



TECHNICAL GUIDE

AMERICAN SERIES MTB

PARAÍBA DO SUL – PARQUE SALITARIS

03/14/26 AND 03/15/2026

The regulations and disciplinary rules of the International Cycling Union (UCI), the Pan-American Cycling Confederation (COPACI), the Brazilian Cycling Confederation (CBC), and the Cycling Federation of the State of Rio de Janeiro (FECIERJ) will be followed, as well as the provisions of this particular regulation.

1. EVENT LOCATION:

The event will be held in the city of Paraíba do Sul, in the state of Rio de Janeiro. The circuit is located inside the Salutaris Park.

Location: https://maps.app.goo.gl/QpyAeCLcC3qgRbef9?q_st=iw

2. GENERAL REGULATIONS:

This general regulation provides guidelines for the 2026 American Series MTB regarding the XCC and XCO modalities, aiming at athlete safety and the smooth running of the competition. The championship is part of the calendar of the International Cycling Union, the Pan-American Cycling Confederation, the Brazilian Cycling Confederation, and the Cycling Federation of the State of Rio de Janeiro; therefore, the current sporting rules of these competent bodies will apply. There may be regulatory and scheduling differences regarding the stages and their modalities. All items are subject to change if absolutely necessary, and the latest version will be printed and in the possession of the organization on the day of the event. Additional information will be provided at the Sports Directors Meeting, which will be held online the day before the competition.

3. REGISTRATION:

International athlete registrations:

International athlete registrations will be done via email:

ciclismorio@yahoo.com.br containing the data below:

- Full Name;
- Date of Birth;
- Passport Number;
- UCI ID;
- Proof of insurance with international coverage for sporting events, valid for the entire duration of the competition.

All athletes must present a current and valid license issued by their respective National Cycling Federation.



The authorization letter, on letterhead and duly signed by the corresponding federation, must be presented at the time of confirmation, as well as the current license, the international insurance policy, and the passport of each athlete.

Registration fee: BRL150 for all categories, and will be open from February 8, 2026.

For foreign athletes, the fee must be paid upon confirmation and collection of the race number. Payments in Brazilian Reais (BRL 150) or US Dollars (USD 30) will be accepted.

4. CATEGORIES:

XCC

| CATEGORY | AGE AT 12/31/2026 | YEAR OF BIRTH |
|-------------|-------------------|----------------|
| MAN ELITE | 19 or older | 2007 or before |
| WOMAN ELITE | 19 or older | 2007 or before |

XCO - MAN

| CATEGORY | AGE AT 12/31/2026 | YEAR OF BIRTH |
|----------------|-------------------|----------------|
| ELITE | 19 or older | 2007 or before |
| UNDER-23 | 19 – 22 | 2007 - 2004 |
| SUB-30 | 23 – 29 | 2003 – 1997 |
| JÚNIOR | 17 – 18 | 2009 – 2008 |
| JUVENIL | 15 – 16 | 2011 – 2010 |
| INFANTOJUVENIL | 12 – 14 | 2014 – 2012 |
| MASTER A1 | 30 – 34 | 1996 – 1992 |
| MASTER A2 | 35 – 39 | 1991 – 1987 |
| MASTER B1 | 40 – 44 | 1986 – 1982 |
| MASTER B2 | 45 – 49 | 1981 – 1977 |
| MASTER C1 | 50 – 54 | 1976 – 1972 |
| MASTER C2 | 55 – 59 | 1971 – 1967 |
| MASTER D1 | 60 – 64 | 1966 – 1962 |
| MASTER D2 | 65 – 69 | 1961 – 1957 |
| MASTER E 70+ | 70 or older | Untill 1956 |

