



2024 CANADIAN ENDURO LEAGUE RULEBOOK

Last Revision: March 13th, 2024

This rulebook is subject to change, it is intended as a living document and is the responsibility of the athletes to review prior to races.

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**LEGAL**

By participating in this event, you agree that you have read, understood and accept the Release of Liability, Waiver of Claims and Assumption of Risk, presented by All Mountain Productions and Consulting Inc. [A copy of the agreement can be found here.](#)

1. DESCRIPTION

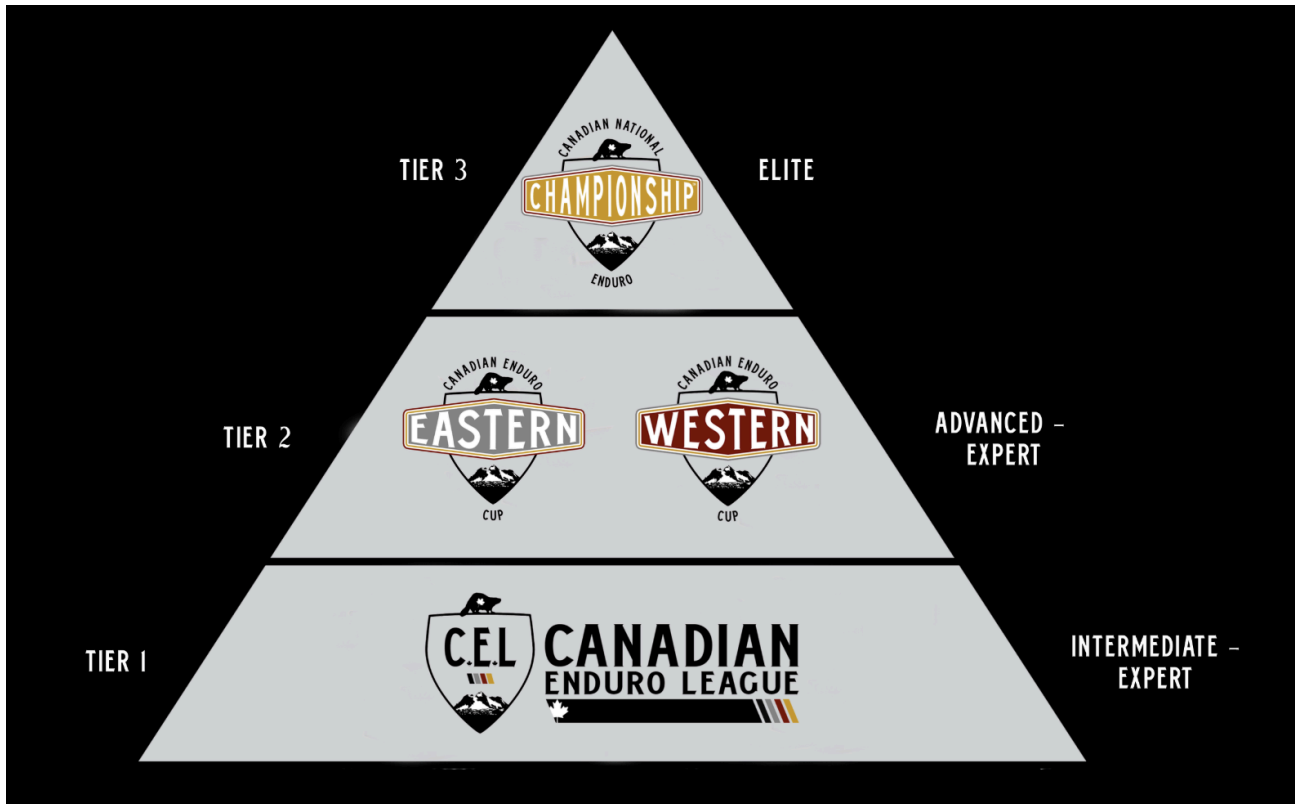
- a. Canadian Enduro League (CEL) is the competitive enduro experience in Canada. The CEL is meant to challenge a rider's fitness, technical skill, willingness for adventure and the ability to problem-solve throughout the entire event. Riders assume all responsibility for themselves and comprehend the risks associated with racing mountain bikes.
- b. Enduro mountain bike racing is designed to be the definitive test for the mountain biker, with the focus of each event on creating a great atmosphere, community, competition, and adventure for the competitor including the best riding on the best terrain available in the host region. The racing platform detailed below outlines a format that allows riders to compete against each other, starting individually, on special stages that are designed to challenge the rider's technical ability and physical capacity.
- c. The following rules aim to define the enduro mountain bike discipline while still allowing space for each event in the Canadian Enduro League.

