

FORESTLAND MOTORCYCLE CLUB presents



**8 HOUR
CROSS COUNTRY**

22nd/23rd APRIL 2023

Cross Country Rules

- The course will be approximately 30kms in length
- The race will be 8 hours long at which time the chequered flag will be presented. The race may be shortened at the organisers discretion.
- The start of the race will be a shotgun blast or a flag start.
- Riders in each team can ride their own bikes, if one bike breaks down both riders can ride the same bike.
- Ironmen and Ironwoman must only use one bike in the race.
- Each rider in each team must complete at least one lap for the team to be classed as finishers.
- Each team will have an arm band which will have to be changed each time teams change riders. Riders will not be able to leave the pits without an arm band. If a team members bike breaks down etc. the riders arm band will be returned to the other team members so they can carry on but a penalty will be incurred.
- Refueling is only to take place in the designated refueling area (the pits) with a dead engine.
- There will be 2 other areas next to the pits, 1. for teams a rider change over area, 2. refueling area for the Ironman and Ironwoman classes. Any mechanical work must be done in the pits.
- Interchangeable parts are allowed to be used.
- Absolutely no riding backwards on the course at any time including the pit area.
- Riders must follow the marked course and be within 5 mtrs of the arrows at all times and failure to follow the course will be exclusion from the event.
- Walking pace only in the lap scoring and pit areas.
- If a machine breaks down the rider must stay there with their bike until a marshal comes to collect them.
- If a fallen rider is found on the circuit riders must stop to check if the fallen rider is injured. Please report back to base or the radio control point the number closest to the injured rider. Please stay with the rider If seriously hurt and your time will be adjusted accordingly.
- Riders can only enter one class per event
- Bad behaviour from riders and supporters will not be tolerated and the penalty will be exclusion from the race.
- Alcohol and Drug use will not be tolerated during practice or the race whatsoever by competitors and support crews. If caught instant disqualification.
- Riders must be aged 15yrs + to be eligible for the race.

