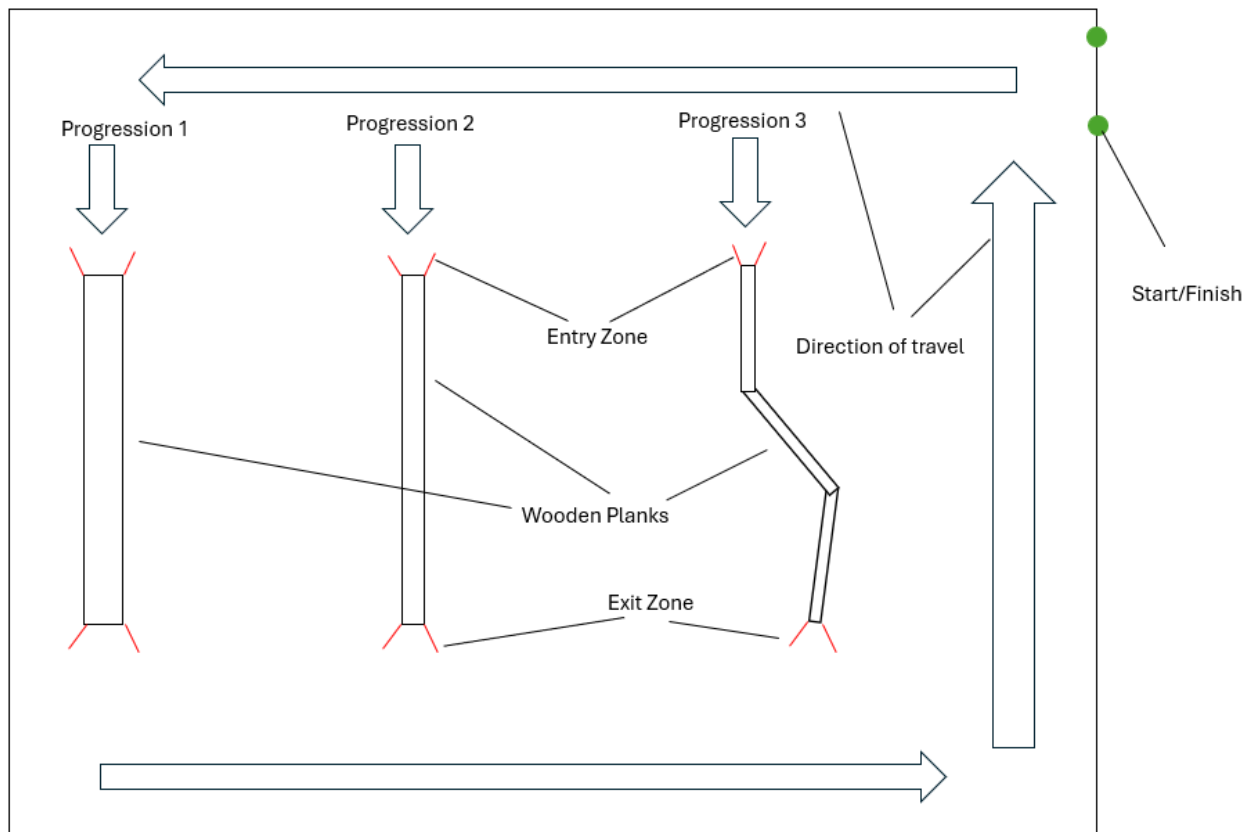
Riders cannot put a foot down during or in between progressions.

Riders can touch the boundary of the station/progression, but their tire cannot press down on the boundary.

If a riders wheel presses or crosses the progression boundary then they will fail that progression.

Do not put a foot down between progressions.

Balance – Skinnies



Objective: Complete the progressions in order by enter the Entry Zone, riding the skinny, and exiting through the exit zone, then moving to the next progression.

Station Specific Rules

Riders must have both wheels enter through the entry zone.

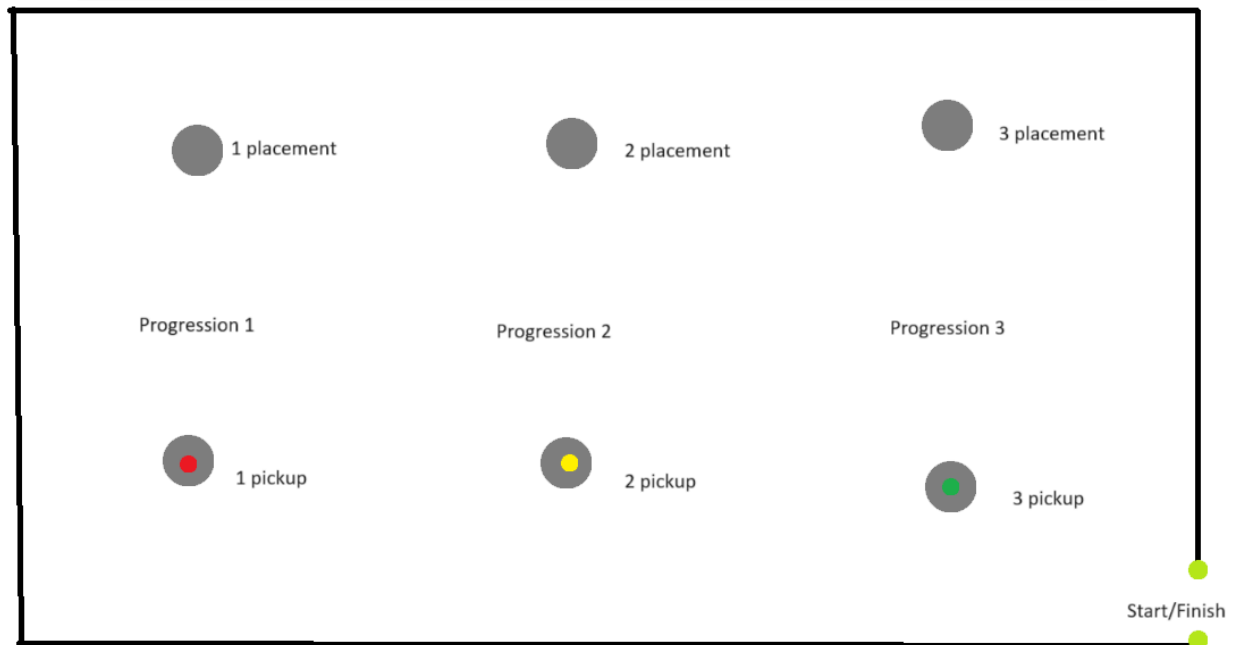
Riders must have both wheels remain on the skinny throughout the progression.

Riders must exit through the exit zone.

Riders may hop.

Do not put a foot down between progressions.

Balance – Prop pickup



Objective - The rider is able to pick up and put down the prop at three different heights promptly while maintaining their balance. The progressions are:

- 1 - Bottle on a stool.
- 2 - Bottle on the ground.
- 3 - Half tennis ball on the ground.

Station Specific Rules

The rider can only use one hand to pick up and place the prop.

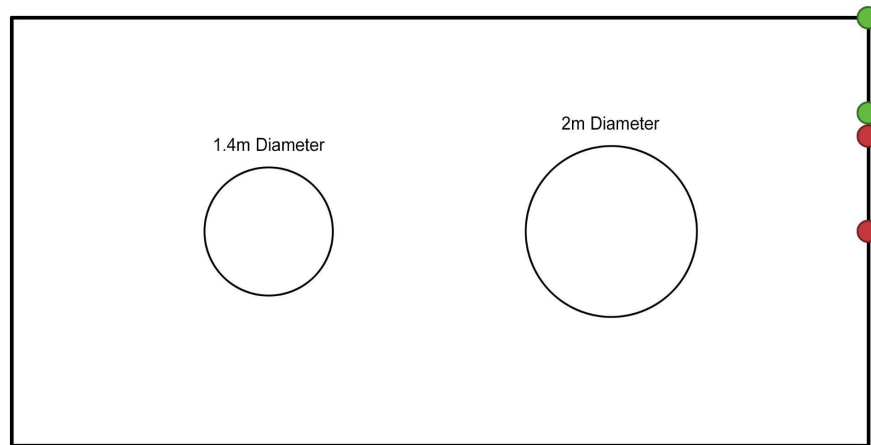
If the prop falls or rolls over while they pick it up or place it down then it will not count.

