

Categories The categories for the 2020 AMBCS are:

- Male Pro Riders are to compete within the Open Class
- Female Pro Riders are to compete within the CAT 1 19-39 Female Division
- Races must offer at minimum the prescribed AMBCS racing Categories.
- Start times for each race should be posted and available at least 10 days prior to event
- All combined fields will have each individual age group tracked for AMBCS points.
- Open Class will have age groups separated on the results uploaded to USA Cycling, as well as the overall order from the classification, so that riders are still eligible for national championships.
- **Rookie: This division is open to any rider who has never raced a mountain bike race prior to joining this category. Entry Fees are set at \$20/rider to cover the USAC 1-Day License and Insurance Fees. AMBCS will not charge promoters any rider fee for a Novice rider, and will provide promoters with temporary hard plates for the rider to use. Riders may race as a rookie all season after they join the category, but no series awards will be given, and race day rewards are not required.**

Category / Class	Prize Purse Required?	Trophy / Medal Depth	Expected Race Distance / Time	AMBCS Ranked	USA Cycling Annual License Required?
CAT 1 AND OPEN					
Open Class (all Cat 1 Men 15-49 must race in this class)	Yes, per AMBCS Pay Out Chart	0	1.5 - 2.0 hours	Yes per 10 year age groups (i.e. 15-18, 19-29, 30-39, etc)	Yes
Category 1 Men 50+	No	3	1.5 - 2.0 hours	Yes	Yes
Cat 1 Women 15-29 (start with Cat 2 women)	No	3	1.5-2.0 hours	Yes	Yes
Cat 1 Women 30-39 (start with Cat 2 women)	No	3	1.5-2.0 hours	Yes	Yes
Cat 1 Women 40+ (start with Cat 2 women)	No	3	1.5-2.0 hours	Yes	Yes
CAT 2 AND SINGLE SPEED					
Cat 2 Men 15-29	No	3	1.5-2.0 hours	Yes	No **
Cat 2 Men 30-39	No	3	1.5-2.0 hours	Yes	No **
Cat 2 Men 40-49	No	3	1.5-2.0 hours	Yes	No **
Cat 2 Men 50-59	No	3	1.5-2.0 hours	Yes	No **
Cat 1 and 2 Men 60+	No	3	1.5-2.0 hours	Yes	No **
Cat 2 Women 15-29	No	3	1.5-2.0 hours	Yes	No **
Cat 2 Women 30-39	No	3	1.5-2.0 hours	Yes	No **
Cat 2 Women 40+	No	3	1.5-2.0 hours	Yes	No **
Cat 2 Women 50+	No	3	1.5-2.0 hours	Yes	No **
Single Speed	No	3	1.5-2.0 hours	Yes	No **
CAT 3/NOVICE AND CLYDESDALES					
Cat 3/Novice Men 15-18	No	3	Less than 1.5 hours	Yes	No **
Cat 3/Novice Men 19-29	No	3	Less than 1.5 hours	Yes	No **
Cat 3/Novice Men 30-39	No	3	Less than 1.5 hours	Yes	No **
Cat 3/Novice Men 40-49	No	3	Less than 1.5 hours	Yes	No **
Cat 3/Novice 50-59	No	3	Less than 1.5 hours	Yes	No **
Cat 3/Novice 60+	No	3	Less than 1.5 hours	Yes	No **
Cat 3/Novice 15-29	No	3	Less than 1.5 hours	Yes	No **
Cat 3/Novice 30-39	No	3	Less than 1.5 hours	Yes	No **
Cat 3/Novice Women 40-49	No	3	Less than 1.5 hours	Yes	No **
Cat 3/Novice Women 50+	No	3	Less than 1.5 hours	Yes	No **
Clydesdale	No	3	Less than 1.5 hours	Yes	No **
JUNIORS					
Junior Men 1-10	No	3	30 to 45 minutes	Yes	No **
Junior Men 11-12	No	3	30 to 45 minutes	Yes	No **
Junior Men 13-14	No	3	30 to 45 minutes	Yes	No **
Junior Women 1-10	No	3	30 to 45 minutes	Yes	No **
Junior Women 11-12	No	3	30 to 45 minutes	Yes	No **
Junior Women 13-14	No	3	30 to 45 minutes	Yes	No **
ROOKIE					
Rookie Men	No	N / R	30 to 45 minutes	No	No
Rookie Women	No	N / R	30 to 45 minutes	No	No
** - A USAC Cycling License is required to claim series awards, including medals and jerseys.					

