CROSS COUNTRY POLICY
KEEP IT QUICK, DIRTY, AND COMPETITIVE

The Intermountain Cup Cross Country Series has been designed with you in mind. From Beginners to Elites, riders can test their mettle on these epic lap courses in some of the most beautiful single-track scenery in Utah. Each course generally consists of one lap of roughly 7 miles. Elite riders do more laps (roughly 21 miles) while Beginners do fewer laps (roughly 7 miles). Whether you are new to mountain biking or a seasoned veteran aiming for a cash prize, the Intermountain Cup Cross Country Series is for you.

What can I expect from an Intermountain Cup Cross Country race?

Cross Country mountain biking involves competitors racing through defined trail sections in the fastest time possible. Cross Country trails can range from open fire roads to winding narrow single-track trails that will test the rider's endurance and technical bike handling skills.

CANCELLATION / DEFERRAL / TRANSFER POLICY

All our hard costs occur months before the event and will be paid for by the Intermountain Cup Racing Series regardless if you show up. We will not be offering refunds for cancellations made of a rider's own volition. However, you may defer your entry to another Intermountain Cup Cross Country Series event or transfer it to another rider. Transfers and Deferrals can be made up until 14 days prior to the race for which you are registered. Entries can be deferred to any Intermountain Cup Cross Country Series race during the same calendar year. Transfers and Deferrals will incur a $15 service fee.

To transfer or defer your registration, please see your registration confirmation email and click the link “**Manage Registration**“. If you need to transfer your registration to a rider in another category or gender, please email info@intermountaincup.com with your transfer request.

RACE CANCELLATION POLICY

Intermountain Cup races will not be cancelled due to weather unless the Event Director feels that the riders' safety is in jeopardy. If an event is cancelled within an hour of the start time due to extreme weather, riders will be given a 20% off coupon for any future Intermountain Cup Cross Country Series event held within the following 12 months.

Extreme weather can happen in Utah and does not include non-critical rain, wind, cold, or heat. If an event must be postponed or cancelled due to extreme weather, fire, flood, epidemic, earthquake, explosion, accident or other Act of God; armed conflict, riotous behavior, civil unrest, government rules or regulation, sanctions, boycott, strike, labor controversy, or any threat thereof; failure of technical equipment or lack of adequate transportation facilities; inability to obtain, requisition or commandeering of supplies, equipment, or material; or any similar events not reasonably under the Organizer’s control, then any rider who registers for an event that has been cancelled by the Intermountain Cup Racing Series ahead of the event date will receive a 100% refund.

RACE ESSENTIALS

DIVISIONS & CATEGORIES

Division	Men's Categories	Women's Categories
Elite	Elite Men	Elite Women
Expert	Expert Men Open	Expert Women Open
	Expert Men 35-49	
	Expert Men 50+	
Sport	Sport Men Open	Sport Women Open
	Sport Men 35-49	Sport Women 35-49
	Sport Men 50+	Sport Women 50+
	Sport Men 60+	
Novice	Novice Men	Novice Women
Clydesdale	Men Open 225lbs+	
High School (Grades 9-12)	Varsity Boys	Varsity Girls
	Jr. Varsity Boys	Jr. Varsity Girls
Junior High (Grades 6-8)	Fresh/Soph Boys	Fresh/Soph Girls
	Jr. High Boys (12-14 yrs)	Jr. High Girls (12-14 yrs)
Big Shredders	Boys Up to 11 yrs	Girls Up to 11 yrs
Lil' Shredders	All kids 9 & under	

ADVANCING TO A HIGHER CATEGORY

Cross Country riders can advance to a higher category and retain 75% of their points IF the move is made BEFORE the start of the 4th race of the series. If the advancement takes place after that point, the rider will retain only 50% of their previous points when advancing. It is the rider's responsibility to notify the Intermountain Cup Racing Series of category advancement. Please notify us at info@intermountaincup.com and include your full name, plate number, old category, and requested new category.

When to Advance

It is expected that a Cross Country rider should advance to the next division (i.e. Novice to Sport) the following year if they place in the top 3 in 4 or more races during the series. Riders may advance as quickly as they wish but may not drop to a lower category unless approved by the Intermountain Cup Racing Series. It is encouraged to push yourself by advancing categories when appropriate to do so. We do not promote "sandbagging" and want to allow others the chance to reap the benefits of their training with a podium finish after competing with those who truly belong in their category.

