



2022 UEC MOUNTAIN BIKE EUROPEAN CHAMPIONSHIPS XCC – XCR – XCE - XCO

Anadia (Portugal)

30 June - 3 July 2022

TECHNICAL GUIDE

Version 08.06.2022

1. ORGANISATION

1.1. LOCAL ORGANISING COMMITTEE (LOC)

President	Delmino Pereira		presidente@fpciclismo.pt
Event Coordinators	Sérgio Sousa	+351 914 476 701	sergio.sousa@fpciclismo.pt
	Rafael Fernandes	+351 965 503 744	rafael.fernandes@fpciclismo.pt
Technical Director	Jorge Rocha		jorge.rocha@fpciclismo.pt
Courses Manager	José Marques	+351 962 377 086	jose.marques@fpciclismo.pt
General Secretary of the Event	Hélder Ferreira	+351 939 181 848	helder.ferreira@fpciclismo.pt
Permanence and Accreditation	Melissa Silva		melissa.silva@fpciclismo.pt
Press Office	José Carlos Gomes	+351 961 935 987	comunicacao@fpciclismo.pt
Safety and Logistics coordinator	Toni Carmo	+351 914 641 403	toni.carmo@fpciclismo.pt

Event website <http://anadia2022.eu/>

1.2. UEC REPRESENTATIVES

UEC Management Board

Enrico Della Casa (ITA)	President
Delmino Albano Magalhães Pereira (POR)	Vice President

UEC General Secretary	Alasdair MacLennan (GBR),
UEC Events Coordinator	Tiziana Lardieri (SUI)
UEC Sports Coordinator	Vladimiro Petsas (GRE)
UEC Press Officer	Stefano Bertolotti (ITA)
UEC Technical Delegate	Henrik Hakala Dahle (NOR)
UEC Photographer	tbc
UEC Video Operator	Christian Bohm (ITA)

UEC MTB Commission

Petr MAREK (CZE)	President
Ivana RUSZKOWSKI (CRO)	Member
Tord Bern HANSEN (NOR)	Member
Jurgen PAIL (AUT)	Member
Pedro VIGARIO (POR)	Member

1.3. COMPOSITION OF THE COMMISSAIRES PANEL

Panel of the commissaires

President of the Commissaires Panel	Jan Schlichenmaier (GER)
Assistant PCP	Csilla Tam (HUN)
UEC Race Secretary	Lino Nossa (POR)
Additional Commissaire	Armando Esteves (POR)
National Commissaire	Luís Teixeira (POR)
National Commissaire	João Arraiolos (POR)
National Commissaire	Henrique Silva (POR)
National Commissaire	Carlos Correia (POR)
National Commissaire	Commissaire's trainee
National Commissaire	Commissaire's trainee
UEC Technical Delegate	Henrik Hakala Dahle (NOR)
Offical Doctor:	???
<i>Speaker</i>	tba
<i>Timing</i>	FPC

2. GENERAL INFORMATION

2.1. TRAVEL AND ACCOMMODATION

Travel and accommodation expenses to and from Anadia must be covered by the National Federations.

Airports

Nearest airports:

Aeroporto de Lisboa, (LIS)

Distance airport - venue:

A1 - 229 km - 2h20m. A8 e A17 - 256 km - 2h31m

Aeroporto Francisco Sá Carneiro – Oporto (OPO)

Pedras Rubras, Maia, Porto 4470

Distance airport - venue:

A1 - 97,1 km - 1 hour 13 min. A29 - 103 km - 1 hour 19 min.

Transportation from Lisbon and/or Oporto airports to Anadia and vice versa is possible to arrange with the Organiser for extra payment agreed mutually.

Trains

There aren't direct trains from the airports to Curia.

In the airport you need to take the metro to the train station: Porto - Campanhã or Lisboa- Oriente. There you can catch fast trains to Aveiro if you are coming from Porto and Coimbra-B if you are coming from Lisbon. In Aveiro or Coimbra-B you must take a regional train to stop at Curia Station, the destination.

For more information, please see <https://www.cp.pt/passageiros/en>.

All participants must hold a valid passport or identity card. Visa obligations must be respected.

Accommodation and transportation requests must be submitted directly to the official travel contacts, below:

Official travel contact

Central booking: hospitality@fpciclismo.pt

Contact person: Ana Cunha

Teams' area reservation

In order to reserve a team area, please use the official team area booking form you can find in the following link. <https://forms.office.com/r/hzE6XpcxiD>.