Once the green flag goes up, the rider can proceed to the next progression.

Once the rider picks up the prop, they cannot make unnecessary additional turns etc to buy time for regaining balance. The rider needs to proceed to the placement and execute as best they can.

Do not put a foot down between progressions.

Balance – Pedal Tap Circles



Objective: Riders complete the requirements of the first pedal tap circle before proceeding to the second and then the third.

Progression 1 - Big Circle: Ride into the big circle so that the back wheel is inside the circle and the front wheel is outside the circle. The rider must then complete **ONE** lap of the circle (360°) without either tyre touching the circle.

Progression 2 - Small Circle: Ride into the small circle so that the back wheel is inside the circle and the front wheel is outside the circle. The rider must then complete **ONE** lap of the circle (360°) without either tyre touching the circle.

Progression 3 - 2x Small Circle: Ride into the small circle so that the back wheel is inside the circle and the front wheel is outside the circle. The rider must then complete **TWO** laps of the circle (360°), in the **OPPOSITE** direction to progression 2, without either tyre touching the circle. Riders can stop but **MUST** keep their foot off the ground.

Station Specific Rules

Riders cannot restart.

The rider must enter the circle, and commence a trackstand, then the rider can call start when they are ready to commence their loop. The Station Lead will call back to that rider. From here the rider can commence.

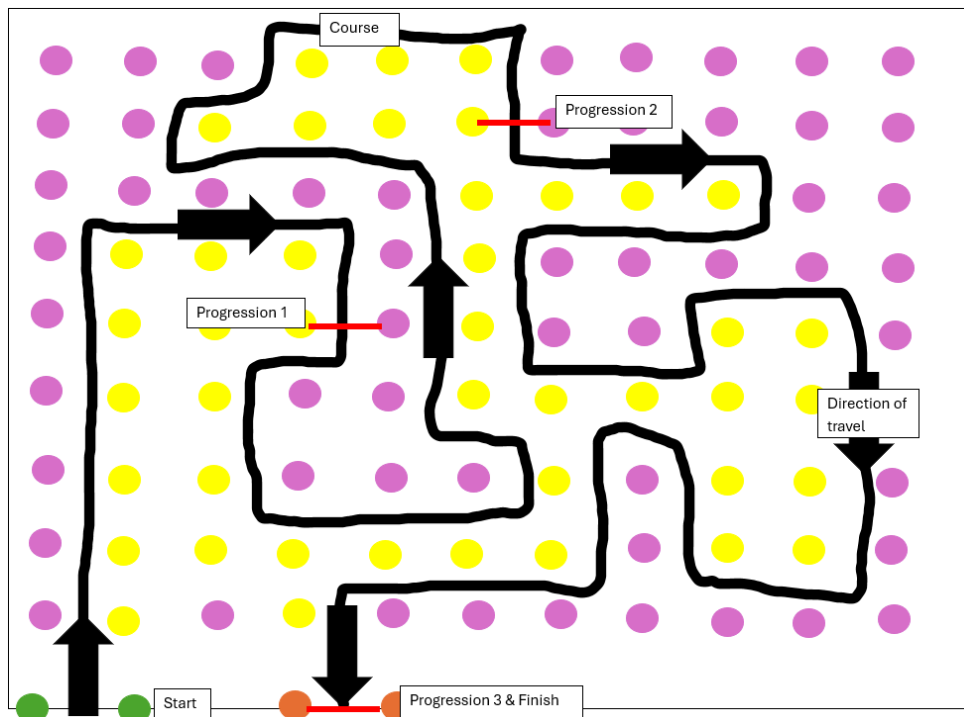
The Station Lead will call finish and hold up a green flag when the progression is completed.

If a rider's tyre presses on the circle then the rider is unsuccessful.

Riders may hop.

Do not put a foot down between progressions.

Balance – Tight Corners



Objective: Riders are able to complete the course of tight corners without pressing on the boundary. The further the riders go, the more progressions they complete.

Station Specific Rules

Riders must keep the color X (Yellow) cones on their right the entire duration of the course.

Riders may touch the boundary, but not press on it. This is entirely up to the perspective of the Station Judge(s).

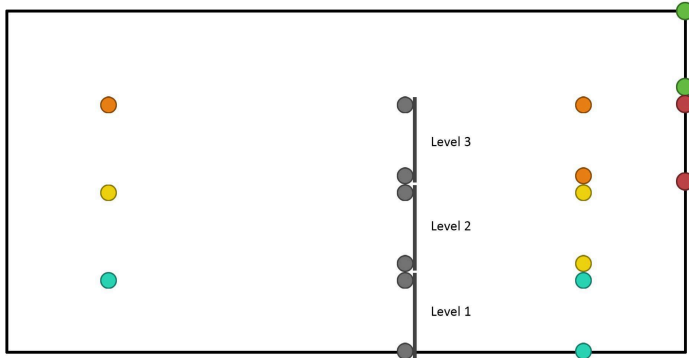
Riders may hop in any direction.

Riders may not hop over a cone.

All station progressions are attempted together.

Hop/Jump (Station 3&4)

Hops – Height



Objective: Riders start with one foot on the ground outside the marked station area, entering through the cones.

Progression 1 - Low bar: Ride around the cone, jump over the progression 1 bunny hop.

Progression 2 - Medium Bar: Ride around the cone, jump over the progression 2 bunny hop.

Progression 3 - High Bar: Ride around the cone, jump over the progression 3 bunny hop exit the station.

Station Specific Rules

Riders can stop but **MUST** keep their foot off the ground.

If they knock over the bar while jumping, they fail that level.

Riders **MUST** ride through the cones to finish a level.

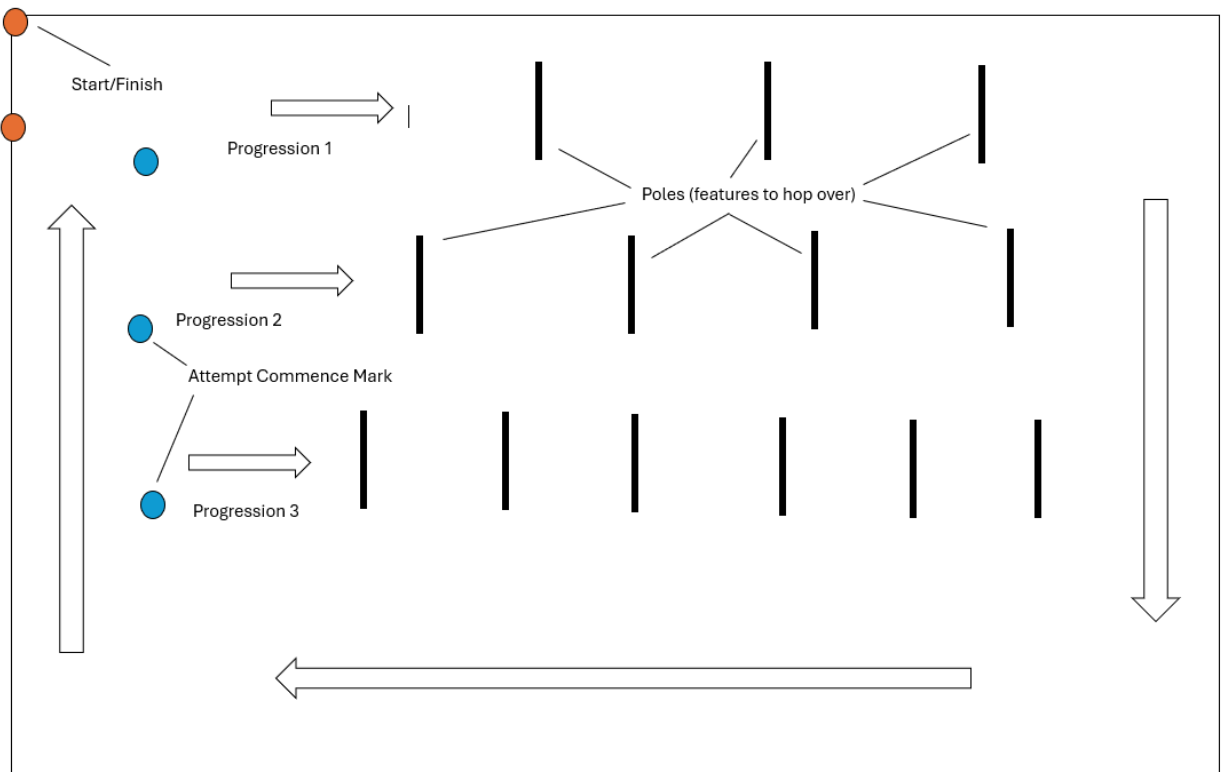
Riders cannot restart.