2. TERMS AND CONDITIONS

- a. The words: rider, racer, participant, athlete, competitor, customer, client and their plurals are used interchangeably.
- b. By registering and/or participating in an Event, the athlete is deemed to agree to and accept these Terms and Conditions. Persons completing an Event entry on behalf of another individual (including minors) warrant that they have made the athlete aware of this agreement and that the athlete has accepted these Terms and Conditions.
- c. Canadian Enduro League reserves the right, at its sole discretion, to add, delete, modify or replace any of these Terms and Conditions. If a revision materially affects an athlete's rights, CEL will notify the athlete by sending a message to the email address associated with the athlete's Event entry. Unless an athlete withdraws within 72 hours of notification, the athlete agrees to be bound by the modified Terms and Conditions. The most current version of the Terms and Conditions will always be posted on the Website.
- d. Athletes agree to abide by all applicable rules, policies, rulings and instructions by the CEL/Organiser or any relevant sporting governing body that oversees the running of the Event. All information relating to the Events will be published on <https://canadianenduro.com/>. Athletes are expected to read and understand the Event Guide and Race Book, Rule Book and any other information relevant to their Event.

3. TRAIL TO CANADIAN ENDURO CHAMPION

The *Trail to Canadian Enduro Champion* starts at the local level with grassroots events. Canadian Enduro League is proud to host events at nearly all levels to foster and develop competition and riders across Canada.



ABOUT

Tier 1 : Canadian Enduro League Races are designed for participants looking to get into racing, spend a weekend riding in a new community, and to further develop their racing prowess. While still challenging, league rounds are more accessible to a wider audience of riders.

Tier 2 : Canadian Enduro Eastern and Western Cup Events are one-off events designed to prove who's who in the zoo in each of the major riding regions of our country. If you're the kind of rider who is finding league races a walk in the park but won't be winning the EDR anytime soon, the Eastern and Western Cup will give you a better leg to stand on than strava KOMS.

Tier 3 : Canadian Enduro Championships is the highest level of enduro racing in Canada for 2024. The Canadian Enduro Championships is NOT sanctioned for 2024 and no UCI license or other types of licenses are required.

4. ENTRY TO EVENTS, SERIES STRUCTURE, AND POINTS

a. REGISTERING

- i. These are NOT beginner events. We do not accept beginners. Athletes must be fully self-sufficient.
- ii. Racers may enter any event by registering at www.canadianenduro.com.
 - Click the link to view registration fees
 - Registration closes the TUESDAY before race day @ 12:00pm PST.
 - Pricing is set based on age/category level
- iii. Entrants must be over the age of 12 as of December 31st of the current year.
- iv. Entries are not valid and final until all fees have been paid in full.

b. REFUNDS, TRANSFERS, AND 100% SATISFACTION

GUARANTEE POLICY

- i. Information regarding our 90-60-30-10 refund policy, Season Ending Injury Refund Policy, Event Transfer Policy, and 100% Satisfaction Guarantee Policy can be found [HERE](#)

c. RIGHT OF REFUSAL OF ENTRY

- i. CEL maintains the right to refuse or revoke Entry to any athlete if, in the Organiser's sole discretion, it considers such action necessary for safety reasons or the proper enjoyment of the Event by other participants or for any other reasonable reason.
- ii. No refund of the entry fee shall be made if the athlete has acted negligently, maliciously, with wilful misconduct or otherwise without due care and attention for the Event or other participants, so as to cause their removal.