XCO - WOMAN

| CATEGORY | AGE AT 12/31/2026 | YEAR OF BIRTH |
|----------------|-------------------|----------------|
| ELITE | 19 or older | 2007 or before |
| UNDER-23 | 19 – 22 | 2007 - 2004 |
| JÚNIOR | 17 – 18 | 2009 – 2008 |
| JUVENIL | 15 – 16 | 2011 – 2010 |
| INFANTOJUVENIL | 12 – 14 | 2014 – 2012 |
| MASTER A | 30 – 39 | 1996 – 1987 |
| MASTER B | 40 – 49 | 1986 – 1977 |
| MASTER C | 50 or older | Untill 1976 |

XCO - AMATEUR

| CATEGORY | AGE AT 12/31/2026 | YEAR OF BIRTH |
|----------|-------------------|----------------|
| MAN OPEN | 18 or older | 2008 or before |



| | | |
|-------------------|-------------|----------------|
| WOMAN OPEN | 18 or older | 2008 or before |
|-------------------|-------------|----------------|

The reference date used to calculate the ages for each category is December 31, 2026; in other words, it will consider your age on that date.

5. CBC AND UCI RANKINGS:

XCC (XC3):

| PLACE | POINTS |
|-------|--------|
| 1 | 10 |
| 2 | 6 |
| 3 | 4 |
| 4 | 2 |
| 5 | 1 |

XCO: The categories that are part of the UCI calendar (Elite, Under-23 and Junior) will receive points according to the CS class. The other categories will be scored in the XC1 class of the Brazilian national ranking as the table below:

| PLACE | ELITE | UNDER-23 | JUNIOR | OTHER CATEGORIES |
|-------|-------|----------|--------|------------------|
| 1 | 100 | 60 | 20 | 100 |
| 2 | 80 | 40 | 18 | 95 |
| 3 | 60 | 30 | 16 | 90 |
| 4 | 50 | 25 | 14 | 85 |
| 5 | 40 | 20 | 12 | 80 |
| 6 | 35 | 18 | 10 | 75 |
| 7 | 30 | 16 | 8 | 70 |
| 8 | 27 | 14 | 6 | 65 |
| 9 | 24 | 12 | 4 | 55 |
| 10 | 22 | 10 | 2 | 50 |
| 11 | 20 | 8 | | 45 |
| 12 | 18 | 6 | | 40 |
| 13 | 16 | 4 | | 35 |
| 14 | 14 | 2 | | 30 |
| 15 | 12 | 1 | | 25 |
| 16 | 10 | | | 20 |
| 17 | 9 | | | 15 |
| 18 | 8 | | | 10 |
| 19 | 7 | | | 8 |
| 20 | 6 | | | 6 |
| 21 | 5 | | | |
| 22 | 4 | | | |
| 23 | 3 | | | |
| 24 | 2 | | | |
| 25 | 1 | | | |

6. SCHEDULES AND PROGRAM:



PLEASE PAY ATTENTION TO THE SCHEDULE FOR YOUR CATEGORY REGARDING THE OPENING HOURS OF THE OFFICE, LINE-UP, START, AND AWARDS CEREMONY.

- DELAY IN CONFIRMING YOUR REGISTRATION/PICKING UP YOUR NUMBER AT THE DETERMINED TIMES MAY PREVENT YOU FROM COMPETING.

- WHEN CONFIRMING YOUR REGISTRATION, PLEASE REGISTER THE PERSON WHO WILL BE ACCOMPANYING YOU IN THE SUPPORT AREA.

Friday, March 13, 2026:

08:00 to 12:00 – Free practice

08:00 to 16:00 – Registration open

14:00 to 16:00 – Free practice

Saturday, March 14, 2026:

08:00 to 12:00 – Free practice

08:00 to 16:00 – Registration open

14:00 – XCC WE

14:45 – XCC ME

Sunday, March 15, 2026:

07:00 to 07:30 – Free practice

1st HEAT:

07:50 – Alignment of all categories.

08:00 – Man Juvenil

08:02 – Man Master C1, C2

08:04 – Man Master D1, D2, E

08:06 – Man Infantojuvenil

2nd HEAT:

09:45 – Alignment of all categories.