If a rider knocks the bar and it stays up, it counts as a success.

Do not put a foot down between progressions.



Hops – Timing



Objective: Rider is able to hop over the poles without touching while continuing in a forwards motion.

Station Specific Rules

Once the rider passes the Attempt commence mark they are to commit to that progression.

Riders' wheels cannot touch the pole.

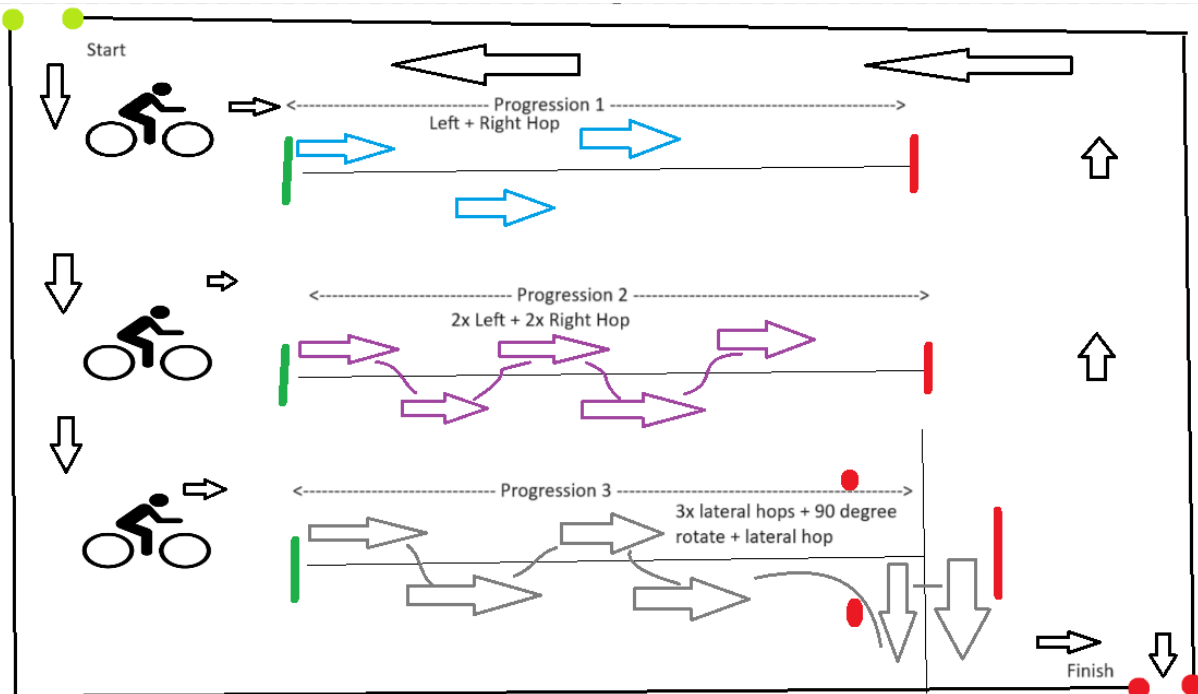
Riders must keep the bike moving forwards at a pace equal to or faster than walking speed (up to the judges discretion).

The rider must attempt the progression in a straight line (staying within the ends of the poles).

The rider may lift one or both wheels at a time.

Do not put a foot down between progressions.

Hops – Lateral



Objective: Riders are able to complete the three lateral hopping progressions without touching the obstacle.

Progression 1 - Ride through the cones, hop sideways over the line and back.

Progression 2 - Ride through the cones, hop sideways over the line and back twice.

Progression 3 - Ride through the cones, hop sideways over the line and back twice, then hop 90 degrees clockwise or anticlockwise, then hop over the second line and back. Ride out the station finish.

Station Specific Rules

It is the rider's choice if they commence Progression 1,2 and 3 with a left hop or a right hop.

It is the rider's choice on Progression 3 if they rotate clockwise or anticlockwise.

Riders can stop but **MUST** keep their foot off the ground.

If the rider touches the obstacle during the activity, they fail that level.

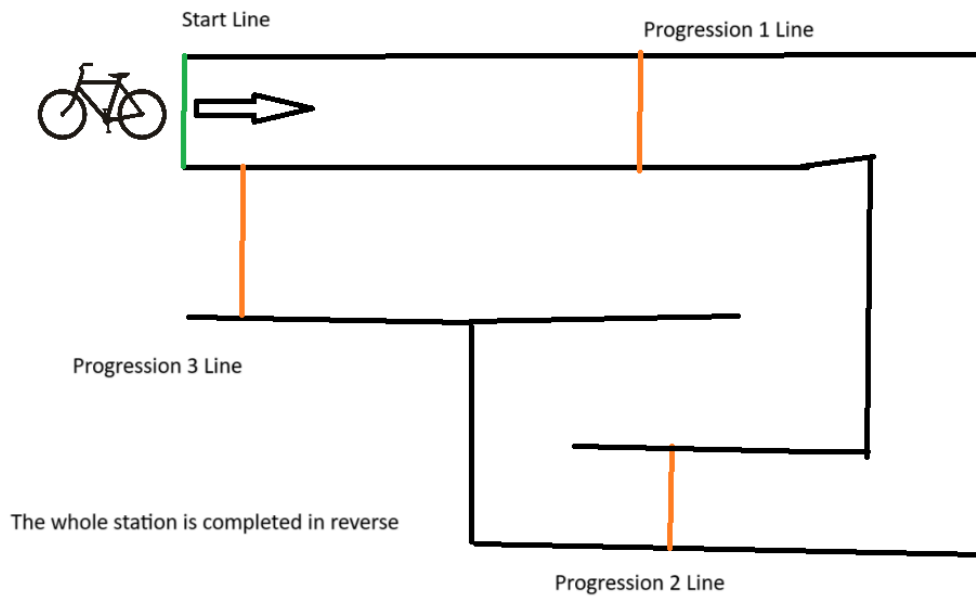
Riders **MUST** ride through the finish cones to finish a level.

Riders must complete each hop in the space that the obstacle occupies so the wheel lifts over the obstacle.

Do not put a foot down between progressions.

Hops – Reverse

*This is not the actual layout, just an example



Objective: The rider is able to complete the 3 progressions course by moving in a backwards direction without pressing their wheel on the boundary.

