

**The University of Maine
Campus Recreation
INTRAMURAL SPORTS PROGRAM**

MOUNTAIN BIKE RACE RULES

To participate in intramural sports here at the University of Maine, players must be a member through campus recreation and be either a student or an employee by the University of Maine. (Note: High School age students are not allowed to participate in intramural sports even they are a member through the recreation center.)

1. Slower bikers must let the faster bikers by, mandatory or risk disqualification.
When passing yell: BIKER!!
2. When coming across the finish line, please shout out your number to make sure it is recorded correctly.
3. You must go through the **ORANGE CONE** chute at the finish in order to be tallied. If you do not go through the chute, you risk the possibility of being left off the final results
4. SAFETY FIRST—if you see a biker hurt, you must do the cool thing: stop and offer assistance.
5. The finish and start will take place on the practice fields behind the softball diamond.
6. Racing number goes on the front of your shirt.
7. The course is well marked using bike signs. There will be individuals located at key intersections on the course.
8. ALL BIKERS MUST WEAR A HELMET.
9. If you drop out, please report to a spotter on the course.
10. No drafting
11. The only difference between the 5-miler and the 10-mile course is the 10-miler course is a double loop of the 5-mile course. When you are getting off trail 3 and back on the dirt road that connects Hilltop to the farm, if you are in the 5-mile race you will take a left and head directly back to the start, if you are doing the 10 mile race, you will take a right and repeat the course again.