Category License Requirements with the AMBCS:

Category or Division	Valid USAC annual License	One Day License
All CAT 1 and Open divisions	Required	Use not permitted
All CAT 2 Classes	Riders to hold either an Annual or One Day License. Points will be tracked regardless.	
Single Speed	Riders to hold either an Annual or One Day License. Points will be tracked regardless.	
CAT 3 & Clydesdale	Riders to hold either an Annual or One Day License. Points will be tracked regardless.	
Jr's M/F (14 and under)	Riders to hold either an Annual or One Day License. Points will be tracked regardless.	
Rookie	Riders must sign the 1-day license form, but the fee is included in registration	

Online Registration:

- BikeReg.com is the preferred online registration service of the AMBCS.
- All Races with the AMBCS are highly encouraged to use BikeReg.com as their online registration plate form.
- Use of a different Registration service, other than BikeReg.com, requires the approval of the final platform layout from the Series President prior to race registration being posted on line. Failure to obtain that prior approval will result in a \$250 series fine.

Race location District definitions: The AMBCS is a State series, therefore it shall strive to distribute races across the state. At the discretion of the AMBCS this rule may be suspended given special circumstances.

- The State of Arkansas, for the purposes of the AMBCS to be divided into 2 Districts.
 - The Ozark Mt district: This district will be the land area North of I40 within the State Of Arkansas.
 - The Ouachita District: This district will be the land area South of I40 within the State Of Arkansas.
 - **Base rule:** The number of races in any one district should not exceed 50% of the total races scheduled for that year in the series.

USAC and AMBCS:

- All cross country races held by promoters within the AMBCS shall be USA Cycling sanctioned and have a USAC official on site
- USA Cycling rules apply if a subject is not covered in this document.
- As per USAC rules all individual race results will be finalized onsite after each race. It is the Racers responsibility to ensure correctness prior to leaving race site.

Race Registration / Hard Plate:

- Races are required to offer in person race day registration. (races with special circumstances may have this waived by the AMBCS Board)
- All Riders are required to use an AMBCS issued Hard Plate (the exception is the Rookie class **if offered**)
- AMBCS Hard Plate cost will be \$5.00 for all adult riders. Junior riders 14 under are complimentary.
- The final two (2) races of the series annually will not charge riders for the hard plates.
- Race entry fees are at the promoter's discretion.

Results Submission:

- Races are to be timed. The rider's finish times are not required to be posted at race site, but must be submitted on the official results.
- Races are required to submit their results to the AMBCS using the USAC official results submission form.
- Correctly formatted results must be submitted to the AMBCS Administrator **within 1 week** directly following the event. Failure to complete this will set a \$100 fine in place and preclude the event from being part of the AMBCS the following year until the fine is cleared.
- The race and/or the promoter are responsible to submit their race results to USA Cycling as well as paying any USAC fees in accordance with current USAC rules.
- Any race and/or promoter having unpaid USAC fees or not submitting their results to USAC may be prevented from being included in the following years AMBCS schedule of races by the AMBCS Board of Directors.