QR Code:



2.2. VISAS

Visa obligations must be respected.

Each Federation is responsible for obtaining documents for their delegation appropriate entries.

For further information, please visit the embassy website:

<https://imigrante.sef.pt/en/entrada-em-portugal/>

For all invitation letter requests please contact the UEC: mail@uec.ch

All riders and attendants must hold insurance valid in Portugal.

2.3. OFFICIAL ADDRESS OF THE COMPETITION VENUE

Pista de XCO – Curia

Rua da Várzea - Tamengos, Anadia

[Map Track](#)

GPS: 40.420056, -8.472694

2.4. VENUE LAYOUT – COURSES MAPS

The venue layout and the maps of the courses can be found in the appendices at the end of the technical guide.

2.5. ACCOMMODATION

UEC Official hotel

Curia Palace Hotel Spa & Golf

Curia – Tamengos, P - 3780-541 Anadia – Coimbra

Phone: +351 231 510 300 Email: curia@almeidahotels.pt

<https://www.almeidahotels.pt/en/hotel-coimbra>

List of hotels by the LOC

Grande Hotel do Luso

<https://www.hoteluso.com/pt/>

In Gold Hotel & Spa

<https://www.ingoldhotel.pt>

Estalagem de Sangalhos Sports & Nature
Hotel

<https://estalagem.sunlive.pt/pt/>

Estalagem da Pateira

<https://pateira.com>

Hotel Cabecinho

<https://www.hotel-cabecinho.com/>

Hotel Paraíso

<http://www.hotelparaíso.com>

HMB Hotel – Fermentelos

<https://www.hmbhotels.pt/hmb-fermentelos-hotel>

Hotel das Termas da Curia

<https://www.termasdacuria.com>

Curia Clube

<https://curiaclubehotel.com-hotel.com/pt/>

For any bookings in the hotels, please contact: hospitality@fpciclismo.pt

2.6. MEDICAL – EMERGENCY – LOCAL AUTHORITIES

A team of doctors and paramedics will be present onsite throughout official training sessions and competitions. The medical team will be based in the track center during official training and competition days.

Official Race Doctor: Dr. Filipe Lima Quintas Phone: +351 964 088 850

Nearest hospitals

Centro Hospitalar e Universitário de Coimbra

Praceta Prof. Mota Pinto

3000-075 Coimbra

Phone: +351 239 400 400

Distance from the MTB Track: 28,8 kms

Centro Hospitalar do Baixo Vouga

Hospital Infante D. Pedro

Av. Artur Ravara

3810-501 Aveiro

Phone: +351 234 378 300

Distance from the MTB Track: 33,9 kms

Emergency ambulance

Phone: 112

Race: official doctor/medical coordinator: TBA

Police GNR – Destacamento Territorial de Anadia Phone : +351 231 512 341

Riders safety on the roads

- Whilst out on the roads remember not to ride on the highway.
- After dark you will require a front and back light fitted to your bike.
- Ensure you adhere to all road signs and do not ride on the pedestrian's way, this is illegal and may result in a fine.
- Please make sure you have your ID with you when you are outside the venue.

3. TEAM SERVICES

3.1. ACCREDITATION

Teams/Officials Accreditation

Team Accreditations can be collected from Tuesday, 28 June 2022, at the accreditation centre, during the opening hours:

Sala Museu in the National Velodrome
R. Ivo Neves n° 405 - 3780-524 Sangalhos, Anadia

Please ensure that you collect your accreditation as soon as you arrive at the Velodrome as it will be required for access to all parts of the venue. Accreditations must be worn and visible whenever you pass through accreditation controls.

Accreditation centre opening hours

Monday	27 June	13:00 – 18:00	<i>Only for the LOC, UEC and staff</i>
Tuesday	28 June	08:00 – 12:00	13:00 – 18:00
Wednesday	29 June	08:00 – 12:00	13:00 – 18:00
Thursday	30 June	08:00 – 12:00	13:00 – 18:00
Friday	1 July	08:00 – 12:00	13:00 – 18:00
Saturday	2 July	08:00 – 12:00	13:00 – 18:00
Sunday	3 July	08:00 – 12:00	13:00 – 18:00

Please be mindful that many of the event personnel you will encounter at the velodrome are volunteers so please treat them with courtesy, as without them the event would not be able to happen.

