

## 1.7.2 – MTBO Races :

Since 2015, colour courses have been set up, see tables below.

Courses are no longer referenced by letters but by Colors to meet the criteria defined in the federal method.

Each category has a reference circuit and depending on the age of the riders, it's possible or not possible to race on the other circuits.

For the Youth categories, a rider will be allowed to race on the circuit higher than his reference circuit

A young rider with a validated over-classification will be able to race on the reference circuit of the category of his over-classification.

### Associating Categories with Colored courses for the 4 Race Formats

Catégorie Licence	Circuit de référence LD-MD-MS	Circuit de référence SP	Circuit/couleur maximum autorisé	Catégorie Licence	Circuit de référence LD-MD-MS	Circuit de référence SP	Circuit/couleur maximum autorisé
H10	Vert	Vert	circuit supérieur autorisé	D10	Vert	Vert	circuit supérieur autorisé
H12	Bleu	Bleu	circuit supérieur autorisé	D12	Bleu	Bleu	circuit supérieur autorisé
H14	Orange Moyen	Violet Court	circuit supérieur autorisé	D14	Orange Court	Orange Long	circuit supérieur autorisé
H17	Violet Court	Violet Moyen	circuit supérieur autorisé	D17	Orange Long	Violet Court	circuit supérieur autorisé
H20	Violet Moyen	Violet Long	Violet Long	D20	Violet Court	Violet Moyen	Violet Long
H21	Violet Long			D21	Violet Moyen	Violet Moyen	
H40	Violet Moyen			D40	Orange Long	Violet Court	
H50	Violet Court	Violet Moyen		D50	Orange Moyen	Violet Court	
H60	Orange Long	Violet Court	Violet Moyen	D60	Orange Court	Orange Long	Violet Moyen
H70	Orange Moyen	Orange Long		D70	Orange Court	Orange Long	

## Long Distance, Middle Distance, Mass Start and Sprint, Regional League Championships

To be ranked in the 4 League Championships, a rider must race on the reference course of his category, see table below.  
The races used to support the League Championships are compulsorily entered in the National Ranking.

LD-MD-MS		
A	Violet Long	H21
B	Violet Moyen	H20-H40-D21
C	Violet Court	H17-H50-D20
D	Orange Long	D17-D40-H60
E	Orange Moyen	D50-H14-H70
F	Orange Court	D14-D60-D70
G	Bleu	D12-H12
H	Vert	D10-H10
Sprint		
A	Violet Long	H21-H20-H40
B	Violet Moyen	D21-D20-H17-H50
C	Violet Court	D17-D40-D50-H14-H60
D	Orange Long	D14-D60-D70-H70
E	Bleu	D12-H12
F	Vert	D10-H10

Violet = Purple  
Orange-Orange  
Bleu-Blue  
Vert-Green

The Green courses (H10-D10) are not competition courses. Accompaniment is possible by a person who has already run (or not running) on a competition circuit that day.

### For the Mass-start

For the D/H12 circuit, it's the course setter choice : depending on the map and terrain: combinations are optional.

## Course Definition Table

Distances are given for the best route (assumed) and including elevation gain (100m elevation gain = 1200m flat)

Nota : This table lists distances which are an aid to set the courses but do not constitute in any way an obligation to be respected, as the land is not always equivalent. They were defined as an average observed over several regional races.

The organizer must plan at least one course for Electrically Assisted MTB (EMTB).

Circuit	LD (Longue Distance)		MD (Moyenne Distance)		MS (Mass Start)		SP (Sprint)	
	Distance+-5% (dénivelée comprise)	Temps de course	Distance+-5% (dénivelée comprise)	Temps de course	Distance+-5% (dénivelée comprise)	Temps de course	Distance+-5% (dénivelée comprise)	Temps de course
Long Purple	40km	95-105'	24 km	55-60'	30 km	70-80'	8,5 km	20-25'
Medium Purple	30 km	85-95'	19 km	50-55'	24 km	65-75'	7,5 km	20-25'
Short Purple	25 km	75-85'	16 km	45-50'	20 km	65-70'	6,5 km	20-25'
Long Orange	20 km	65-75'	13 km	40-45'	16 km	55-65'	5 km	15-20'
Medium Orange	16 km	55-65'	11 km	35-40'	13 km	45-55'	X	X
Short Orange	10 km	45-50'	7 km	30-35'	9 km	35-40'	X	X
Blue	6 km	35-40'	4,5 km	25-30'	5 km	30-35'	3,5 km	15-20'
Green	4 km	25-30'	2.5 km	18-22'	3 km	20-25'	2 km	10-15'
e-MTB	15/18km	60'	10/12km	40'	13/15km	50'	5/6km	20'

For the GEC: do not register the runners by their category (the category of each rider being only an additional piece of information such as the name of the club for example)

The rankings of the races will no longer be made by category but by circuit except for the League Championships on the 4 possible formats.