Station specific rules:

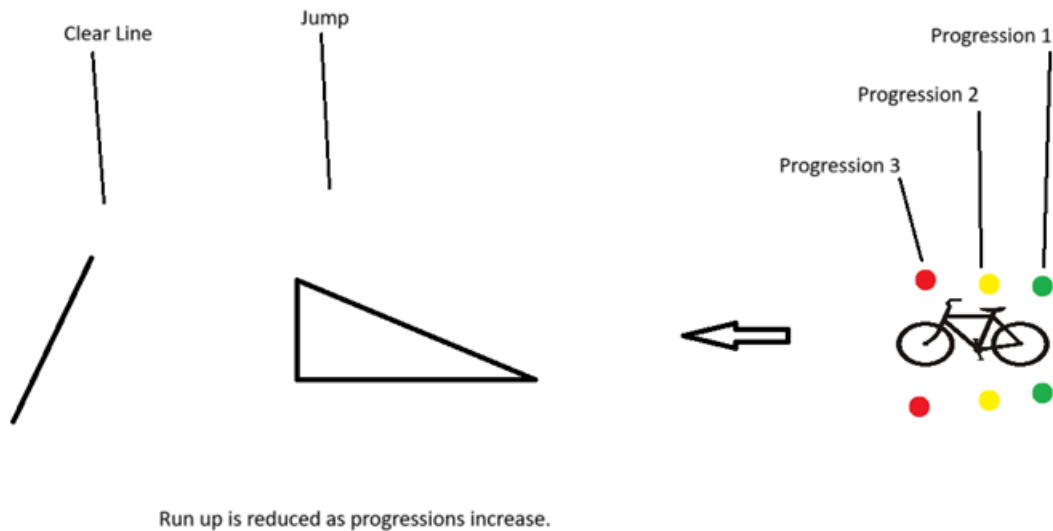
Rider must start facing away from the start line.

Rider must complete the course in a backwards motion.

Riders' tires cannot cross the boundary line.

All station progressions are attempted together.

Jump - Pop



Objective: Rider is able to pedal in from each progression line, generate speed, take off on the jump, generate lift and clear the line. As progressions increase, the runup is reduced.

Station Specific Rules:

All progressions must be completed inside the station boundary.

Riders can hop on the spot/trackstand, but must come to a stop before commencing their attempt.

The judge must give the “Start” call when they are satisfied your front wheel is on the appropriate progression mark.

To successfully complete the progression the rider must clear the ‘Clear Line’.

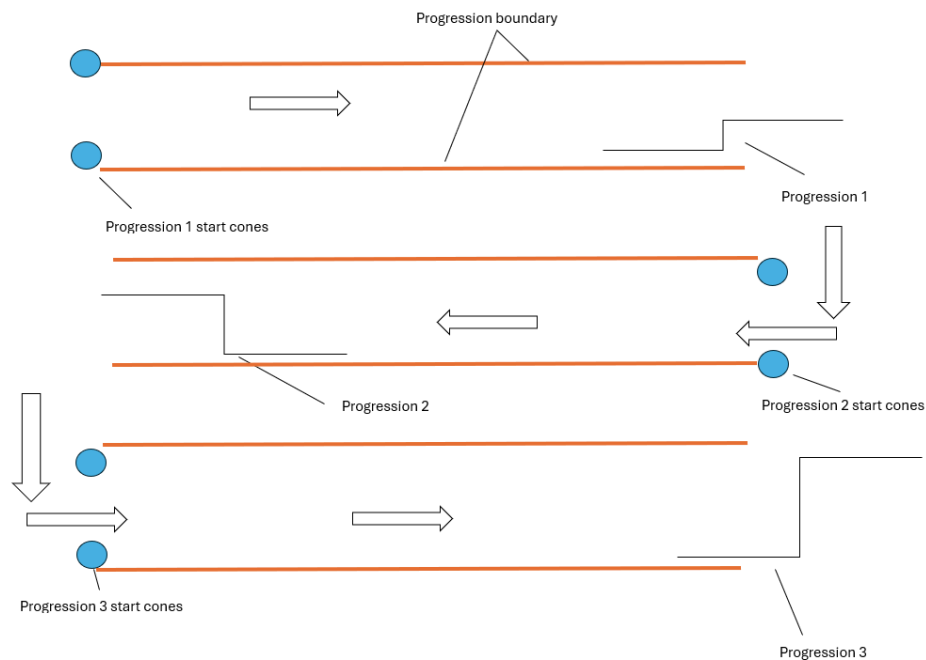
Progression 1 – Longer run up, start with one foot on the ground.

Progression 2 – Moderate run up, start with trackstand.

Progression 3 – Shorter run up, start with trackstand.

Do not put a foot down between progressions.

Hop – Stepup



Objective: Rider is able to ride up a terrace or step to a new elevation.

Station Specific Rules:

The first progression you can start with one foot down at the start cones the following Progression 2 and 3 you must start in a track stand.

The judge allows the rider to commence by calling start when they are satisfied the rider is ready trackstanding with their front wheel between the cones. Pedal to the step up. Complete the step up.

The rider must get their body and bike up the step up while maintaining balance and control for it to count.

The rider must stay within the progression boundary.

Progression 1 – Start with one foot on the ground.

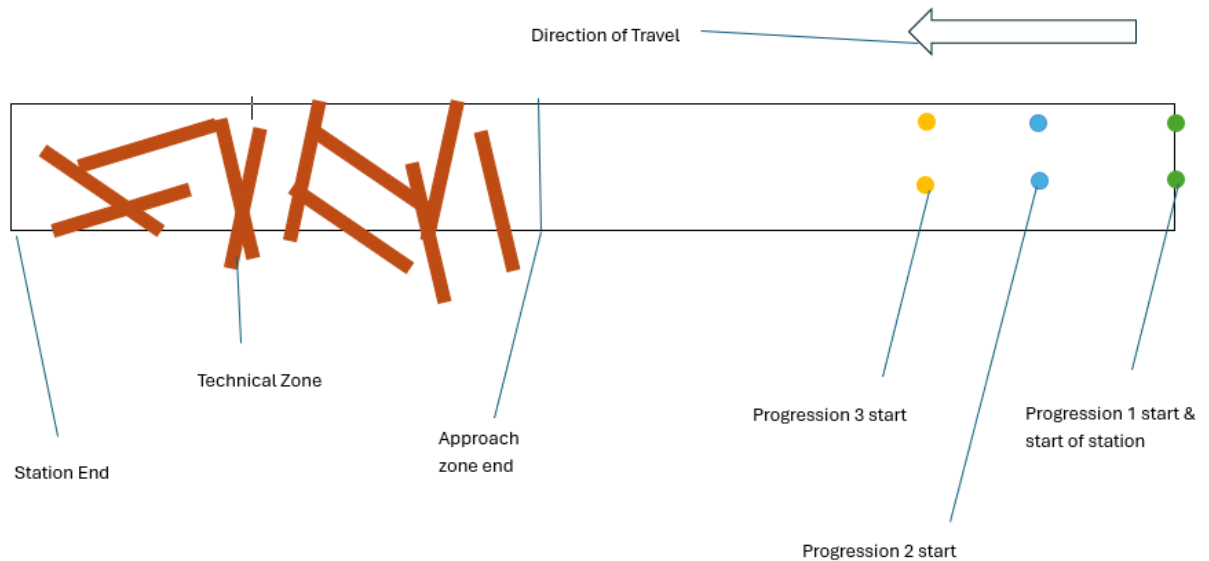
Progression 2 – Start with trackstand.

Progression 3 – Start with trackstand.

Do not put a foot down between progressions.

Momentum Transfer (Station 5)

Momentum Transfer – Natural Roots



Objective: Rider is able to accelerate, then stop pedalling and carry their momentum through the uneven rooty section on the ground. Each progression gets harder as the riders approach distance is shortened.

Station Specific Rules:

No pedalling in the technical zone.

Start with a track stand. The judge allows the rider to commence. Pedal to the end of the approach zone. Then no pedalling.

If the rider puts foot down inside the technical zone or goes out the side of the technical zone then they fail the progression.

