



Nova Scotia 55+ Games Rule Book

MOUNTAIN BIKING

All participants must be at least 55 years of age by December 31 of the year of the games.

AGE CATEGORIES

Age	Events	Number of competitors per association (to nationals)
55+	Women & Men	Unlimited
60+	Women & Men	Unlimited
65+	Women & Men	Unlimited
70+	Women & Men	Unlimited
75+	Women & Men	Unlimited
80+	Women & Men	Unlimited

EVENTS

Events must be planned to be "Senior Friendly". This means, there will be NO jumps, drop-offs, logs, steep descents, water/mud holes, or narrow passages between trees. Participants are responsible for their own equipment. Off Road routes without Stop signs or lights are necessary. Spotters are to be used along the entire route.

A Cross Country/Off Road Race which includes a Short Course and a Long Course will be offered. Distances will be determined by venues available.

Each participant will be individually timed, and participants will ride at least two races (i.e. 2 short/2 long) and the cumulative times will determine the winners in all age categories.

All participants are required to wear approved helmets. Numbered bibs and/or rider numbers are to be worn by all participants.

Medals

Gold, Silver and Bronze will be awarded to the top three finishers in each age category male and female.