

Rules & Policies

GENERAL RULES

- **Helmets** - They are required at all times, even when not racing. This will be strictly enforced.
- **Headphones** - They are not allowed to be worn while pre-riding or racing. Please respect other participants and do not carry a speaker while you are racing.
- **Littering** - Leave no trace! WORS has the privilege of holding events at some of the most beautiful venues in the state. Please help us keep them clean.
- **Dogs** - At WORS, we love dogs! Unfortunately, not every event is able to accommodate pets. Please refer to individual Race Guides before the event so you don't have to turn around with your pup upon arrival.
- **Feed Zone / Hand-Ups** - Hand ups are not a crime! You are allowed to take hand ups throughout the course. Please be respectful of others and go out of your way to ensure you aren't receiving a hand-up somewhere that will interfere with someone else's race. Doing this – even accidentally – will result in a strike for unsportsmanlike conduct.
- **HAVE FUN** - We're hosting these events - and hope you're attending these events – because they're fun! This is our most important rule. Don't forget it!

As a USAC-sanctioned event, WORS has adopted the USAC rulebook, which can be found [HERE](#).

For especially relevant rules & regulations, please review the following list:

1. Racers shall complete the event on the same bicycle.
2. All repairs during the event must be completed by the rider themselves.
3. For safety, a rider that loses an essential part on their bicycle (seat, seat post, pedal) will not be allowed to continue the race beyond completing the lap on which their part broke. Riders may complete their lap and will receive a DNF.
4. Riders must work together when one rider is rapidly approaching another, whether the takeover is happening to riders on the same lap or if one rider is lapping another. Both racers are entitled to their positioning on technical single track, but the rider being overtaken must offer a pass within 30 seconds or at the earliest place on the course safe to do so.
5. Riders must stay on the marked race course at all times. Cutting the course by 10+ feet in areas with a clearly marked trail - regardless of course marking - will result in a 2-minute penalty.

All rules will be strictly enforced in the Elite and Jr Elite races, with no exceptions. Breaking any of these rules will result in a DSQ. In the Newbie, Kids Comp, Citizen, Sport and Comp classes these rules will be enforced, but only with a 2 minute penalty.

UNSPORTSMANLIKE POLICY:

If WORS had only one rule, it would be this: Please be respectful of people around you – both on and off the course. It's okay to be competitive - it's not okay to verbally abuse others. Please help us maintain a fun and inclusive atmosphere.

We understand that in the heat of racing words can get exchanged and emotions can flair. To a degree, this is part of racing. That said, the following behaviors are unacceptable at a WORS event and will not be tolerated.

- Swearing at other participants
- Physically pushing riders
- Verbally abusing other riders.

Often, a challenging reality is that a complaint revolves around two individuals with two stories. In instances with no other witnesses, a rules committee will discuss the incident and come to a ruling. The ruling will then be explained to both parties, with follow-up offered after the event from the Series Director.

INCLUSION POLICY

WORS racing is for everyone! We strive to create a welcoming, inclusive and safe environment for participants of all backgrounds. Harassment or discrimination on the basis of race, age, or gender identify is not tolerated, and is grounds for immediate removal from the venue.

As a USAC-Sanctioned event, we will follow the USAC Rulebook for sanctioned events (Sport, Comp & Elite Racing). Please see [HERE](#) for information on the Transgender Athlete Participation Policy.

For non-USAC sanctioned categories (Newbies, Kids Comp, Citizen) racers are welcome to enter the category that they are most comfortable in.

Ensuring all feel welcome and safe at our events is a top priority. If you do not feel this way, there are three ways you can get in touch with us, and we will work to quickly address any concerns:

1. If you are not at a race, send us an email at wors@trekbikes.com
2. If you are at a race, please see the registration table in the Trek Tent and a member of our Rules Committee can quickly address your concern
3. If you would rather remain anonymous, but still let us know something is concerning you, please fill out [THIS FORM HERE](#). We will monitor this form consistently and quickly address any issues that arise.

COMMITTEE:

A rules committee exists to address claims of rule-breaking and unsportsmanlike conduct. Upon receiving a report or complaint, this committee will meet within 20 minutes and deliver a ruling, with an explanation, to all involved parties within another 25 minutes. If needed, the committee will follow up the following week via email.

1. Marcus Warrington (WORS Series Director)
2. Independent Race Director (Varies between races)
3. Heather Rainer (Registration Manager)