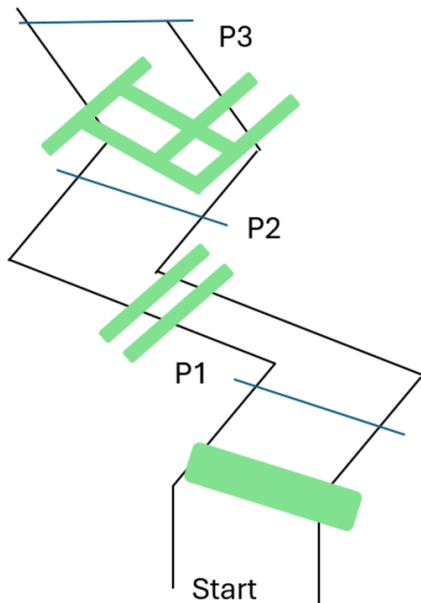
Progression 1 – Start with one foot on the ground.

Progression 2 – Start with trackstand.

Progression 3 – Start with trackstand.

Do not put a foot down between progressions.

Momentum Transfer – Technical Climb



Objective: Rider is able to ride up the hill, over the obstacles and past each progression line while maintaining balance, momentum and staying inside the station boundary.

Station Specific Rules:

The rider will start at the start with one foot on the ground.

Rider must stay inside the station boundary.

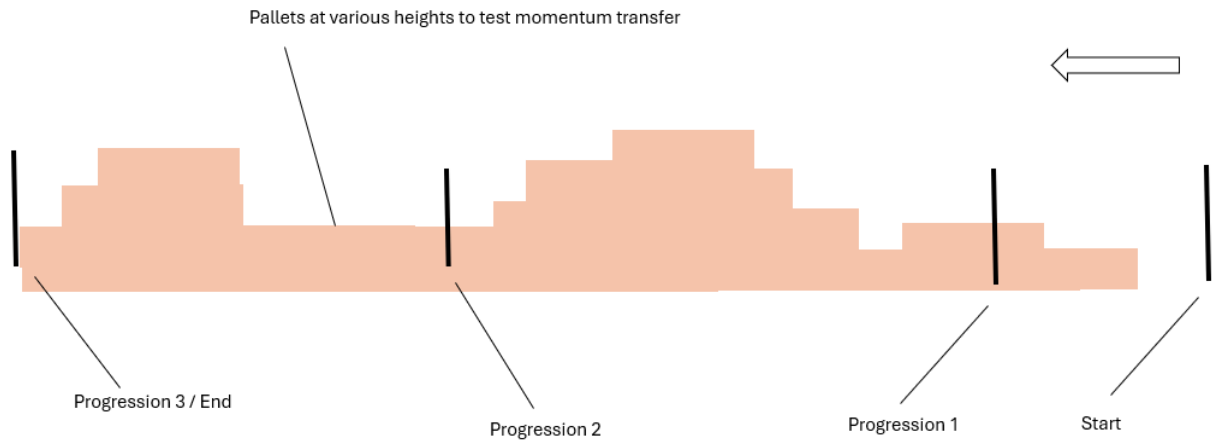
Rider cannot go backwards.

Rider may hop or trackstand.

As the rider progresses up the hill the gradient and or obstacles will become more challenging.

All station progressions are attempted together.

Momentum Transfer – Pallet rhythm



Objective: The rider can make their way past the progressions without putting a foot down and staying in the boundaries.

Station Specific Rules:

The rider can pedal, pedaltap or pump through the station.

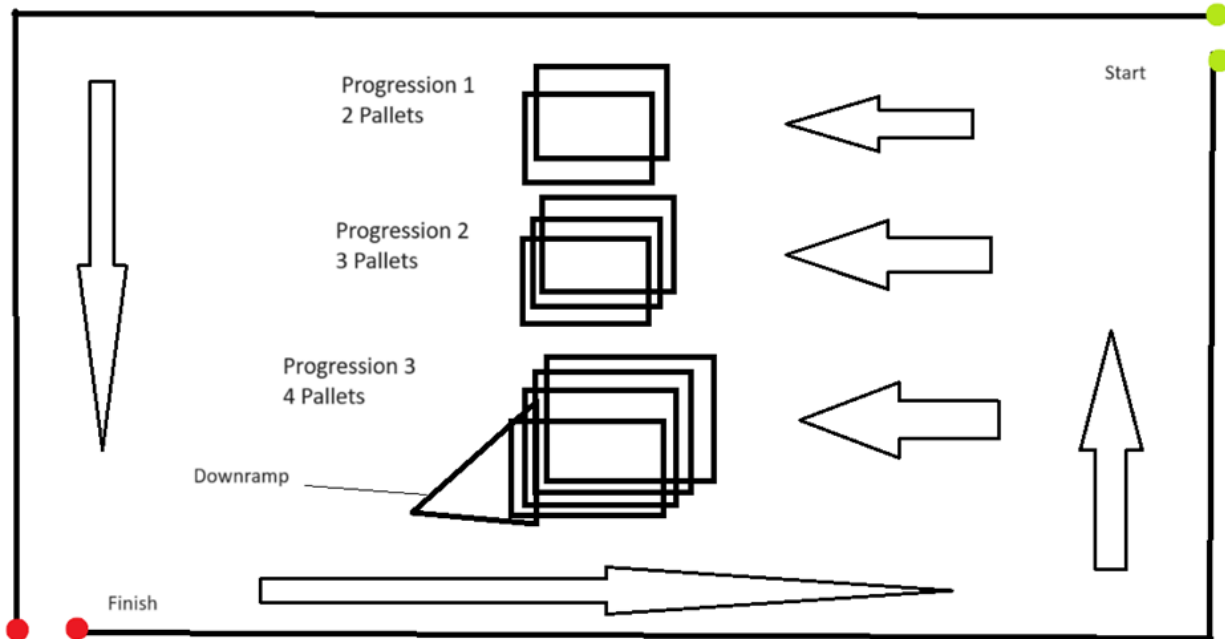
The rider must stay within the station boundary.

Once the rider commences the station, they cannot stop, they must keep moving forward.

Rider cannot touch the pallets with their arm, hand, leg or foot.

All station progressions are attempted together.

Momentum Transfer – Pallet Lift



Objective: Rider attempts one pallet stack at a time, with the goal of maintaining balance while riding over the pallet, then moves to the next progression.

Station Specific Rules:

Riders cannot put their foot down once the station is commenced.

Riders cannot leave the station boundary.

Riders can commence their runup from anywhere within the station boundary.

Each progression must be attempted from the correct direction.

The rider can pedal, pedaltap or pump through the progression.

Riders cannot touch the pallets with their arm, hand, leg or foot.

Riders must demonstrate control when completing the progression.

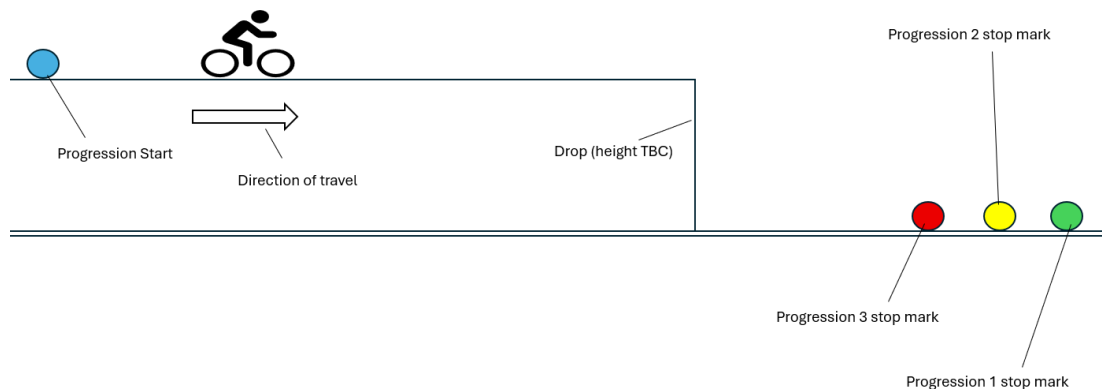
Do not put a foot down between progressions.