d. RACING LICENSE

- i. **No license is required to enter CEL events as a general participant.**
- ii. An FQSC License is required for racing in the Bromont Eastern Cup event. To purchase a membership, [click here](#).
- iii. Canadian Enduro Champs is NOT sanctioned for 2024 and no UCI license or other types of licenses are required.

e. INSURANCE

- i. Riders from out-of-province (outside of the province of the event) are encouraged to explore the insurance options and requirements for extra-provincial insurance.
- ii. Riders who are not residents of Canada must provide proof of valid emergency medical and travel insurance that includes mountain biking. You can get adequate coverage from

our partners at Lifestyle Financial. Please contact Maria Delaney mdelaney@capricmw.ca or 250 542 8577.

- iii. Personal insurance coverage is not provided by the CEL. Athletes are responsible for securing their own accident, rescue, health, travel, property and liability insurance athletes should have the following insurance coverage:
- bodily injury (in and out-patient hospital expenses and medical care, emergency rescue and medical transport costs, permanent disablement, death) and material damages (loss of earnings) in case of accident in the course of the Event or during training
 - Third-party liability insurance for material damage or bodily injury caused to others in the course of the Event or during training.
 - Reimbursement of the entry fees and other ancillary costs resulting from an inability to participate in an Event

f. SERIES STRUCTURE AND POINTS

- i. The Canadian Enduro Eastern and Western Cup events will be held at Bromont and Chilliwack in 2024. These events will not only count towards the overall results but the winner will also be crowned Provincial Champion. There are some serious bragging rights on the line! These cup events intend to create a higher-level regional race that attracts more competition and provides a stepping stone from local/grassroot events to the National level. See '[Trail to Enduro Champion](#)', which aims to show the event progression.
- ii. The Canadian National Enduro Championship is the penultimate enduro event in Canada. The Canadian National Enduro Championship is not sanctioned by Cycling Canada or the UCI, and no license is required to participate in this event. The Championship is open to racers from any country, however, only Canadians are permitted to be awarded the Championship and in the situation where a non-Canadian wins a category, they will receive the prize money and awards and a second podium and award will go to Canadians.
- iii. The Canadian Enduro League also awards and recognizes the person who obtains the most amount of points throughout all events by awarding the "Canadian Enduro League Overall Champion" award for each category (short course not included).
- iv. Canadian Enduro League points structure:
- **POINTS** > Points schedule: 500pts for 1st, down to 1pt for 98th onwards
 - In the event of a tie the best position at the most recent event takes precedence
 - Chilliwack - Western Cup, and Bromont - Eastern Cup score 25% extra bonus points
 - Canadian National Enduro Championship scores 40% extra bonus points
 - All rounds count towards series position
 - Points are not apportioned for Short Course participants, there are no overall standings for competitors of this category

g. CANADIAN ENDURO LEAGUE SCHEDULE

5.

Round #	Date	Location	Event
1	May 24-26	Harper Mountain, Kamloops, BC	Canadian Enduro League
2	June 15-16	Chilliwack, BC	Canadian Enduro League Western Cup
3	August 9-11	*Bromont, QC	Canadian Enduro League Eastern Cup
4	September 20-22	*Sun Peaks, BC	Canadian National Enduro Championship