AMBCS Race Fees:

- AMBCS Per fee for each race is \$3.00/Rider
- All AMBCS fees (Per rider and Hard plate) to be paid within 21 days post event.
- Checks are to be made payable to "AMBCS" and mailed to: **AMBCS, 1910 South 11th Street, Rogers, AR 72758**

Rider Start and Finish Protocols:

- Riders must complete the registration process prior to being allowed to start.
- Riders must be present and acknowledge they are present at role call for their respective start group.
- Riders must start with their respective start group. (no late starts, not time adjustments)
- Riders must check in at the finish line of the event.
- Riders which abandon the race during the race must check in with the official at the finish line to let them know they are off the course and are not completing the race.

GENERAL REQUIREMENTS: These requirements apply to all event on the AMBCS XC series schedule:

- Races must have onsite medical support (ambulance, or EMT or nurse...)
- To comply with rules of the AMBCS as stated here within or risk being disqualified from the AMBCS for the following year.
- Promoters cannot race in the event which they are promoting, unless they appoint a race director 72 hours prior to the event and have that cleared by the USAC official.
- To provide complimentary entries to the following individuals
 - 1 entry for the Team Challenge Coordinator(s)
 - 1 entry for the Individual Points Tracker
 - 1 entry for the Web master
 - 1 entry for the Pay Dirt Administrator
 - 1 entry for the Marketing Coordinator
 - 1 entry for the Social Media Coordinator

Course Requirements:

- Courses vary according to the geography of the area, and the amount of single track available. These are guidelines as the combination of terrain and distance will determine the level of difficulty
- In general, based upon the overall winners time, the following divisions should fall within:

Division	Distance / Time on Course
CAT 1 Men / Pro	1.5 -2 hours
CAT 1 / CAT 2 open Combo Fields	1.5 - 2 hours
CAT 2	1.5 -2 Hours
CAT 3	Less than 1.5 hours
Rookie	roughly 30 - 45 minutes
JR's 12 and under	roughly 30 - 45 minutes

Feed Zone and Water Support

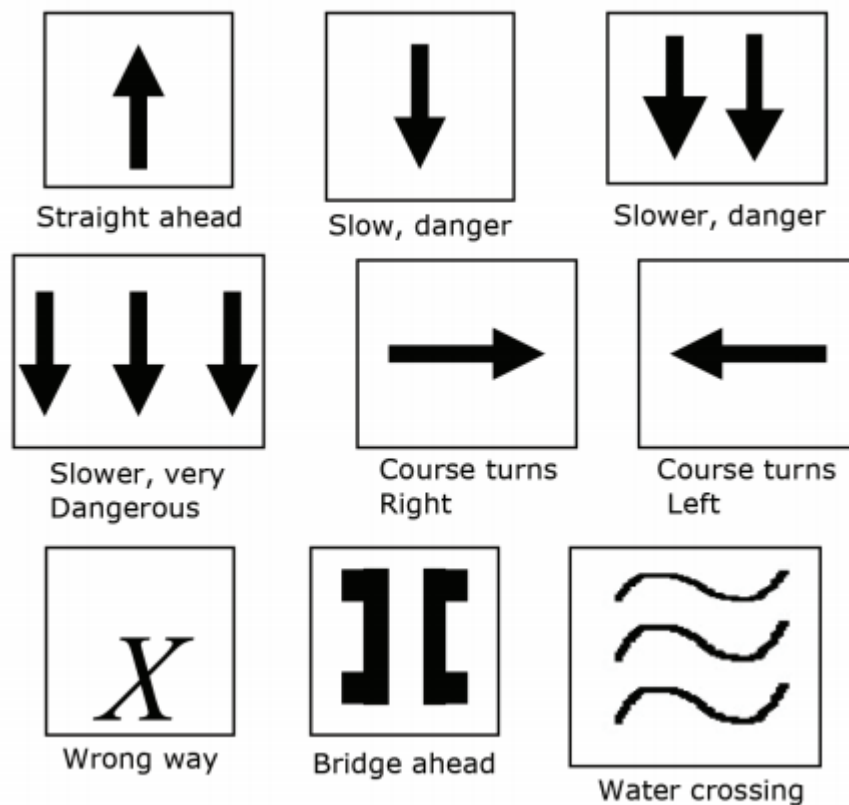
- All AMBCS XC races are required to have a clearly marked feed zone area available with at minimum Self serve water for CAT 1 and CAT 2 Races
- Races are required to provide water pre and post race that all can access.