Permanence – Race Office

Tuesday 28 June and Wednesday 29 June the Race Office is located at:

Universidade Sénior da Curia

Curia TecnoParque - 3780-544 Tamengos

Thursday 30. June and Friday 1. July, the Race Office is located at:

the start/finish area.

Pista de XCO – Curia - Rua da Várzea, Tamengos, Anadia

Opening hours – please see point 6. – Competition schedule

This is where important event information can be found and training schedules, team cabins, car parking, messages and lost property.

For general query, there will be a Permanence office at:

Sala Museu in the National Velodrome

R. Ivo Neves n° 405

3780-524 Sangalhos, Anadia

Permanence opening hours

Tuesday, 28 June	08:00 – 20:00
Wednesday, 29 June	08:00 – 20:00
Thursday, 30 June	08:00 – 18:00
Friday, 1 July	08:00 – 18:00
Saturday, 2 July	08:00 – 18:00
Sunday, 3 July	08:00 – 18:00

3.2. TEAMS PARKING AREA

Limited car parks on site:

Tamengos

[Map Entrance](#)

GPS: 40.418750, -8.468848

Any additional vehicles should be discussed with the team area coordinator.

4. OFFICIAL MEETINGS

4.1. COMMISSAIRES PANEL MEETING

Date: Wednesday, 29 June

Time: 09:00 until 09:45

Location: Commissaires meeting room,
Universidade Sénior da Curia
Curia TecnoParque,
3780-544 Tamengos

4.2. CONFIRMATION / LICENSE CHECK

Tuesday 28. June	Wednesday 29. June	Thursday 30. June	Friday 1. July
15:00-18:00	10:00-13:00	09:00-11:00	09:00-11:00
		19:00-19:30	
Universidade Senior da Curia	Universidade Senior da Curia	Start/Finish Area	Start/Finish Area
Curia TecnoParque	Curia TecnoParque		
3780-544 Tamengos	3780-544 Tamengos		

Team managers must confirm all starters, presenting all licenses (with passport for the Juniors category) and provide a sample of national teams' apparel.

Note1: Equipment/Rule. 1.3.57 - Jersey guidelines: <https://www.uci.org/equipment/bh2JJzw1eB0n876rX2iB1>

Note2: World champions must wear their World champion jersey with the sponsors of the national team.

In the Team Relay (XCR), only the members of the world champion relay team may/must wear the world champion jersey.

During that procedure, the anti-Covid-19 Health Protocol of the country will be applicable, limiting the team managers to maximum 2 persons per nation, depending on the size of the team.

4.3. TEAM MANAGERS MEETING

Date: Wednesday, 29 June

Time: 18:00

Location: Universidade Sénior da Curia
Curia TecnoParque - 3780-544 Tamengos

Timing transponders will be handed out together with start numbers and must be returned immediately after the race at the tent located near the finish line.

During the team Managers meeting, the anti-Covid-19 Health Protocol of the country will be applicable, limiting the team managers to maximum 2 persons per nation, depending on the size of the team.

Attendance is required by:

- UEC MTB Commission President
- UCI and National Commissaires
- Team Managers
- Event Director
- UEC Technical Delegate
- UEC Sports Coordinator

5. MEDIA

5.1. MEDIA PERMANENCE

The Media Permanence during the MTB events is located at Start/Finish area.

[Map](#)

GPS: 40.420056, -8.472694.

To access the Press Area an accreditation is necessary.

To apply for media accreditation, please visit the UEC website <https://www.uec.ch/en/media>

Media accreditation and photographers' bib's can be collected during the opening hours of the Accreditation Centre.

Please ensure that you collect your accreditation as soon as you arrive at the velodrome as it will be required for access to all parts of the venue. Accreditations must be worn and visible whenever you pass through accreditation controls.

