

MTBO Safety Rules & Guidelines

In order to compete safely and fairly in a club MTBO event please follow the rules and guidelines as follows:

1. Helmets are mandatory.
2. A serviceable bike is required.
3. You must stay with your bike at all times.
4. You must stay on mapped paths at all times. Riding or running with bikes cross country is not allowed. This rule may be waived provided the organiser has published the rules and has negotiated permission to ride cross country.
- * See point 21 below regarding the symbols for "permitted to ride"
5. Controls on linear courses must be visited in numerical order.
6. Give way to members of the public on foot or on horseback.
7. When overtaking pass the other cyclist on the right and shout loudly "on the right"
8. In a head on situation both parties turn to the left.
9. Take extra when approaching roads with traffic. Obey the Highway Code when on a road.
10. Riders travelling uphill must be given priority.
11. At an intersection the rider on the smaller path must give way to the rider on the larger path.
12. Slower riders should give way to faster riders.
13. Take extra care when head down reading the map or approaching another rider head down. Shout warnings as appropriate.
14. Do not loiter at a control site. Use SIAC if possible to speed through controls.
15. Move well clear of the track if stopping for any reason (including reading the map).
16. The events will normally use a punching start and either a punching or SI air finish. Specifics will be given in event details.
17. MTBO maps are similar to foot orienteering maps but contain less detail. There are no form lines and only 2 grades of forest (white - open forest, green -the rest). Many small contour and rock features are not mapped.
18. The main difference from foot orienteering maps is the grading of tracks and paths. Tracks are wide enough for 2 cyclists to pass and paths are narrower and generally difficult for cyclists to pass. Tracks are drawn with thick width black symbol and paths are shown with a narrower width symbol.
19. Tracks and paths are classified into 4 speed bands. Fast (75-100% of possible riding speed on a hard smooth surface). Medium (50 - 75%), slow (25 - 50%) and very slow ((0 - 25%). Fast is shown with an unbroken line, medium with large dashes, slow with smaller dashes and very slow with tiny dashes that look like dots.
20. There are 3 important magenta coloured symbols in use. A dash across a track signifies a hazard - usually a fallen tree that can be crossed with care. If an obstacle cannot be crossed or the track is out of bounds a magenta X will be marked on the track. For one way tracks a magenta V pointing in the allowed direction of travel will be shown.
21. There are 2 symbols that allow for riding off-paths. It is permitted to ride in open areas coloured orange and forest areas shown with black dots.
22. Control descriptions are not used and control codes are printed after the control number on the overprinted map of the course.

Please contact normtbo@gmail.com if you have any questions or comments.