6. CATEGORIES

a. WE ARE ONE CANADIAN ENDURO LEAGUE RACES

<p>MEN: Pro Men Expert Men 50+ Men 40-49 Men 30-39 Men 21-29 Men U21 Men U17 Men U15 Men</p>	<p>WOMEN: Pro Women Expert Women Master Women (40+) 21-29 Women 30-39 Women U21 Women U15 Women</p>
<p>OPEN</p> <p>The open category is not segregated by sex or age. It is an inclusive category that includes all people who are non-binary, gender fluid and more. We are open to learning more on the topic of gender identity and how we can better involve all people at our events.</p>	
<p>SHORT COURSE MEN Short Course Masters Men (40+) Short Course Men Short Course U21 Men Short Course U15 Men</p>	<p>SHORT COURSE WOMEN Short Course Women Short Course U21 Women</p>

- i. Your age is determined by your age as of December 31st of the current year.
- ii. PRO CATEGORIES > If you have finished 1st place in 3 or more CEL events, you must compete in the PRO categories. Failure to register in the correct class could result in a disqualification.
- iii. Pro categories are self-selected. Any rider can choose to participate in this category, however, the CEL reserves the right to change categories.

7. COURSE INFORMATION

- i. Courses are released here: <https://www.trailforks.com/profile/canadianenduro/>
- ii. Courses are released at our discretion, typically the Friday or Saturday before
- iii. Blind Stages are sometimes utilized to manage overuse -please abide, and do not ride where/when you are not permitted.
- iv. Course releases are always posted to social media > do not email and ask for course information
- v. **Course marking is not finalized until 8:00pm the night before the race. Any trail markings seen before this time during the days leading up to the race are subject to change at organizers discretion**

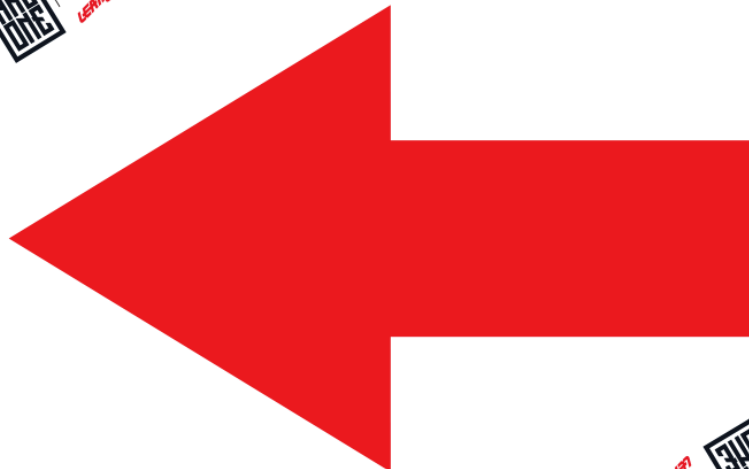
a. COURSE MARKING

COURSE TAPE

- We operate on a “less is more” basis and don't overuse tape
- Tape is used to help make intersections clear and to give riders the occasional reminder that they are on the trail.
- If a route is obvious (eg an access road for climbing), we will use minimal tape.

ARROWS

- These will indicate a direction and will typically be on or near the ground
- These will be on the outside of corners or in the middle of intersections



CAUTION SIGNS

- These are our most high-level notification signs, used when the consequence is REAL



SLOW SIGNS

- These let people know that there is a potential danger and to slow-down.



START/FINISH SIGNS



- These will be put at the start or finish of every timed stage.
 - Start signs will be at the end of the taped corral, finish signs will be at the beginning. You can see the video [HERE](#) that explains the start/finish setup.
 - Start corrals are marked with WHITE tape on both sides of the trail. The stage timing begins at the end of the white tape corral.
 - Riders must start with their front wheel in line with the start of the start corral.
 - Rolling starts are NOT permitted
 - Finish corrals are marked with YELLOW tape on both sides of the trail. The stage timing ends at the start of the yellow tape corral.
 - Riders may begin slowing down within the yellow tape corral.
 - Riders are not permitted within 2m of start and finish corrals in all directions unless racing. This may cause errors in an athlete's time.
- vi. High-visibility tape may be used to identify the course, this tape may be crossing out a feature, used as directional tape, marking tight corners on the timed stages (for example, at a switchback), or identifying a hazard. It is the rider's responsibility to ensure they NEVER cross through, over, under, or into the tape.
- vii. Course Cutting & Cheat Lines
- Courses in some areas are marked with flagging tape. Deviating outside of the man trail tread width more than 2' on either side is considering course cutting. athletes found cutting the course or creating cheat lines will be publicly humiliated, and in severe cases, we will call your mother/father/guardian to report you.