For any further inquire please contact Mr. Stefano Bertolotti, UEC Press Officer s.bertolotti@uec.ch or Mr. José Carlos Gomes, LOC Media representative comunicacao@fpciclismo.pt

Parking for media is available at the MTB venue:

Pista de XCO – Curia

Rua da Várzea, Tamengos, Anadia

Please note: throughout the week, the main Media Centre is located next to the velodrome, in the BMX building, Sala de Formação, R. Ivo Neves nº 405, 3780-524 Sangalhos, Anadia

Media Centre (Sangalhos, Anadia)

Wednesday, 29 June	10:00 – 20:00
Thursday, 30 June	16:00 – 20:00
Friday, 1 July	14:00 – 20:00
Saturday, 2 July	16:00 – 20:00
Sunday, 3 July	16:00 – 20:00

Media Permanence (Start/Finish area)

Wednesday, 29 June	10:00 – 19:00
Thursday, 30 June	08:00 – 20:00
Friday, 1 July	08:00 – 21:00
Saturday, 2 July	08:00 – 18:00
Sunday, 3 July	08:00 – 18:00

5.2. FLASH INTERVIEW ZONE

Next to the Awards Ceremony podium, a flash interview zone will be organized open for the media.

6. COMPETITION SCHEDULE

Tuesday, June 28th

Subject of change depending on the XCC and XCO circuits and start/finish areas

- 10:00 – 12:00 Courses inspection by UCI, UEC and LOC
- 15:00 – 18:00 Rider's confirmation

Wednesday, June 29th

- 10:00 – 13:00 Rider's confirmation – all categories - final for XCC
- 10:00 – 11:30 Official training XCR/XCO for Men
- 11:30 – 13:00 Official training XCR/XCO for Women
- 13:00 – 14:30 Official training XCC for Men
- 14:30 – 16:00 Official training XCC for Women
- 16:30 Qualification heat Men E/U #1 and #2
- 17:00 Qualification heat Men Jun #1 and #2
- 18:00 – 18:45 Team managers meeting

Thursday, June 30th

- 09:00 – 11:00 Riders confirmation, final for XCR - Race Office (start/finish area)
- 09:00 – 10:00 Official training XCC for Women
- 10:00 – 11:00 Official training XCC for Men
- 11:30 – 12:15 **Junior Women's Cross Country, Short Track (XCC), Final**
- 12:30 – 12:45 *Junior Women's Cross Country, Short Track (XCC) Awards Ceremony*
- 13:30 – 14:15 **Junior Men's Cross Country, Short Track (XCC), Final**
- 14:30 – 14:45 *Junior Men's Cross Country, Short Track (XCC) Awards Ceremony*
- 15:30 – 16:15 **Elite Women's Cross Country, Short Track (XCC), Final**
- 16:30 – 16:45 *Elite Women's Cross Country, Short Track (XCC) Awards Ceremony*
- 17:30 – 18:15 **Elite Men's Cross Country, Short Track (XCC), Final**
- 18:15 – 18:30 *Elite Men's Cross Country, Short Track (XCC) Awards Ceremony*
- 19:00 – 19:30 Riders final confirmation for Team Relay (XCR) –
At the Race Office (start/finish area)

Friday, July 1st

- 09:00 – 10:00 Official training XCO for Juniors and U23
- 09:00 – 11:00 Riders final confirmation for all XCO races (Juniors and U23) –
at Race Office (start/finish area)
- 10:00 – 11:00 Official training ONLY for Team Relay (XCR)
- 11:30 – 13:00 **Team Relay (XCR), Final**
- 13:15 – 13:30 *Team Relay Awards Ceremony (XCR)*
- 14:00 – 15:00 Official training for Eliminator (XCE)
- 16:00 – 17:30 Eliminator, Qualifications (XCE)
- 18:15 – 19:00 **Eliminator, (XCE), Finals**
- 19:15 – 19:30 *Eliminator, Awards Ceremony (XCE)*

Saturday, July 2nd

- 09:00 – 10:00 Official training for Cross Country WJ, MJ (XCO)
- 11:00 – 12:15 **Junior Men's Cross Country, XCO, Final**
- 12:30 – 12:45 *Junior Men's Cross Country, (XCO), Awards Ceremony*

- 12:45 – 14:00 *Break*

- 14:00 – 15:15 **Junior Women's Cross Country, XCO, Final**
- 15:30 – 15:45 *Junior Women's Cross Country, (XCO), Awards Ceremony*

- 16:00 – 18:00 Official training for Cross Country WU, MU (XCO)

Sunday, July 3rd

- 09:00 – 10:00 Official training for Cross Country WU, MU (XCO)
- 11:00 – 12:30 **U23 Women's Cross Country, XCO, Final**
- 12:45 – 13:00 *U23 Women's Cross Country, (XCO) Awards Ceremony*

- 14:00 – 15:30 **U23 Men's Cross Country, XCO, Final**
- 15:50 – 15:55 *Flag handover*
- 15:55 – 16:10 *U23 Men's Cross Country, Awards Ceremony*

7. EVENT SPECIFIC REGULATIONS

ARTICLE 1. GENERAL RULES

- 1.1. The 2022 UEC MTB European Championships for Juniors and U23 categories, are organised by the Union Européenne de Cyclisme (UEC) in cooperation with the Municipality of Anadia and the Portuguese Cycling Federation.