Miscellaneous (Station 6)

Station Details vary from venue to venue. The Three progressions will be made clear during the briefing. The station could be one of the examples outlined below, one of the previously mentioned balance, jump, or momentum transfer station or a new station entirely.

Miscellaneous Station example:

Miscellaneous - Controlled Drops



Objective: The rider is able to ride up to, complete the drop and then come to a stop within a limited distance.

Station Specific Rules:

The rider commences the progression a one foot on the ground, and may start in their own time. Once the rider completes the drop, they stop before the furthest cone. They hold a trackstand to demonstrate control. Once the judge is satisfied they've stopped, the judge will call 'complete', then the rider returns to the progression start for the next attempt.

The drop height is still TBC, but should be high enough that the rider needs speed to approach it, but low enough it is not a significant hazard for an XC bike.

The rider makes one individual attempt per progression.

The rider cannot hop backwards or on the spot after riding the drop and prior completing.

The rider must launch the drop from the specified point.

The rider may walk or ride back to the progression start once the judge has called 'complete' for a progression.



Timed Stations

Timed Flow Station (Station 7)

Timed Flow - Slalom

Objective: Complete this high-speed zig zag slalom in the fastest time possible in open terrain.

Station Specific Rules:

Riders can practice this station.

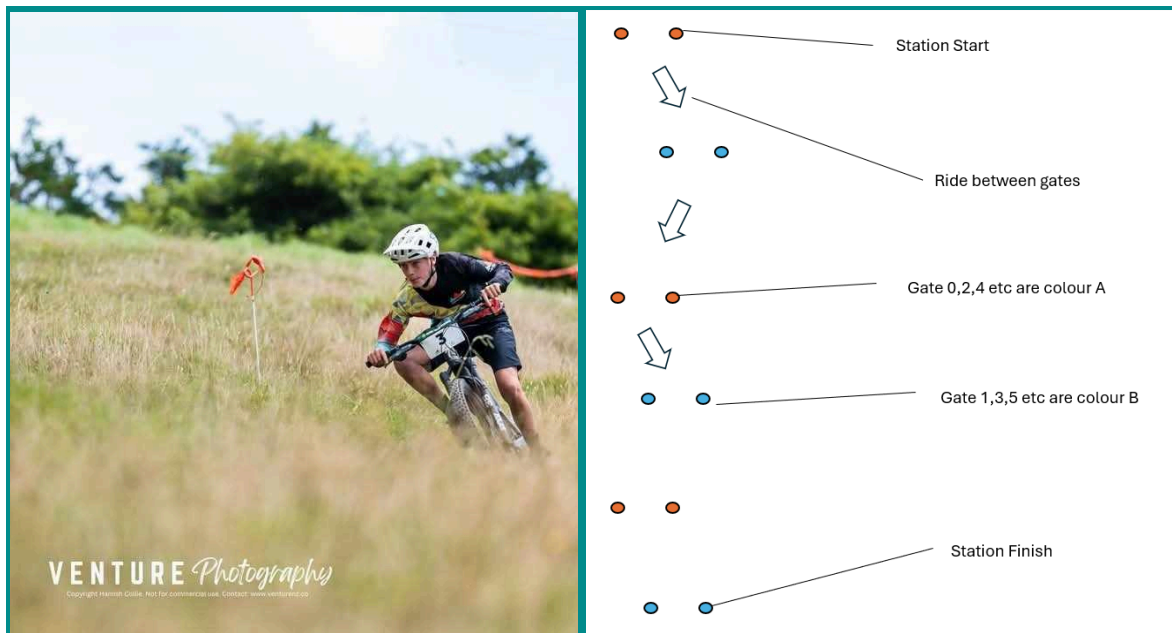
Riders get one race run.

Riders are penalised 10s for every corner they miss.

Riders must start stationary, with one foot on the ground.

Riders cannot go backwards.

There is no penalty for falling over.



Timed Flow - Pump track

Objective: Complete the rolling section of trail/pumptrack without pedalling during the timed section as quickly as possible.

Station Specific Rules:

Riders can practice this station.

Riders get one race run.

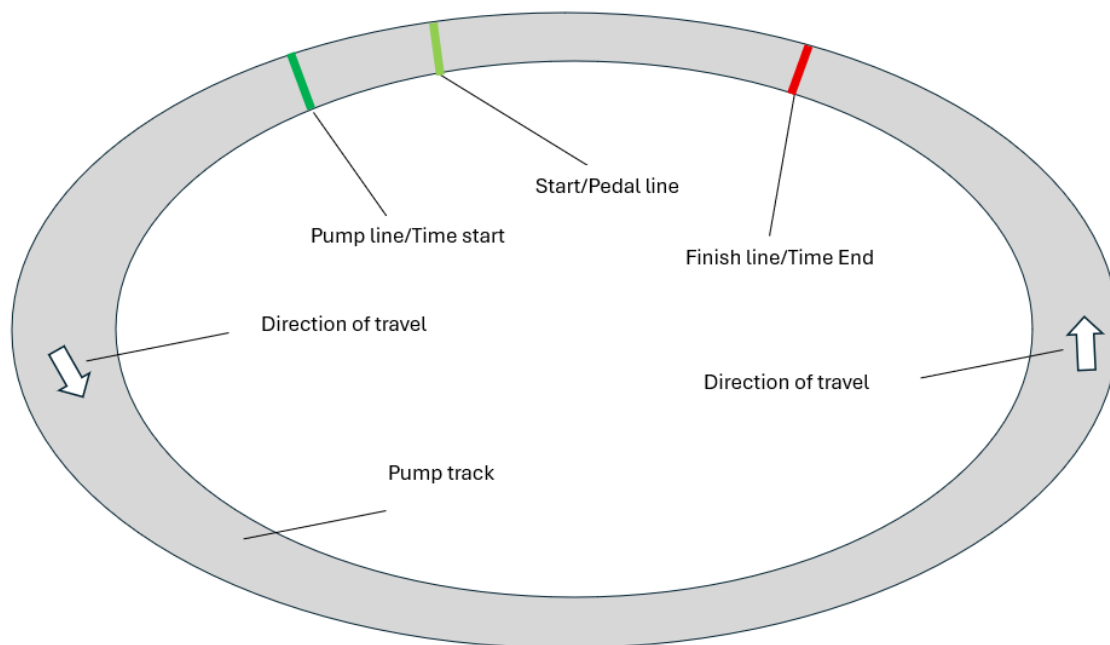
Riders must start stationary, with one foot on the ground.

Riders may pedal to the pumpline.

Riders may not pedal after the pump line

Riders cannot go backwards.

Riders cannot cut the course



Timed Flow - XC Segment

Objective: Complete the high speed XC section of trail with little technicality as quickly as possible.

Station Specific Rules:

Riders can practice this station.

