

1. Cross-Country Olympic (XCO)

A rider can be awarded Provincial Colours if selected and represents their province in the official Team at the inter-provincial XCO event, namely SA XCO Champs, via one of the qualifications listed below:

1.1 QUALIFICATION THROUGH THE PROVINCIAL CYCLING XCO SERIES

- 1.1.1 Results will be based off the Provincial XCO Log.
- 1.1.2 Riders must have competed in 75% of the Provincial XCO Cup Events.
- 1.1.3 All races to count.
- 1.1.4 No lapped riders.
- 1.1.5 Rider's average time cannot be more than 10% from winner's average time.
- 1.1.6 Male Riders must place as follows:
 - Place in the top 3 with a minimum of 5 participants, OR
 - Place in the top 2 with a minimum of 4 participants, OR
 - Place first with a minimum of 3 participants.
- 1.1.7 Female, Sprog and Nipper Riders must place as follows:
 - Place in the top 3 with a minimum of 4 participants, OR
 - Place in the top 2 with a minimum of 3 participants, OR
 - Place first with a minimum of 2 participants.

1.2 QUALIFICATION THROUGH THE PROVINCIAL CYCLING XCO CHAMPIONSHIP

- 1.2.1 Riders must have competed in 75% of the Provincial Cup Events.
- 1.2.2 No lapped riders.
- 1.2.3 Rider's average time cannot be more than 10% from winner's average time.
- 1.2.4 Male Riders must place as follows:
 - Place in the top 3 with a minimum of 5 participants, OR
 - Place in the top 2 with a minimum of 4 participants, OR
 - Place first with a minimum of 3 participants.
- 1.2.5 Female, Sprog and Nipper Riders must place as follows:
 - Place in the top 3 with a minimum of 4 participants, OR
 - Place in the top 2 with a minimum of 3 participants, OR
 - Place first with a minimum of 2 participants.

1.3 QUALIFICATION THROUGH THE CYCLING SA NATIONAL SERIES

- 1.3.1 Applicable Sub Juniors, Youth, Junior and Elite. Sprogs, Nippers and Masters are not part of the National Series Log.
- 1.3.2 Riders must have competed in 60% of the SA XCO Cup events (Cups + Champs) and must place in the top 3 of the SA XCO Cup Series Log at the end of the series.

1.4 QUALIFICATION THROUGH THE CYCLING SA NATIONAL CHAMPIONSHIPS OR INTER-PROVINCIAL

- 1.4.1 Male Riders must place as follows:
 - Place in the top 3 with a minimum of 5 participants, OR
 - Place in the top 2 with a minimum of 4 participants, OR
 - Place first with a minimum of 3 participants.
- 1.4.2 Female, Sprog and Nipper Riders must place as follows:
 - Place in the top 3 with a minimum of 4 participants, OR
 - Place in the top 2 with a minimum of 3 participants, OR
 - Place first with a minimum of 2 participants.

1.5 QUALIFICATION THROUGH SELECTION TO A NATIONAL TEAM

- 1.5.1 Riders may be awarded Provincial Colours if they have been selected onto a national team for XCO and participated in the event in question.

Notes:

**Average time is calculated by adding the race times and dividing by the number of races. If a rider takes part in all 4 races, then all 4 race times are added together and divided by 4. If a rider only takes part in 3 races, the race times are added and divided by 3.*

**Riders times cannot be more than 10% from winner's time. For example: 1st place has a winning time of 60min. Second and third place must be within 66min.*

**None of the riders must be lapped. This includes being lapped due to a technical.*

2. Cross-Country Marathon (XCM)

A rider can be awarded Provincial Colours if selected and represents their province in the official Team at the inter-provincial XCM event determined from year to year by the CSA MTB committee, via one of the qualifications listed below:

2.1 QUALIFICATION THROUGH THE PROVINCIAL CYCLING XCM SERIES

- 2.1.1 Results will be based off the Provincial XCM Log.
- 2.1.2 Riders must have competed in 75% of the Provincial XCM Cup Events.
- 2.1.3 All races to count.
- 2.1.4 Male Riders must place as follows:
 - Place in the top 3 with a minimum of 5 participants, OR
 - Place in the top 2 with a minimum of 4 participants, OR
 - Place first with a minimum of 3 participants.
- 2.1.5 Female, Sprog and Nipper Riders must place as follows:
 - Place in the top 3 with a minimum of 4 participants, OR
 - Place in the top 2 with a minimum of 3 participants, OR
 - Place first with a minimum of 2 participants.