The technical preparation and coordination will be done by Mr. Sergio Sousa, Mr. Jorge Rocha, and Mr. José Marques.

Technical Director: Mr. Jorge Rocha
Event website: <http://anadia2022.eu/>

- 1.2. The event will be organised in accordance with rules of the Union Cycliste Internationale (UCI) and these rules will be the reference for everything that is not mentioned in the current document.
- 1.3. The 2022 UEC European MTB Championships consist of the following races:
Short Circuit (XCC), Team Relay (XCR), Eliminator (XCE) and Cross-Country (XCO only for Juniors and U23)

They are scheduled **from 30 June to 3 July 2022.**

These Championships may be contested by riders entered by their National Federation as a National Team.

ARTICLE 2. TYPE OF THE EVENT

- 2.1. The event is open to athletes of the Women Junior (WJ), Men Junior (MJ), Women U23 (WU) and Men U23 (MU) categories.

- 2.2. Age categories for which the individual title of the European Champion will be awarded are the following:

▪ Men Elite	for XCC /XCR/XCE	(aged 23 and over)
▪ Men U23	for XCO/XCC/XCR/XCE	(aged 19 to 22)
▪ Women Elite	for XCC/XCR/XCE	(aged 23 and over)
▪ Women U23	for XCO/XCC/XCR/XCE	(aged 19 to 22)
▪ Men Juniors	for XCO/XCC/XCR/XCE	(aged 17 and 18)
▪ Women Juniors	for XCO/XCC/XCR/XCE	(aged 17 and 18)

- 2.3. It is entered on the UCI calendar as a Continental Championships event (UCI CC).

ARTICLE 3. PARTICIPATION

3.1. **Cross Country Short Circuit (XCC)**

XCC will be organized for the following categories:

Men Elite (aged 19 and over), Women Elite (aged 19 and over), Men Juniors and Women Juniors.

Participation for all categories:

Total riders that may be registered: 12 riders per category/per nation
Maximum 8 riders to start per category/per nation

3.2. **Team Relay (XCR)**

In accordance with the UCI rules, article 9.2.032, for the team relay, each nation may enter only one single team

Each national team shall be made up of 6 riders as follows: 1 Men Elite, 1 Women Elite, 1 Men under 23, 1 Men Juniors, 1 Women under 23 and 1 Women Juniors.

However, the following substitutions shall be permissible:

- **1 Men elite** by Women elite or Men U23 or Men Junior or Women U23 or Women Junior
- **1 Women elite** by Women U23 or Women Junior
- **1 Men U23** by Women Elite or Women U23 or Men Junior or Women Junior
- **1 Men Junior** by Women junior
- **1 Women U23** by Women junior
- **1 Women Junior** (compulsory)

For the European Championship Team Relay, the team manager must use the form provided, to notify the names and categories of the riders making up their team and their start order to the President of the Commissaire's panel, **on Thursday, 30 June at 19:00, at the Race Office (Start/finish area)**

This start order may not be altered subsequently.

Start order: on the basis of the results of the team relay event in the preceding European championships. Unclassified teams will be drawn.

The exchange boxes will be allocated on the basis of the results of the team relay event in the preceding European championships. The order of nations not placed will be determined by drawing lots. The first nation will be installed in box number 1 and so on.

Note that UCI points which will be awarded to the team relay will be given to the nation and not to the individual riders.

3.3. **Cross Country Olympic Format (XCO)**

XCO will be organized for the following categories:

Men Under 23, Women Under 23, Men Juniors and Women Juniors.

Participation for all categories:

Total riders that may be registered: 12 riders per category/per nation
Maximum 8 riders to start per category/per nation

3.4. **Eliminator (XCE)** **Men and Women**

Participation for the categories ME, WE, MU, WU, MJ, WJ:

Total riders that may be registered: 12 riders
Maximum 8 riders to start per category/per nation

3.5. Riders registration – Final confirmations times

The National Federations have to register their riders and staff **directly on the UEC website** (www.uec.ch).