10:00 – Under 30

10:02 – Man Master A1

10:04 – Man Master A2

10:06 – Man Master B1

10:08 – Man Master B2

10:14 – Woman Master A

10:16 – Woman Master B

10:18 – Man Open

10:20 – Woman Open

3rd HEAT:

11:50 – Line-up of all categories.

12:00 – WE

12:02 – WU

12:04 – WJ

10:06 – Woman Master A, B, C

12:07 – Woman Infantojuvenil, Juvenil

12:08 – Woman Open



4th HEAT:

13:50 – Line-up of all categories.

14:00 – ME

14:02 – UM

14:04 – MJ

7. COURSE AND NUMBER OF LAPS:

The number of laps for each category will be defined and will be announced at the technical meeting.

The 80% rule may be applied.

8. ATHLETE INSURANCE:

Participating athletes will be covered by life insurance. If necessary, to activate this service, it is important that the athlete correctly fills out all fields of the registration form, as the information for the insurance company will be based on what has been filled out. The organization will not be responsible if the athlete cannot benefit from the life insurance due to incorrectly filled-out data.

9. NUMBERS AND CHIPS:

Numbers and chips are for timing the race. Each athlete will receive a number plate and a chip; the chip must be returned at the end of the race. Damaged numbers will be exchanged for another at the registration desk, upon presentation of the damaged number. If the athlete does not return the chip, they will receive a payment slip or account number for deposit (Pix) with the amount of the costs involved in purchasing this equipment: BRL 250 (USD 50). The plate or number provided must be worn visibly, without alterations or erasures, throughout the entire race. Each athlete has their own number and chip as identification for timing purposes, therefore, it is non-transferable. The athlete is responsible for verifying their number upon registration confirmation, ensuring and being responsible for competing with their correct number. The plates cannot be cut or have their appearance modified. Any type of advertising of the athlete on these devices is also prohibited. Even if the athlete does not finish the race, the CHIP must be returned.

10. SUPPORT AND SUPPLY DURING THE RACE:

The event organization will provide, for the XCO race, a designated area for athlete support and supplies – FEED/TECHNICAL ZONE. The support team must register its members at the secretariat during its opening hours. Support for the athlete will only be allowed in the area marked by the organization. Support outside this area will immediately disqualify the athlete. There can be no physical contact between the supporter and the athlete. Mechanical support is allowed. Repairs can be done by the athlete, team, or mechanic. Support or repairs can never be done by another athlete; if this happens, both will be disqualified. The athlete may carry tools, food, and parts, provided that it does not endanger other people, including themselves. Refueling and technical assistance are only allowed in the zones designated for this purpose. Eyewear changes must take place in the same location. It is not allowed to throw water on the athlete or the bicycle. The staff cannot run throughout the entire refueling zone alongside the athlete to provide refueling. Bicycle swapping is not allowed. An athlete who leaves the course during the race for any reason must return to the course from the same point where they left.

According to the current regulations, THERE IS NO SUPPORT IN THE XCC RACE.



11. AREA FOR TEAMS AND PRESS:

The event organizers will reserve a space for teams to set up their tents. During the event days, the demonstration and sale of any type of product in the event area is expressly prohibited. This will only be allowed with prior authorization from the organizers. Each team representative must contact an organizer to be informed of the designated location for their structure. The organizers are not responsible for thefts or any damage to the structures and belongings of the teams. The media team of each team, company, or independent media outlet must register its members at the event secretariat during operating hours, signing a statement acknowledging that the sale of photos to other athletes is prohibited.

12. AWARD CEREMONY:

IMPORTANT: Athletes must wear their uniforms at the award ceremony. It is not permitted to go on the podium with banners, children, animals, barefoot, wearing trousers/casual shorts or any type of formal attire, flip-flops/sandals, or shirtless. Those who do not go on the podium will forfeit their medal and prize, if any. Points will not be lost. If an athlete is not present during the award ceremony, they will not receive the prize. No other person may go on the podium to represent the athlete. Any other eventuality must be reported to the organization for analysis of the facts.

