

Adaptive Mountain Bike Technical Guidelines



ADAPTIVE (AMTB)

An adaptive mountain bike (AMTB) is a bike that is modified to fit the needs of an individual rider. Adaptive bikes are designed specifically for people with disabilities and are meant to accommodate each rider's specific needs and physical abilities. There is no one design fits all for adaptive bikes and they can be modified in a wide variety of ways to make mountain biking possible and fun for anyone. Operated by a rider who required a bike adapted to allow them to ride that bike due to the rider's physical restrictions.

Our intention is to add these to the AusCycling (AC) Technical Regulations when next published. The following guidelines should be used until integrated into the Regulations from 2025.



ADAPTIVE MOUNTAIN BIKE RACING

An AMTB is a bike specifically adapted to make riding possible and fun for anyone. An adaptive bike can be either human powered or power assisted.

AMTB events must be organised in accordance with the following regulations.

THE BIKES

Adaptive bikes, where possible, should be grouped into the following categories. Due to the nature of some adaptations to bikes these categories may need modification to facilitate participation.

- All Adaptive Mountain Bikes
 - Must be fit for purpose.
 - Have working breaks.
 - No sharp or protruding items.

RACING CATEGORIES

Group 1. Two wheeled bikes

- **1A** Stand Up
 - The bike has two wheels.
 - Ridden with some modifications.
 - Can be recumbent.
 - The bike is powered by the rider.
- **1B** Stand Up Assist/E-Bike
 - The bike has two wheels.
 - Ridden with some modifications.
 - Can be recumbent.
 - Has power assistance.
 - Can be fully powered.

Group 2 Multiple wheeled bikes

- **2A** Three or more wheels (Recumbent)
 - The bike has three or more wheels.
 - Ridden sitting or kneeling.
 - The bike is powered by the rider.
- **2B** Three or more wheels Assist (Recumbent E-Bike)
 - The bike has three or more wheels.
 - Ridden sitting or kneeling.
 - Has power assistance.
 - Can be fully powered.



EVENT FORMAT AND CHARACTERISTICS

General

Racing should only take place on trails that have been specifically designed and constructed for adaptive use. The trails should have an average tread width of 1.5m with a minimum width of 1.2m. Sections of wide trail or fire road should be included to allow passing opportunities.

Cross Country

- The course must be able to be fully ridden.
- All obstacles must be rollable.
- Max grade not to exceed 15%.
- Target time for races 0:20 min to 0:45 min.
- Target distance should be determined by the available trail network.
- Refer to Section 3 of the AusCycling MTB regulations.

Down Hill

- The course must be able to be fully ridden.
- All obstacles must be rollable.
- Max grade not to exceed 25%.
- Uplift arrangements must be considered to allow a safe uplift.
- Self-uplift is allowed but must be coordinated with and by the organisers.
- Start times between riders to be at least 60 seconds.
- Refer to Section 4 of the AusCycling MTB regulations.

Enduro

- The course must be able to be fully ridden.
- Adaptive Stages and event layout must specifically cater for adaptive riders.
- All obstacles must be rollable.
- Max grade not to exceed 20%.
- Liaison stages must also cater for all adaptive categories.
- Start times between riders to be at least 60 seconds.
- Refer to Section 5 of the AusCycling MTB regulations.