The registration will open on 16 May 2022 (12:00 CET).

The registration will be closing on 19 June 2022 (23.59 CET).

3.6. The final confirmation of the participants and the distribution of the race numbers will take place at: Universidade Sénior da Curia, Curia TecnoParque, 3780-544 Tamengos, and at the start/finish area.

3.7. Riders ages shall be defined according to the UCI Regulations.

The age of a rider shall be determined by the difference between the year of the event and the year of birth of the rider.

ARTICLE 4. TEAM MANAGERS MEETING

The team managers' meeting, organised in accordance with the UCI regulations in the presence of Members of the Commissaries Panel, is scheduled for

Wednesday 29 June

Time: 18:00

Universidade Sénior da Curia

Curia TecnoParque - 3780-544 Tamengos

ARTICLE 5. RACES PROCEDURES

XCO / XCC START PROCEDURE

For all XCO races, the start procedure will be conducted according to the following UCI MTB Regulations:

UCI RULES

4.1.30. For Olympic Games, World Championships, World Cup and Continental Championship events and hors class events, the organizer must make provisions for a call-up area which is sufficiently large for riders to warm up in, close to the start zone.

4.1.31. In mass start events, riders must be called to the start no earlier than 20 minutes before the scheduled start of the race. This period can be reduced where the number of riders allows.

Five minutes before the call-up an announcement must be made over the public address system to inform riders of the fact, and again three minutes beforehand.

The riders shall line up in the order in which they are to be called to the start line.

The number of riders on each line will be decided by the president of the commissaires' panel and supervised by a commissaire.

The rider himself shall decide which position on the line to take. Once the riders are lined up, warm-up (by rollers, turbo trainer etc.) is excluded inside or outside the start area.

The start will be given by the commissaire using the following the procedure: warnings at 3, 2, 1 minutes and 30 seconds before the start, then a final announcement that the start will be given within the next 15 seconds.

A starting pistol or start lights, if none is available, a whistle will be used to give the start.

4.1.033. The start briefing will be given in at least one of the official languages of the UCI.

XCO RACE PROCEDURE

Start order U23:

1. As per the last published UCI XCO individual ranking.
2. Unclassified riders: by nations in rotation (*).

(*) The start order of the riders within the team must be confirmed by the national federations during the riders confirmation. Taking each nation in turn based on the classification by nation of the concerned category from the most recent UCI nations ranking, a place is allocated to the next rider in sequence. Unclassified nations take, on the basis of the same rotation system, the next places in an order determined by drawing lots.

Start order U19:

1. As per the last published UCI XCO individual ranking.
2. Unclassified riders: by nations in rotation (nations' classification of the concerned category from the most recent world championships in rotation).

XCE RACE PROCEDURE

For the Qualifying round, the start will be given based on the most recent UCI XCO individual ranking published. The riders start in sequence by their race number, the highest number starting first.

In the XCE elimination heats, there will be 4 riders starting per heat.

ARTICLE 6. TECHNICAL ASSISTANCE

The following UCI Regulations will be applicable:

UCI RULES

- 4.2.44. No rider may turn back on the course to reach a feed/technical assistance zone. Any rider doing so is disqualified. Only within the feed/technical assistance zone itself, a rider may turn back without obstructing other competitors
- 4.2.45. Technical assistance during a race is permitted subject to the conditions below.
- 4.2.46. Authorized technical assistance during a race consists of repairs to or thereplacement of any part of the bicycle other than the frame.

Bike changes are not permitted, and the rider must cross the finishing line with the same handlebar number plate that he/she had at the start.
- 4.2.47. Technical assistance can only be given in the feed/technical assistance zones.
- 4.2.48. Spare equipment and tools for repairs must be kept in these zones. Repairs and equipment changes can be carried out by the rider himself or with the help of a teammate, team mechanic or neutral technical assistance.
- 4.2.49. In addition to technical assistance in feed zones, technical assistance is permitted outside these zones only between riders who are members of the same UCI ELITE MTB team, UCI MTB team or of the same national team.

During the European Championships, technical assistance is only authorized between riders of the same national team, and racing in the same category.