RULES

- No Refunds – There will be no refunds for race entry fees for situations such as a rider injury, DNF/DNS, venue change if the event is still offered, etc. The only exception to this policy will be in compliance with the above stated Race Cancellation Policy.
- Each racer should choose a category according to their ability and age by the end of the race year.
- Racers should carry their own health insurance.
- Pre-riding the course is dangerous and is done at your own risk. If you feel you cannot be responsible for your own actions, please do not pre-ride the course.
- At all times while preparing for, participating in, or mounted on a bike, you shall wear a securely fastened helmet that meets the US DOT standards or the CPSC standard for bicycle helmets.

- Racers are permitted to race in a more difficult category (i.e. 40-year-olds can race against the 30-year-olds or teens against 20s). However, racers are NOT permitted to race in a potentially less difficult category (i.e. 40-year-olds can NOT race against the 50-year-olds, etc.)
- Headphones, earbuds or any other similar devices are NOT permitted during a race. Ignorance is not an excuse.
- All repairs during an event should be performed by the individual racer. Be sure to carry your own tools & tubes.
- A racer will be suspended from the race, and possibly the entire series, for damaging or destroying public or private property. This includes littering on the course. (Gel and Gu packets included)
- Only racers officially entered in the event may practice or compete on the designated race course and they must wear their number plate and helmet at all times.
- Dogs and bikes don't mix. It is strongly advised to leave your hound at home. If you must bring the pup, please always keep it on a leash. All the racers will thank you.
- No warming up on the course while other waves are racing on course.
- Only registered racers with a signed waiver are allowed to race. If your name is not on the starting list, you will be pulled from the race.

RACING PLATES

Racing plates will be included free at your first race. This plate will be tied to all of your racing results. **GUARD IT WELL AND TAKE IT OFF YOUR BIKE PRIOR TO TRAVELING HOME!** If you do lose your plate, there will be a $15.00 fee to have it replaced. All of your previously awarded points will then be assigned to your new plate number.

REGISTRATION INFO

Division	Early Bird Registration BEFORE 10 Days Out	Registration AFTER 10 Days Out
Elite	$80	$90
Other Adult	$75	$85
Junior (up to 18 years old)	$75	$85
Shredders	$35	$45
Lil' Shredders	$35	$45
Racing Plate	$15 to replace.	$15 to replace.

POINTS & PRIZES

INDIVIDUAL POINT CALCULATIONS & GUIDELINES

Cross Country Series points will be tracked separately and end-of-year prizes will be awarded for the top three series points leaders for each category. Points will be calculated by adding the **top five scores**/points from a racer's season. The top three series points leaders will be recognized at the final race. The advantage to riding all races in the series is having the ability to drop the two lowest scores. After each race, individual points will be awarded to racers based on the table below.

TEAM POINTS CALCULATIONS & GUIDELINES

Team points will be calculated by combining all the Cross Country Series points for each team. After every race the points of the top 12 points earners from each registered team will be awarded to the team's point total. The team MUST BE REGISTERED with ICUP to receive points and the racer MUST SELECT THEIR TEAM AT REGISTRATION for points to be counted. A racer who changes teams during the season cannot take their points with them to their new team, but can start to earn points for their new team once they register under the new team's name. A team can be created at any point in the season, but points will not be retroactively added to the team's point total. A grand prize will be awarded to the team with the highest overall points at the series finale.

Place	Points
1st	50
2nd	45
3rd	40

4th	35
5th	30
6th	27
7th	24
8th	21
9th	18
10th	15
Place	**Points**
11th	13
12th	11
13th	9
14th	7
15th	5
16th	4
17th	3
18th	2
19th	1
20th +	0

CROSS COUNTRY SERIES PRIZES

Key: $ = Cash Prize | = Medal + Prize | = Medal Only

Category	1st	2nd	3rd	4th	5th
Elite	$150 +	$100 +	$50 +		
Expert					
Sport					
Novice					
High School / Junior High					
Big Shredders (Up to 11 years old)					
Little Shredders (Up to 9 years old)					

CALL UP AND TIMING PROCEDURES

The Intermountain Cup Racing Series uses **gun time rather than chip time** to determine official race results. Gun time begins when each rider's designated starting wave is released and ends when the rider crosses the finish line. This approach promotes exciting, head-to-head competition, where riders race directly against one another and the first rider across the finish line earns the win. Gun time will be used to determine podium finishers and point allocation as outlined in the "Individual / Team Points Calculations & Guidelines" policies above.

At the conclusion of each race, the results will be used to determine a "Call Up" roster for the following races throughout the series. The top 10 point holders who have registered for the following race in the series will be called up from the staging area and given priority placing at the start line. If a racer is not present when they are called up, they will lose their call up position and must start where they file into the remainder of the group. **To qualify for a call up position, a racer must be registered for the race by 12:00pm on the Thursday afternoon prior to the race.**