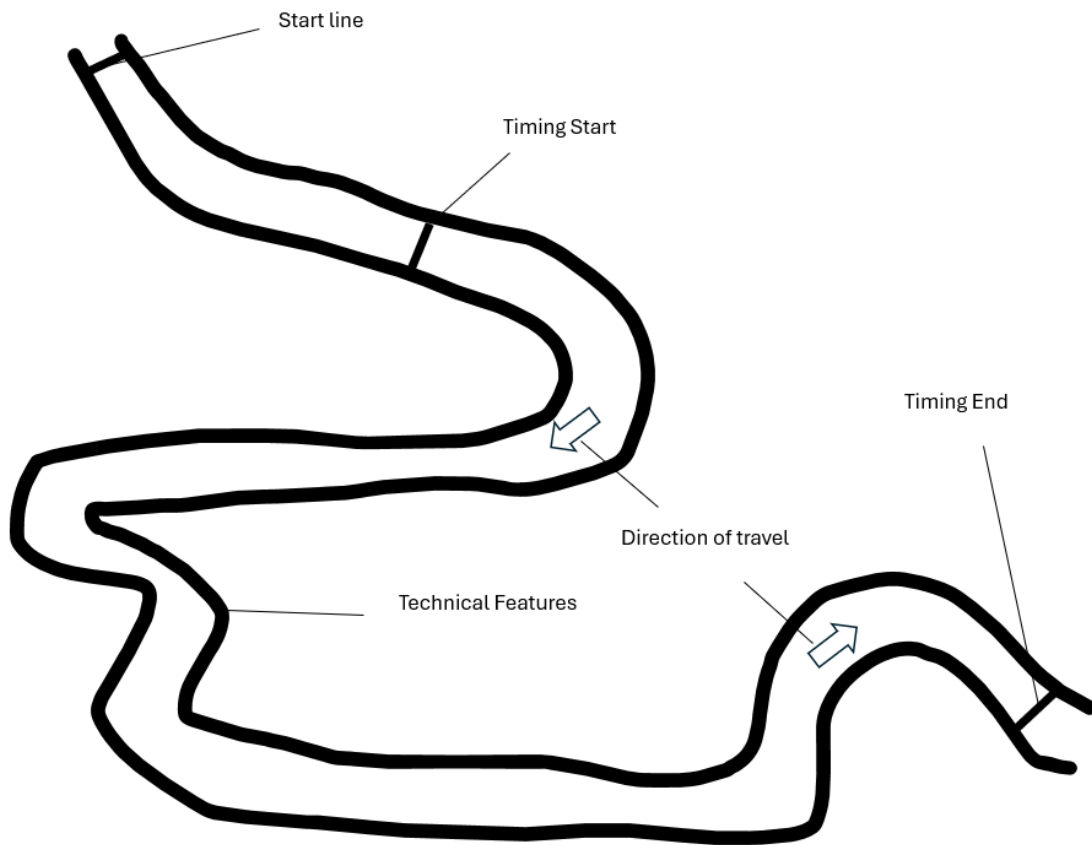
Riders get one race run.

Riders are penalised 5s for every time their foot touches the ground.

Riders must start stationary, with one foot on the ground.

Riders cannot go backwards.

Riders may trackstand or hop.



Timed Flow - Figure 8

Objective: Complete the low speed figure 8 cornering course in the shortest time possible.

The station order:

Lap 1 A anticlockwise 360.

Lap 2 A anticlockwise 180 + B clockwise 360 + A anticlockwise 180.

Lap 3 A anticlockwise 180 + B clockwise 180 + C anticlockwise 360 + B clockwise 180 + A anticlockwise 180.

Lap 4 A anticlockwise 180 + B clockwise 180 + C anticlockwise 180 + D clockwise 360 + C anticlockwise 180 + B clockwise 180 + A anticlockwise 180.

Lap 5 A anticlockwise 180 + B clockwise 180 + C anticlockwise 180 + D clockwise 180 + E anticlockwise 360 + D clockwise 180 + C anticlockwise 180 + B clockwise 180 + A anticlockwise 180. Finish.

Station Specific Rules:

Riders can practice this station.

Riders get one race run.

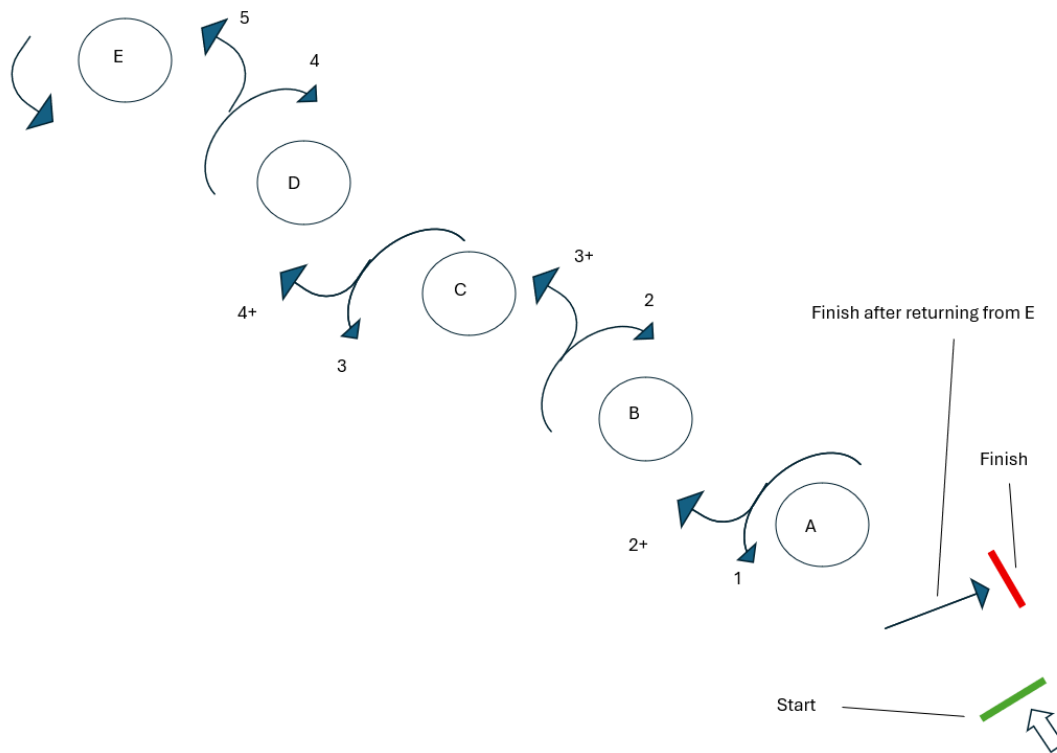
Riders are penalised 5s for every time their foot touches the ground.

Riders must start stationary, with one foot on the ground.

Riders cannot go backwards.

Riders may trackstand or hop.

It is the riders responsibility to navigate the station.



Timed Technical Station (Station 8)

Timed Technical - Climb

Objective: Complete this challenging technical climb in the shortest time possible using any line within the boundary to navigate the challenging features and gradient.

Station Specific Rules:

Riders can practice this station.

Riders get one race run.

Riders are penalised 5s for every time their foot touches the ground.

Riders must start stationary, with one foot on the ground.

Riders cannot shuffle feet across the ground.

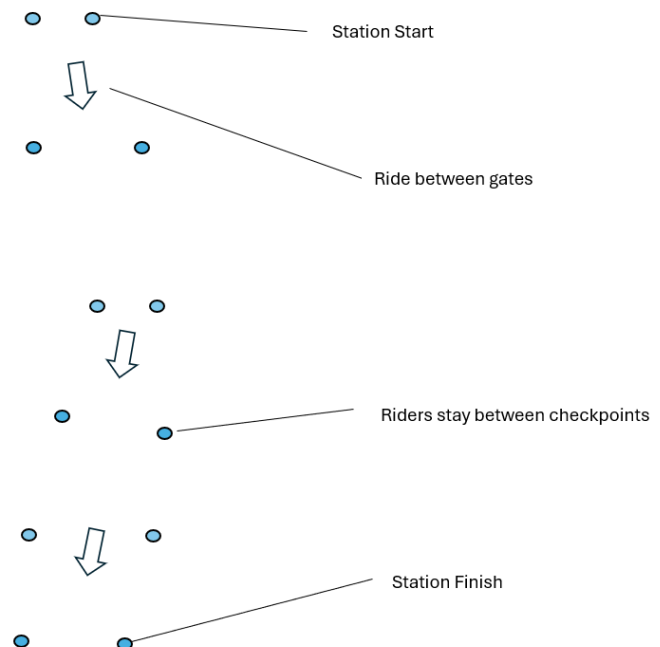
Riders cannot go backwards on the course.