Please respect the trails- the majority are built by volunteers, and as such, creating braiding/alternate lines may help your time, but take away from the trails.

- It is each rider’s responsibility to study the course map and understand the race route before participating in a race.

b. EVENT GRADING

- All Canadian Enduro League events will be graded on the following two-part scale, combining an average trail difficulty rating for the entire course and the physicality of the entire race:
- A full description of our event grades can be found [HERE](#)



- Colors represent the technical nature of the trails, bars represent the physicality of the day.

8. TIMING

a. TIMING SYSTEM

- i. We do NOT use assigned stage start times.
- ii. Stage restarts are forbidden.
- iii. The timing system tracks you as you move through the start and finish zones. Once you are within the field, your time will be recorded. Do not enter a start or finish zone unless you are racing that segment. Stay 2 meters back from the start zone prior to starting the stage.
- iv. All competitors will wear a timing chip. The timing chip is to be worn on the RIGHT-HAND WRIST.
- v. The timing chip must be returned to the registration tent as soon as the rider finishes the last stage.
- vi. All data will remain the right of the Canadian Enduro League and All Mountain Productions and Consulting Inc.
- vii. Riders will be charged for any timing band units not returned within 3 hours of completion of the last stage.
- viii. Timing chips returned after 4:00 pm on race day are not eligible for results.
- ix. For details on how the system works, check out the following videos:
 - [Chip Placement](#);
 - [How the system works](#); and
 - [Start and Finish Corrals](#).

b. Results will be available at <https://zone4.ca/results>.

c. COURSE FINISH

- i. All courses close at 3:30 pm. Riders are allowed to finish their stage, but not start a new stage.

9. SAFETY & RISK MANAGEMENT

a. GENERAL SAFETY

i. RIDER DOWN

- If a rider encounters another rider on the course, a verbal response is necessary before continuing. If no response between the riders is given, the rider must stop and assess the situation.

If the rider not responding is injured please call 911 if it is life-threatening, or notify the closest marshal. If you begin life-saving first-aid, send the next rider down to the marshal.

A rider who does not stop for an unresponsive rider will be banned from future races.

Riders who help injured riders (must be removed from race injury) will be allowed to repeat the stage or to take an average of their other stage finishes.

ii. HELMETS

- All competitors must wear a helmet purchased/manufactured within the last three years. Random inspections are done. If a helmet does not meet this stipulation the rider will not be allowed to compete.
- Riders must wear an approved helmet for mountain biking.
- All races have Mandatory Full-face helmets for all competitors. It is the competitor's responsibility to know this information.
- Helmets with removable chin bars are acceptable
- Helmets must be worn at all times while riding.

iii. RECOMMENDED GEAR LIST:

- Suitable backpack
- Waterproof jacket
- Emergency blanket
- Sun Protection
- Spare tubes/ puncture repair kit
- Multi-tool
- First aid kit
- Trailforks Map
- Extra Food and fluids
- Eye protection (glasses or goggles)
- Emergency contact information

b. HEAD INJURY/CONCUSSION

- A rider who has a positive mechanism for a head injury will be assessed by a first-responder of the race. If the first-responder deems the rider unfit, the rider will be removed from the course and forbidden to ride in the event for that day. If another event is scheduled within 10 days, the rider must submit a doctor's note confirming that they are ready to participate in mountain biking again.
- When a first-responder deems a rider is unfit to continue, that rider must submit their number plate to the first-responder without question.
- [CONCUSSION POCKET GUIDE](#)

c. EMERGENCY ACTION PLAN & FIRST RESPONDERS

- See any course marshal for a copy of the Emergency Action Plan.
- Our events have a minimum of one First Responder per stage. This is on top of general first-aid attendants throughout the course.