Riders may carry tools and spare parts provided that these do not involve any danger to the rider himself or the other competitors.

XCC RACE PROCEDURES

XCC Men Elite/U23

Race numbers are distributed according to the latest updated UCI XCO ranking, Unclassified riders by the last nation ranking of the UCI in rotation

If more than 40 riders are entered and confirmed → qualifications heat will be organized
Qualification (if needed) will be organized on Wednesday afternoon.

- Qualifying Heat 1 with odd race numbers
- Qualifying Heat 2 with even race numbers
- Call up for Qualifying Heats by race number ascending
- Top 20 from each Heat to qualify for the final

For the final:

- Call up for the final by qualifying results: 1st places by time, 2nd places by time, 3rd places by time, etc.

XCC Women Elite/U23

If Qualification needed → same procedure as Men Elite/U23

If no qualification needed → direct to final

Call Up in the final; race numbers according to the latest updated UCI XCO ranking, Unclassified riders: by the last nation ranking of the UCI in rotation

Juniors

If Qualification needed → same procedure as Men Elite/U23

If no qualification needed → direct to final

Call Up in the final; race numbers according to the latest updated UCI XCO ranking, Unclassified riders: nations' classification of the concerned category from the most recent world championships in rotation

To note that the bike used for cross-country short track does not have to be the same as the bike used for Cross-country Olympique.

ARTICLE 7. TECHNICAL ASSISTANCE / FEEDING ZONES

In XCO races, two single, or one double, technical assistance / feeding zones will be organized.

The location of the technical assistance / feeding zones will be shown in the official race maps. Technical assistance / Feed zone passes will be distributed immediately after the Team Managers meeting.

A neutral technical assistance will be organized by VITTORIA.

ARTICLE 8. AWARDS CEREMONIES

In accordance with articles 1.2.112 and 1.2.113 of the UCI Regulations, the 3 best riders of each category must attend the official awards ceremony, any interviews organized and the press conference.

Unless otherwise stated, riders shall appear at official ceremonies wearing competition clothing.

Riders must present themselves at the podium in a maximum of 10 minutes after crossing the finish line.

ARTICLE 9. AWARDS AND PRIZE MONEY

Jersey and medals

Every European Championship will be awarded with:

- The 1st place: Gold medal and Champion(s) jersey
- The 2nd place: Silver medal
- The 3rd place: Bronze medal

Prize money list (Amounts in Euro):

Place	XCC – Short Circuit JUNIORS		XCC - Short Circuit ELITES	
	Junior Men	Junior Women	Elite Men	Elite Women
1st	€ 380,00	€ 380,00	€ 625,00	€ 625,00
2nd	€ 190,00	€ 190,00	€ 375,00	€ 375,00
3rd	€ 100,00	€ 100,00	€ 250,00	€ 250,00
Total	€ 670,00	€ 670,00	€ 1'250,00	€ 1'250,00

Place	XCO - Cross Country JUNIORS		XCO - Cross Country U23	
	Junior Men	Junior Women	U23 Men	U23 Women
1st	€ 380,00	€ 380,00	€ 470,00	€ 470,00
2nd	€ 190,00	€ 190,00	€ 250,00	€ 250,00
3rd	€ 100,00	€ 100,00	€ 160,00	€ 160,00
Total	€ 670,00	€ 670,00	€ 880,00	€ 880,00

Place	XCE - Eliminator		XCR – Team Relay
	Men	Women	
1st	€ 400,00	€ 400,00	€ 1'875,00
2nd	€ 300,00	€ 300,00	€ 1'250,00
3rd	€ 200,00	€ 200,00	€ 625,00
4th	€ 100,00	€ 100,00	
Total	€ 1'000,00	€ 1'000,00	€ 1'250,00

ARTICLE 10. ANTIDOPING

The UCI antidoping regulations are entirely applicable to the event. The antidoping tests will take place at the Antidoping Station located in:
MTB Start/ Finish area – in the Antidoping camper

ARTICLE 11. PENALTIES

The UCI penalty scale is the only one applicable.

ARTICLE 12. RESPONSIBILITIES

The Organiser and UEC will not, under any circumstances, be liable to any accidents or damage that occurs during training and competitions.

The organizers and UEC decline all responsibilities towards the riders and others in case of an accident.

For all cases not covered by these specific regulations, the UCI rules will apply. Any problems will be solved between the organizers, the Commissaires Panel and UEC officials.