13. RESULTS:

After the results are tallied by the timing team, they will be published in a specific and easily accessible location for athletes to check.

APPEALS: Appeals may be made up to 15 minutes after the results are published. After this period, the decisions will be approved by the race management and with the agreement of the Commissaires. The appeal must be submitted using a form provided by the secretariat along with a fee of BRL 100 (USD 20). Appeals can only be individual and not collective. The parties involved may attend the hearing, and witnesses may be present at the discretion of the commissaire and race director. Relatives may not be witnesses. If the appeal is granted, the money will be refunded; if not, the money will be donated to a chosen charity. Decisions made by the College of Commissaires and the Race Director/Organizer are final and cannot be appealed.

14. IMAGE RIGHTS:

The organization may record videos or take photos during the event for its business use. Athletes who have any restrictions on the use of their image must state this in writing before the race, along with the registration form. If no restriction is registered, all images may be used for event publicity without financial compensation and at any time.

15. ATHLETE RESPONSIBILITIES AND OBLIGATIONS:

Theft, damage to bicycles and/or other equipment, any type of trauma or injury to athletes and companions during the race or training will not be the responsibility of the Organization or Organizers, Promoters, Sponsors, UCI, COPACI, CBC and FECIERJ.

It is the obligation of each athlete to carry all food and drink they will consume before, during and after the competition.

It is the athlete's responsibility to have medical insurance for coverage or assistance in case of an accident.

It is the responsibility of the Organizers to have a medical team to provide first aid and removal to the nearest hospital in case of accidents. From then on, the organizers' responsibility ends.



It is the obligation and responsibility of athletes and organizers to safeguard the image of Mountain Biking and the preservation of Nature (do not litter).

The athlete is responsible for the decision to participate in the race, judging and evaluating their own performance and physical condition, even their continuation during the race. The organization may prevent an athlete from participating in the race if it judges that they are not in a condition to start or may endanger the physical integrity of another athlete.

Any athlete, team member, or relative of the athlete who treats an organizer, commissaire, another athlete, or the public in a rude, harsh, or violent manner, promoting disrespect or humiliation, may be banned from the race.

16. GENERAL PROVISIONS

During training and competitions, athletes are required to wear a helmet with a chin strap and fastening, gloves, cycling shoes or sneakers, shorts or bib shorts, and a short- or long-sleeved shirt. All items must be in good condition during the race and training (Friday, Saturday, and Sunday). Otherwise, the athlete may be prevented from entering the track for training and/or competitions.

The athlete may only train during the event days (Friday and Saturday) after registration confirmation and using the identification plate on their bicycle. If training requires the presence of a coach, the coach must be accredited at the registration desk and collect the identification plate for coaches and properly attach it to the bicycle.

The following are not permitted: sleeveless shirts and compression socks (socks that go up to below the knee), football shirts or any other sports shirts that are not cycling jerseys, pants, long socks or compression socks, any compressive material on the knees or elbows, electronic devices, headphones, any object that modifies the equipment or uniform.

The following are not permitted: shirts of national teams or champions, world teams, and UCI world champion jerseys (Rainbow Jersey).

National team shirts and uniforms are not permitted. Current Brazilian XCO Champions must start with their respective champion jersey. If a raincoat is used, it must be transparent.

Training on the track without an identification plate and outside of permitted hours is prohibited. Other reasons that may be considered for disqualification of athletes: - Cutting corners, hitching rides, and using motorcycles or other vehicles to reconnoiter the course. - Unfair maneuvers and unsportsmanlike conduct before, during, and after the race. - Changing bicycles during the competition. - Not wearing the race number during the race. - Giving and receiving support outside of designated points. - Littering on the course.