d. ENVIRONMENTAL

- Athletes CANNOT intentionally drop anything (e.g. food wrappers, used inner tubes, broken equipment, etc) outside of a publically available trash can. Any rider deemed to be abusing the environment will be penalized. Riders must always aim to leave nothing on the course.

ii. **INVASIVE SPECIES**

Riders are asked to wash their bikes before leaving their hometown and to ensure that at the end of every training day, their bikes are washed thoroughly.

In addition, please avoid riding off-trail. We ask that you highly consider this whenever you ride your bike.

For more information: <https://www.ekisc.com/>

- iii. Enduro mountain bike racing allows us to ride into remote, backcountry areas of natural beauty. It is of the utmost importance that all athletes respect their environment and consider the impact they leave behind for the local riding community. The below rules have been put in place to protect our trails and our riding environments.
- No disposable goggle tear offs are allowed to be used.
 - The disposal of food packaging on the trail is strictly prohibited.
 - Canadian Enduro League reserves the right to penalize any rider whose actions are deemed to seriously damage the local environment.
 - Riders must not store food and drinks or clothing and equipment on the trail (Food/Gear Stashes)
 - Packaging left behind and uncontrolled food supplies may have a serious impact on local wildlife and the local environment. Any rider found to be hiding or retrieving supplies from unofficial feed / tech stations will be penalized.
 - Riders must not store or drop clothing or equipment on the trail (Kit Stashes) during Official Training or racing. All riders must remain self-sufficient and carry off the mountain that they carry onto it.
- iv. During all events, medical staff may collect preliminary rider injury and illness data in order to monitor the magnitude of issues that occur. As part of a rider's participation, this will include a rider's medical data should any rider sustain an injury (or illness) during an event.
- v. No rider will be identifiable at any stage during any collection of this data and any data collected on a rider will be anonymized and kept strictly confidential at all times. The information gathered may be used by the CEL to help guide and direct future rider health and injury/illness prevention initiatives. A rider does not need to do anything as part of this data collection.

10. TRAIL NETWORKS

- a. In many cases, these events take place on public trails. In instances where the event takes place on public trails, trails will not be closed to the public at any time. This means the public may be intermixed with athletes and as such, it is the duty of the athlete to yield to the public at all times. If the public impedes a race, a re-run will be permitted.
- b. athletes must not negatively interact with any member of the public at any time.

- c. athletes must be aware that there are other trail users (the public) and that intersections, road crossings and access roads may have members of the public on them at any time. It is the athlete/rider's responsibility to ensure they do not impede the public.
- d. At no time shall a rider impede, block, stop or attempt to do any of the aforementioned to a member of the public.

11. TEAM PITS

- a. **Link to full Team Pit and Vendor Guidelines [HERE](#)**
- b. For 2024 we will be offering the opportunity to have privateer or vendor/pro pits within, or very close to our vendor area. For vendor registration, please email operations@canadianenduro.com.

PRIVATEER PITS

- Only one person from the privateer pit is required to register. Simply have one person from your group select this item at checkout and list the number of people who will be present at this pit, this will auto populate the price according to the number of people you expect in your pit (8 people max)
- There is to be no visual display of brands or logos in these pits. The only exception is your team or personal brand. I.e. If you are a privateer and you ride an XYZ Brand bicycle, please do not post any visual display that is clearly promoting your brand. If you wish to promote a brand, you may register as a 'Pro Pit'.
- No visual promotional displays permitted