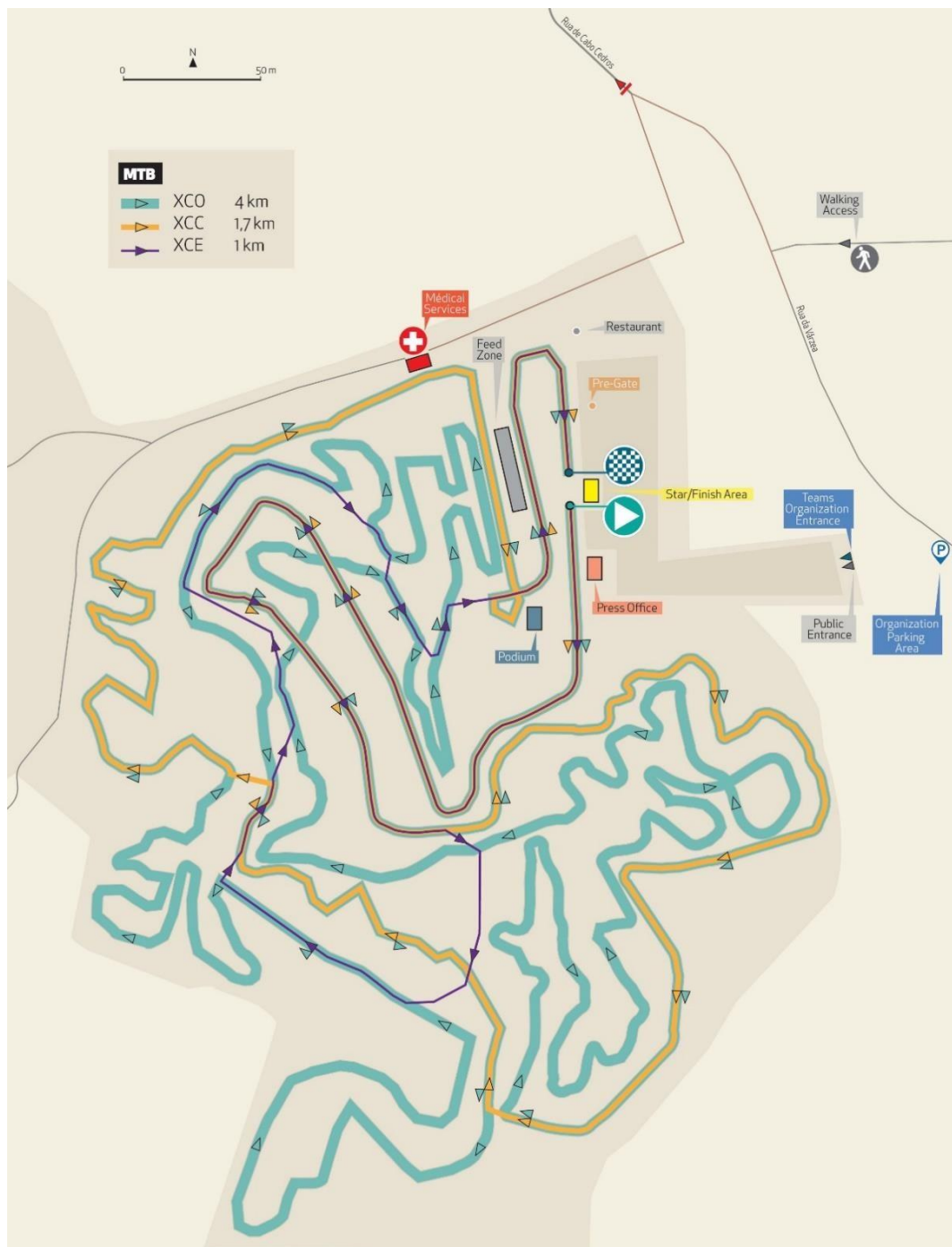
Lausanne 2/6/2022

8. APPENDICES

8.1. VENUE LAYOUT



8.2. COURSES MAPS



Links to see and download the routes:

- XCC – GPS track: <https://www.plotaroute.com/route/1850435>
- XCO – GPS track: <https://www.plotaroute.com/route/1850439>
- XCE – GPS track: <https://www.plotaroute.com/route/1850437>

8.3. COURSES PROFILES