17. PENALTIES:

The UCI and CBC penalty tables will be the only ones applicable.

18. AWARDS:

In all categories, in XCO and XCC, the top three finishers will receive medals.

The champion of each category will receive a champion's jersey for the event.

The UCI categories in XCO will also receive cash prizes according to the table below.

| PLACE | PRIZE |
|-------|--------------------|
| | CONTINENTAL SERIES |



| | XCO | | |
|----------------------|-------------------|-----------------|-----------------|
| | ELITE | U23 | JUNIOR |
| 1° | € 200,00 | € 100,00 | € 48,00 |
| 2° | € 160,00 | € 80,00 | € 40,00 |
| 3° | € 120,00 | € 60,00 | € 30,00 |
| 4° | € 100,00 | € 50,00 | € 24,00 |
| 5° | € 80,00 | € 40,00 | € 20,00 |
| 6° | € 60,00 | € 30,00 | € 16,00 |
| 7° | € 40,00 | € 20,00 | € 10,00 |
| 8° | € 32,00 | € 16,00 | € 8,00 |
| 9° | € 24,00 | € 12,00 | |
| 10° | € 16,00 | € 8,00 | |
| TOTAL | € 832,00 | € 416,00 | € 196,00 |
| TOTAL M AND W | € 1.664,00 | € 832,00 | € 392,00 |

19. OTHER:

The alignment of athletes in each official UCI category will be done according to the UCI ranking order. Those who do not have a ranking score will be randomly aligned after the athletes who do have a score.

For safety reasons, weather conditions, vandalism, or other force majeure events, the event may be suspended by the organizers.

Cases not foreseen in these regulations or omissions will be judged by the commissaire and organizers.

By participating in the competition, by registering, the athlete agrees and declares that:

I am aware of and agree with the regulations of this competition, FECIERJ, COPACI, CBC, and UCI, and I release the organizers, sponsors, and event venue from any and all consequences that may arise from my participation in this event (theft, robbery, and damage to equipment or any trauma, injury, disability, or death), with NO compensation of any kind beyond the insurance. I have never been prevented from participating in any other sport for medical reasons. All information provided in the registration form, including my category and personal data, is my sole responsibility. I am aware that I must fill out the form with complete attention to detail to avoid errors in categories, dates, race times, and scoring. I understand that the organization is not responsible for errors caused by incorrect or improper completion of the form. In case of emergency, I authorize any qualified person to administer the necessary medical and/or surgical treatment, including the administration of blood and blood products. I authorize that information regarding my health status be given by the responsible physician to the race director, as well as to my own physician and/or my relatives or guardians. I am also aware of the responsibility of each participant to have health insurance (for assistance/financial coverage in case of accident) and that the medical teams supporting the event will only provide first aid and referral to the nearest hospital, with the organization being exempt from any responsibility for financial assistance. The nearest hospital to the event is HOSPITAL NOSSA SENHORA DA PIEDADE.

Location: <https://share.google/7Uq8ddcq5Y4JCM0sj>

20. HOTELS:

- Pousada Vale dos Barões – WhatsApp +55 (24)99258-2998



- **Hotel Beira Rio** <https://share.google/35Gf32SurEMqDAQKE>
- **Hotel Itaóca – Whatsapp +55 (24)2263-1044**
<https://share.google/EUSltcjlun59hRX2c>
- **Pousada Verdesência** <https://fazendaverd essencia.com.br/>
- **Eco Resort Sarandy** <https://share.google/sDdqp10Z480TU6YjV>
- **Eco Resort Palmeira** <https://pousadaecopalmeira.com.br/>

21. COURSES:

XCC:

It will be announced soon.

XCO:

Distance: 4,79 km

Elevation gain: 175 m

Link: <https://strava.app.link/PJhrQoWaw0b>



22. MORE INFORMATION:

Adayr Tuchê – +55 (24) 99908-2679

FECIERJ Secretary – +55 (32) 99150-4810