Course Markings

In the interest of consistency, the following course markings are to be used universally by all AMBCS Race Promoters. Arrows mark the entire length of the official course. The arrows will be of a contrasting color on a white background, on signs measuring a minimum of 1' x 2' (30 cm by 60 cm). The signs indicate the course to follow, curves, intersections and warn of situations which are challenging for the competitors. Signs are posted along the course at regular intervals to indicate to competitors that they are on course.

- An arrow placed 30 meters before the intersection should mark each intersection. Another arrow is placed at the intersection. The direction of travel is then confirmed by another arrow located 30 meters further in the new direction.
- In all hazardous situations, two or three arrows placed upside down must be located 30 meters before any obstacle on a circuit. A hazard on the circuit may be an obstacle, quality of the surface, or angle of the track, or any other condition not specifically addressed.

Directional arrows should always be placed on the right and at racing eye level, about three feet from the ground. The signs that are to be used on a mountain bike circuit are shown below:



Where a course has multiple laps and a separate finish chute, the finish chute and lap corridors must be clearly marked at least 50 meters before the separation.

Specialty Categories specific items:

- **Single Speed:** This division can be raced by males and/or females, however they are scored as one group with no distinction to gender. All bikes used by riders in this division shall adhere USAC equipment specifications for Single Speed bikes. Race distance will be the CAT 2 distance and must be listed in the race information. Riders in this division must hold either an Annual USAC License or one day for their results to be listed in the AMBCS Ranking and to be eligible for season end awards.
- **Clydesdale:** This division can be raced by males and/or females, however they are scored as one group with no distinction to gender. All riders must weight a minimum of 220 lbs on race day while wearing not more than their race clothing. This excludes wearing a camelback, fanny sack, or other items while being weighed. Clydesdales will race the same distance as CAT 3.
- **Rookie:** This division is open to any rider who has never raced a mountain bike race prior to joining this category. Entry Fees are set at \$20/rider to cover the USAC 1-Day License and Insurance Fees. AMBCS will not charge promoters any rider fee for a Novice rider, and will provide promoters with temporary hard plates for the rider to use. Riders may race as a rookie all season after they join the category, but no series awards will be given, and race day rewards are not required.

CAT 1 / CAT 2 Combined start groups:

- 50-59 and 60+ Males:
 - These classes are to race at the CAT 2 distance.
 - Cash Awards are not required.
 - If a 50+ rider holds a Valid CAT 1 USAC license they may race in the CAT 1 40+ division
 - AMBCS points will be tracked for each CAT/ Age group for those holding a valid USAC license.
 - USAC one day permits may be used within these divisions, however points will not be tracked
- All CAT1 / CAT 2 Female division:
 - These classes are to race at the CAT2 distance.
 - Female Pro's will race within the 19-29 Division.
 - AMBCS points will be tracked for each CAT/ Age group for those holding a valid USAC license.
 - USAC one day licenses may be used within these divisions, but the points for that rider will not be tracked.

Awards and Payout for Open Class:

CAT 1 / Pro Male age 19 and up through 40+ and Pro riders must compete in this category

Start procedures and purse distribution:

- All riders within this Class will start as one group.
- This group will be defined as "Open Class".
- Pay out is determined by the total number of riders registered for the Open Class.:
- CAT 1 Men:
 - 19-29 / Pro, 30-39, 40+
 - AMBCS points will be tracked for each Age group within this start field
- All age group divisions within this unified field will accrue rankings points within their respective age group as per AMBCS ranking procedures listed previously within this document.
 - The minimum prize purse to be awarded is exhibited in the "Unified Field" Prize purse distribution chart on AMBCS website
- This division is NOT required to offer Age group Awards (Medals or Trophies).
- This division IS required to offer a cash purse as defined in the "Unified Field" Prize purse distribution chart on AMBCS website