Riders may zig zag within the course as long as they progress in elevation or towards the end.

Riders may track, stand or hop.

If a falls over, there is a 5s penalty.

If a rider walks a section of the station, or to the end of the station, this will be considered a 'forfeit' and they will be allocated the same time as the slowest rider to complete the course of that day's competition (across any category) + 30s.



Timed Technical - Artificial XC

Objective: Ride through the section of man made features in the shortest time possible.

Station Specific Rules:

Riders can practice this station.

Riders get one race run.

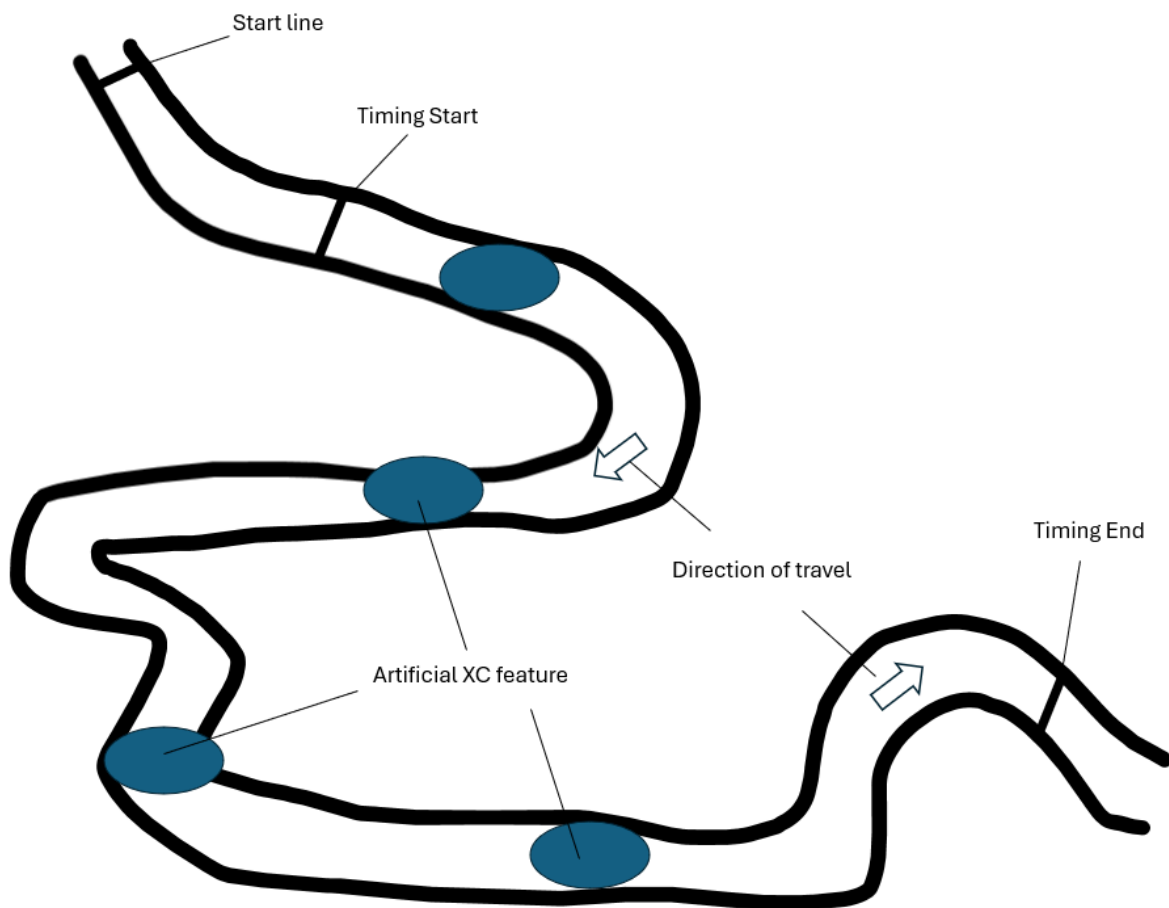
Riders are penalised 5s for every time their foot touches the ground.

Riders must start stationary, with one foot on the ground.

Riders cannot go backwards.

Riders may trackstand or hop.

Riders may ride the features or walk the features. However, riders are penalised 5s for every time their foot touches the ground.



Timed Technical - Corners

Objective: Complete a section of trail that includes tough and awkward technical corners as quickly as possible.

Station Specific Rules:

Riders can practice this station.

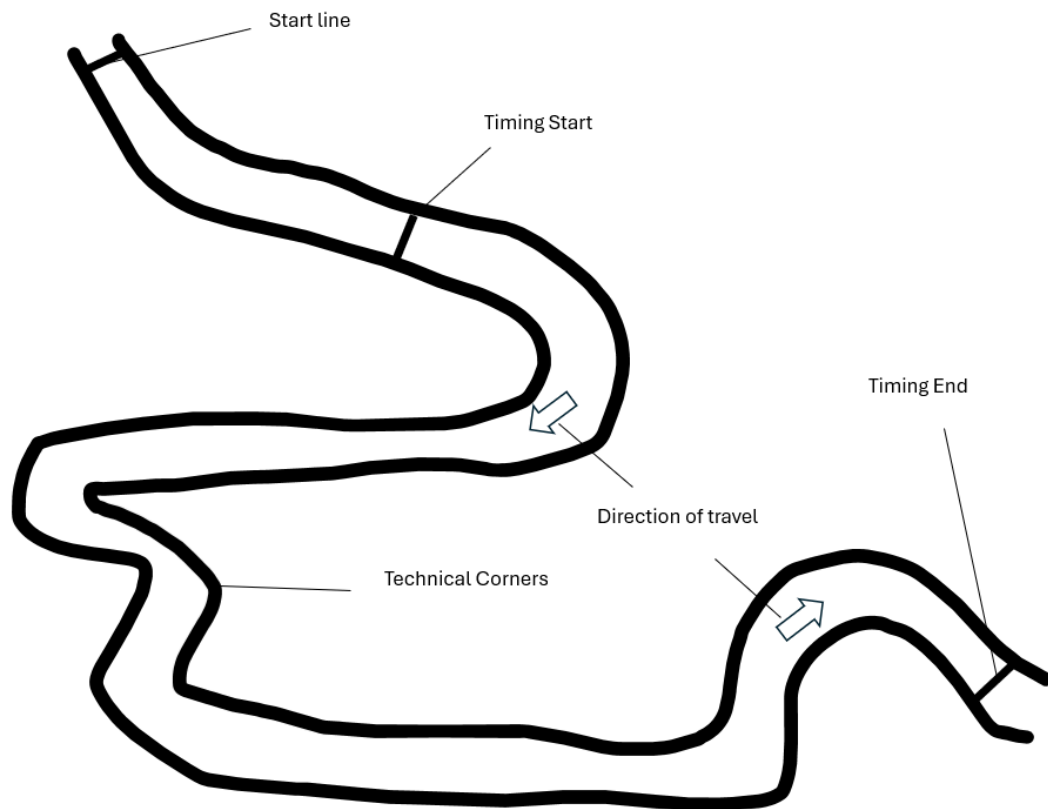
Riders get one race run.

Riders are penalised 5s for every time their foot touches the ground.

Riders must start stationary, with one foot on the ground.

Riders cannot go backwards.

Riders may trackstand or hop.



Timed Technical - DH Segment

Objective: Complete this challenging section of descending trail and tough features as quickly as possible.

Station Specific Rules:

Riders can practice this station.

Riders get one race run.

Riders are penalised 5s for every time their foot touches the ground.

Riders must start stationary, with one foot on the ground.

Riders cannot go backwards.

Riders may trackstand or hop.

