



WBOP PRIMARY SCHOOL MOUNTAIN
BIKING CHAMPS 2026

Technical Skill Testing Guide



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Overview

For 2026 Technical Skill Testing will be used for seeding for the top 5 starting spaces of each category (so long as results can be published in time for race start).

Technical Skill Testing has two primary objectives for WBOP Primary School Champs 2026.

1. Encourage Skill Development at home.
2. Seed the top 5 riders for the XC event.

How It Works

Each rider will race against the clock to complete the 4 checkpoints.

Start → Sprint → Checkpoint 1 → Achievable Feature → Checkpoint 2 → Moderate Feature → Checkpoint 3 → Challenging Feature → Checkpoint 4/Finish

Starter: Releases each rider.

Timer: Records the checkpoint times of each rider.

Judge: Confirms complete or incomplete attempt for each feature.

There is a list of skills/features that could be included at the end of this document.

Rules

Results

- Results are based on who completes all 4 checkpoints in the shortest total time.
- If the clock reaches 2 minutes and the rider has not completed all 4 then the riders attempt stops.
- A countback applies and rankings will then be determined by the number of checkpoints completed. Riders with 3 checkpoints are ranked ahead of those with 2 checkpoints, and so on.

Practice

- Riders may practice their course prior to official practice starting. Riders are encouraged to practice the skills in their own time and space prior to the competition.
- Riders will get a 3-minute shared (with 3 other competitors) practice slot each to practice the features.

Race Run

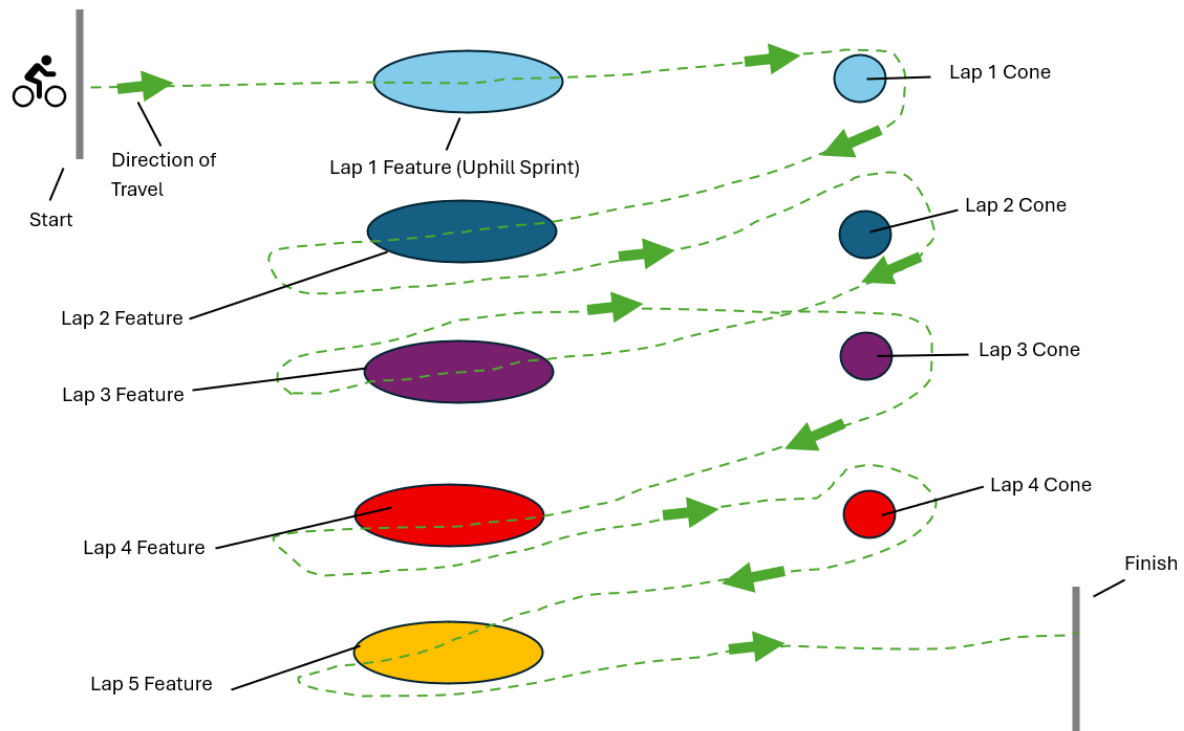
- Riders get one race run each.
- Riders must start stationary, with one foot on the ground.
- Riders will be released every 1.5 minutes.
- If there are two or more riders attempting the same feature at the same time, the rider who most recently started has right of way.
- It is the rider's responsibility to know the location of the start and finish.
- It is the rider's responsibility to arrive at the start at the correct time.
- If a rider finishes or runs out of time, they should promptly remove themselves from the area so the next rider can commence.

Complete & Incomplete Attempts

- Riders must return to the previous checkpoint if they incomplete a feature.
- Incomplete actions include any of the following actions occurring between the rider passing the checkpoint cone and the green flag being raised: foot down, falling off, leaving the TST boundary, damaging or breaking equipment/setup, not completing a stations requirements or tasks or a loss of control. In any of these cases the judge will confirm with a red flag. The rider must return to the most recent checkpoint cone before reattempting the feature.
- Once a rider completes the feature in control (confirmed by the judge's green flag) they can move to the next checkpoint cone/finish.
- Riders may track stand or hop in any direction.

TST Layout*

**Please note that this diagram displays 5 features & checkpoints. For WBOP Primary School race riders will aim to complete only 4 checkpoints.*



Event Director Notes

- We (DirtCraft) have noticed a lack of a broader range of skills in XC riders from New Zealand when compared to competitors in Europe. With the primary factors of aerobic fitness and physical growth being heavy contributors to early age success in XC events, we're utilising TST to encourage **broader skill development** for all young MTB riders.
- A byproduct we've noticed with this approach is that NZ riders are not used to **performing under pressure** when competing overseas, as so much of MTB happens outside of spectator line of sight. TST allows riders to go through the learning experiences pressure provides at an earlier age to assist with their development journey.
- **We encourage riders to set up and practice TST features at home.**
- We invite parents/schools to get behind this initiative and **help facilitate healthy skill learning and confidence growth** for the next wave of NZ MTB riders.

TST Feature Examples

Grass figure 8s (Tight Cornering)

Rope Rut (Balance)

Pallet lifts (Momentum Transfer)

Pallet Rhythm (Momentum Transfer)

Bunny Hops (Lifts)

Lateral hops (Lifts)

Skinnies (Balance)

Pedal Tap Circles (Tight Cornering)

Timing Hops (Lifts)

Reverse Hops (Lifts)

Drops (Various)

Tech Climb (Various)

Step up (Lifts)

Natural Roots (Momentum Transfer)

Pump Track (Flow)

Other (Various)

See below a bunch of photos to help give you inspiration for your own practice setup