Awards and Payout for CAT 1 and CAT 1/2 **Women's Open** Division:

CAT 1 / CAT 2 Combined Female Start field:

- This group will consist of CAT 1 and CAT 2 female riders within the following age Groups:
 - 15-29, 30-39, 40+, **50+**
 - AMBCS points will be tracked for each CAT/Age group starting in this field
- Pro Female Riders will also be assigned to race with this group as a default.
 - Pro Females may compete in the Male CAT 1 division as per USAC rules
- All CAT 1 and CAT 2 Female riders will start as one group.
- This group will be defined as a " CAT 1/2 Women's Unified Start Field".
- The unified start field size is determined by the total number of riders within the divisions:
 - The minimum prize purse is to be awarded to the top finishers within the CAT1/2 Women's Open Division.
 - **This division IS required to offer a cash purse as defined in the "Unified Field" Prize purse distribution chart on AMBCS website**
 - **The CAT1/2 Women's Open Division prize purse will follow the same payout chart as the Male Division**
 - See "Unified Field" Prize purse distribution chart on AMBCS website.
- This division is required to offer Age group Awards (Medals or Trophies) 3 deep as per below:

CAT and Age Group	Trophy award depth		CAT and Age Group	Trophy award depth
CAT 1 Female 15-29	3 Deep		CAT 2 Female 15-18	3 Deep
CAT 1 Female 30-39/Pro	3 Deep		CAT 2 Female 19- 39	3 Deep
CAT 1 Female 40+	3 Deep		CAT 2 Female 40+	3 Deep
			CAT 2 Female 50+	3 Deep

Awards and Payout for CAT 1/2 Male 50-59 & 60+ Combined start fields:

CAT 1/2 Male 50-59 and 60+ division:

- This group will consist of CAT 1 and CAT 2 Male riders within the following age Groups:
 - 50-59, 60+
 - AMBCS points will be tracked for each CAT/ Age group
- This division is not required to offer Cash Payouts.
- This division is required to offer Age group Awards (Medals or Trophies) 3 deep as per below:

CAT and Age Group	Trophy award depth		CAT and Age Group	Trophy award depth
CAT 1 Male 50-59	3 Deep		CAT 2 Male 50-59	3 Deep
CAT 1 Male 60+	3 Deep		CAT 2 Male 60+	3 Deep

AMBCS Annual Meeting:

- Annually after the final race in November (typically Attila the Hun) there will be an AMBCS Promoter and Racer Meeting. This is the time and place to bring forth in person, proposals for the AMBCS Board of Directors to consider.
- Proposals should be submitted to the Board Chairman at least 5 days prior to the published meeting date to ensure it is on the meeting agenda. Failure to submit a proposal may preclude it from being discussed.
- Promoters are to send the board president their race dates and locations by December 1st.
- Each Race shall send a representative to the annual AMBCS meeting beginning in 2018.
 - A race does not send a representative to the Annual Winter meeting:
 - 1st year - Fee for that year to be \$1 per rider higher than the standard fee.
 - 2nd year - the organization producing the event shall be precluded from producing an AMBCS for a 2 year period. The penalty period begins at the completion of the respective years Board meeting.
- In addition to the annual meeting, a second board meeting will be held at Eureka Springs Fat Tire Festival, which riders and promoters are encouraged to attend.

Stage Races:

To be considered for bonus points as a stage race, promoters must list the stages in the event description which they are holding, and promote the event with the word “stage” in the title

- Only cross country centric stages will be counted as stage races, which typically include trail that can be ridden on a hard tail or limited suspension bike.
- These may include, but not limited to, short track, cross country, & time trials.
- Stage races may be two or three stages.
- Riders will receive an extra five (5) series points for each stage race they finish in the general classification, whether first or last.

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