MBO National League

In order to have a fair and consistent National League, the following guidelines must be followed.

Points System for League

For the purposes of the league, competitors will only be ranked against those in the same age class.

Points will be awarded in each class according to the following formulae:

Winners Time / Your time x 100%

For short courses (ie M21S) :   Winners Time / Your time x 60%

A competitor may enter a higher class but will not score league points. If a competitor wishes to count in a higher age class throughout the season instead of their normal age class this must be declared to the league coordinator. For example an M50 rider may wish to compete on the A course.

Age Classes and Courses

To score points in the National MBO League competitors must enter the course appropriate to their age class.

Age classes will correspond to the courses at events as follows:

A Course – M21 (Open men), M40, M20.
B Course – W21 (Open Women), W40, M50, W50, M60, M/W 18 & W20,M20S,
      M21S, M40S
C Course –W60, Youth, M18S, M50S, M60S, W18S, W20S, W21S, W40S, W50S
D Course - Score (Non-competitive)
For the purposes of the league, competitors will only be ranked against those in the same age class.

Winners and Awards.

The winner of each age category will be recognized.

Separate leagues will be compiled to determine the overall Men's Champion on the A course and the Overall Women's Champion on the B course.

Awards will only be made where the competitor has completed over half of the number of qualifying events required.

For example, if the league is best 7 scores from 12 events a competitor must have

completed at least 4 events to be recognized as a class winner.

Course length

A course estimated Winning times:

Sprint - 20 to 30 minutes
Middle - 50 to 60 minutes
Long - 90 to 110 minutes
Ultra Long - 120 to 140 minutes
B & C courses will be of a shorter length but of similar standard of difficulty. The estimated winning times may be close to but not exceed the winning times of the A course when the age, gender or experience of the competitor is taken into account

D courses will be a score format using all of the controls from the other courses to provide a suitable challenge for novices to MBO. A novice may be new to orienteering, mountain biking or both. It will also provide an introduction to Orienteering style maps for riders more used to MBO Score (Trail Quests) events. The format could have a time limit or be a Spanish Score (collect all) format.

Expected winning times will vary depending on the area, but will be displayed at the event.

Further information regarding the character of the different distances can be found on the accompanying extract from the IOF rules. These can only be guidelines as the nature of the terrain will influence the style of event.

MBO Rules

MBO rules are largely about fairness and resolving disputes. All MBO events run under IOF MTBO Rules. However for clarity and fairness we publish these rules to ensure all competitors know the basics.

1. You must stay on mapped tracks at all times. No cross country riding or running with bikes cross country.
2. You may break rule 1, provided the organiser has published their event rules and has permission for this access.

3. 26 inch wheeled bicycles must be used for National Events.

IOF MTBO RULES 2010: download

MBO Competitor Code

1. Slow right down when passing members of the public on foot or on horseback.

2. Avoid damaging the path through aggressive riding such as skidding.

3. When two riders converge:

- Riders should normally pass with their right shoulders
- Rriders traveling uphill must be given priority
- At an intersection, the rider on the smaller path should give way to any rider on the larger path.

4. Riders should overtake on the right.

5. Slower riders should give way to overtaking riders.

6. When riding on public roads the highway code must be observed.

The Event Organiser may approve additions or changes to the above code to improve safety.

MBO Start and Finish
All National League, National Championship and Selection events must use the following start finish system. It is recommended that all MBO events use this system.

Start

Three minute start boxes leading up to start time.

3 minutes to start enter box 1, clear box for electronic punching.
2 minutes to start enter box 2, check box for electronic punching
1 minute to start, pick up map, competitor has this minute to read map and put map
     on map board
Start time, competitor must vacate start box 3.
The organisers must ensure competitors on the same course start at minimum 2
     minute intervals.

Finish

Finish control to be clearly marked and all routes to control clear of competitors.
Finish control to placed on Control post.
The finish control **must not be hand held** by a finish marshall.

MBO Course Design

Linear course designers must remember that:

It is NOT legal to race against the clock on Public Bridleways.

You may use footpaths and other tracks provided you have permission from the land owner.

With these limitations, we must be creative to get the best out of an area or map. MBO is not fixed in its thinking.

General Course Design

A Mountain Bike Orienteering event in not a Foot Orienteering event.

MBO is about about quick execution of route choice while riding as fast as possible. MBO is not about stopping to read micro detail to find either the control or invisible track junctions. Neither is MBO about looking up side tracks to locate controls mere meters from a track junction (hint it should be on the junction or well away from it).

Extracts from *IOF Specification for MTBO maps 2007:*

"2.1 Orienteering and the map

From the competitors' point of view, an accurate and legible map is a reliable guide for choice of route, and it enables them to navigate along a route chosen to suit their navigational skill and physical ability. However, skill in route choice loses all meaning if the map is not a true picture of the ground—if it is inaccurate, out-of-date or of poor legibility."

"2.3 Accuracy

The general rule should be that competitors shall not perceive any inaccuracy in the map. *The accuracy of the map as a whole depends upon the accuracy of measurement (position, height and shape) and the accuracy of drawing."*

It is important the designer uses the same map the competitors uses. If the event is to use a 1:20,000 then the planner should use a 1:20,000 map. Using a map such as 1:10,000 or 1:7500 to plan a 1:20,000 course leads the planner to extract information and detail the competitor will not have on the event map.

Map errors can be corrected, lack of detail in complex areas fixed by either route choice or control location.

A golden rule to map and plan your course should be:

"The general rule should be that competitors shall not perceive any

inaccuracy in the map."

Linear Course Design

A linear course is the classic design. With a large and well networked area, a linear course may be easy to create. Careful thought needs to be given to route choice between controls.

However this is not the only consideration. An area may not have much viable route choice eg a longer but simple track route versus a complex series of small paths but shorter. Most competitors will choose the simple track especially if the extra distance marginal.

It would be more interesting to put the riders through the more complex series of paths, this way they must execute the navigation cleanly and be able to ride the more technical terrain quickly.

So you may choose to push competitors via certain tracks to test execution, setting the course up to take advantage of legs which do have good route choice. Some legs may simply be linking legs due to the nature of the area and map.

Creative Course Design

Here is a list of other excellent techniques that help get the best out of an area:

1. Linear course linking multiple loops from common controls.

2. Free order (all controls must be visited in any order the rider chooses)

3. Linear course linking small clusters of free order controls

4. Linear course linking free order controls and multiple loops from a common control

The options are limitless and give you the flexibility to get the best out of any map.