VENDOR / PRO PITS

- This pit area is aimed at vendors or teams with 1 or more factory level riders who are looking for the utmost support and brand recognition
- Pro pits will be able to exceed the normal 10'x10' sizing requirement (pending approval from race director)
- This space permits a place for their mechanics, a central place to hang out, work on their bike, or have a place to sit during or after the race
- This space permits the visual promotions and activations
- These pits are located central to the registration tent
- No inflatables or promotional displays taller than the height of your tent
- Nothing is to extend beyond the confines of your pit walls
- The price for this pit set up is \$350.00 per event

12. PRE-RIDING AND TRAINING

- a. 'Official practice' is not offered. All courses/trails remain open to the public at all times, as such, full-race runs are not permitted.
- b. **Riders must be completely SELF-SUFFICIENT during any pre-riding or training all days leading up to the event day. Services that are NOT AVAILABLE leading up to the race are:**
 - i. **Medical Services and Transport**

- ii. Food, Water and Aid stations
- iii. Shuttling > unless organized by the event organizers and communicated through the Race Book leading up to the event.

Riders are solely responsible for themselves and must be self-sufficient

- c. Athletes are not permitted to impede the public at any time.
- d. Trail Impacts
 - i. Athletes are asked to limit their pre-rides and training runs to one or two laps of a trail where possible.
 - ii. Athletes are asked during training to stay on the established trail tread.
- e. Details about event-specific training, pre-riding, and shuttling will be detailed in the event-specific Event Guide and Race Book and will be communicated to riders prior to the event.
- f. Trails will remain open to the public, there will not be closed course training

13. SHUTTLING

- a. Training > Participants shuttling in training/training must follow all rules of the road.
- b. Shuttles not part of the event are not the responsibility of the race organizer. Riders assume all risks.
- c. For event-specific information please refer to the corresponding Event Guide and Race Book.

14. SEEDING AND START ORDER

- a. Riders at the stage start can seed themselves. The order is usually from Fastest to Slowest.
- b. Riders MUST depart the registration at their dictated DEPARTURE time (this is found in the Notice of Race and schedule for each event)
- c. We do NOT use or allocate stage start times.
- d. Riders are released at stage starts every 30 seconds (30s intervals)
- e. Courses close at 3:30 pm

15. EQUIPMENT REQUIREMENTS

- a. Modern enduro bike with front suspension.
- b. **Full-Face Helmet. Helmets with removable chin bars are accepted.**
 - i. Helmets must be purchased/manufactured within the last three years. Random inspections are done. If a helmet does not meet this stipulation the rider will not be allowed to compete.
 - ii. Riders must wear an approved helmet for mountain biking.
 - iii. All races have Mandatory Full-face helmets for all competitors. It is the athlete's responsibility to know this information.
 - iv. Helmets must be worn at all times while riding.
- c. Two functioning hydraulic disk brakes.
- d. Riders must complete the race on the same frame they started with.
- e. Outside assistance is not permitted unless approved by the race director

16. RESULTS AND POINTS

- a. Results are published at 4:30 pm. There is a 20-minute discrepancy period. After 5:00 pm all results are considered final. Live results will be available on <http://www.zone4.ca/results> and following the race at www.canadianenduro.com/results
- b. Series points can be found on [Roots and Rain](#).
- c. Points are not apportioned for Short Course participants, there are no overall standings for competitors of this category.

17. MORE INFORMATION

- a. Please visit our website: www.canadianenduro.com
- b. Frequently Asked Questions: <https://canadianenduro.com/seriesinfo>

18. SCHEDULE SUBJECT TO CHANGE

- a. Schedules may change at any time for several reasons. Please refer to the Race Book which will contain the most up-to-date information.

19. VOLUNTEERS

- a. Our events are run with the assistance of volunteers. Our volunteers are not responsible for event delivery.
- b. Riders are not permitted to make any verbal requests, complaints, or derogatory, insensitive or crude remarks to volunteers at any time. Failure to abide by this stipulation will result in a lifetime ban from our events.
- c. If you have a complaint or concern, please speak with CEL staff directly.

The Event Guide and Race Book can be found on all the individual event pages on our website. The information in the Race Book trumps any information present here.