2.2 QUALIFICATION THROUGH THE PROVINCIAL CYCLING XCM CHAMPIONSHIP

- 2.2.1 Riders must have competed in 75% of the Provincial Cup Events.
- 2.2.2 Male Riders must place as follows:
 - Place in the top 3 with a minimum of 5 participants, OR
 - Place in the top 2 with a minimum of 4 participants, OR
 - Place first with a minimum of 3 participants.
- 2.2.3 Female, Sprog and Nipper Riders must place as follows:
 - Place in the top 3 with a minimum of 4 participants, OR
 - Place in the top 2 with a minimum of 3 participants, OR
 - Place first with a minimum of 2 participants.

2.3 QUALIFICATION THROUGH THE CYCLING SA NATIONAL CHAMPIONSHIPS OR INTER PROVINCIAL

- 2.3.1 Riders must have competed in 75% of the Provincial Cup Events.
- 2.3.2 Male Riders must place as follows:
 - Place in the top 3 with a minimum of 5 participants, OR
 - Place in the top 2 with a minimum of 4 participants, OR
 - Place first with a minimum of 3 participants.
- 2.3.3 Female, Sprog and Nipper Riders must place as follows:
 - Place in the top 3 with a minimum of 4 participants, OR
 - Place in the top 2 with a minimum of 3 participants, OR
 - Place first with a minimum of 2 participants.

2.4 QUALIFICATION THROUGH SELECTION TO A NATIONAL TEAM

- 2.4.1 Riders may be awarded Provincial Colours if they have been selected onto a national team for XCM and participated in the event in question.

Notes:

3. Enduro (END).

A rider can be awarded Provincial Colours if selected and represents their province in the official Team at the inter-provincial END event determined from year to year by the CSA MTB committee, via one of the qualifications listed below:

3.1 QUALIFICATION THROUGH THE PROVINCIAL CYCLING END SERIES

- 3.1.1 Results will be based off the Provincial END Log.
- 3.1.2 Riders must have competed in 75% of the Provincial END Cup Events.
- 3.1.3 All races to count.
- 3.1.4 Rider's average time cannot be more than 5% from winner's average time.
- 3.1.5 Male Riders must place as follows:
 - Place in the top 3 with a minimum of 5 participants, OR
 - Place in the top 2 with a minimum of 4 participants, OR
 - Place first with a minimum of 3 participants.
- 3.1.6 Female, Sprog and Nipper Riders must place as follows:
 - Place in the top 3 with a minimum of 4 participants, OR
 - Place in the top 2 with a minimum of 3 participants, OR
 - Place first with a minimum of 2 participants.

3.2 QUALIFICATION THROUGH THE PROVINCIAL CYCLING END CHAMPIONSHIP

- 3.2.1 Riders must have competed in 75% of the Provincial Cup Events.
- 3.2.2 Rider's average time cannot be more than 5% from winner's average time.
- 3.2.3 Male Riders must place as follows:
 - Place in the top 3 with a minimum of 5 participants, OR
 - Place in the top 2 with a minimum of 4 participants, OR
 - Place first with a minimum of 3 participants.
- 3.2.4 Female, Sprog and Nipper Riders must place as follows:
 - Place in the top 3 with a minimum of 4 participants, OR
 - Place in the top 2 with a minimum of 3 participants, OR
 - Place first with a minimum of 2 participants.

3.3 QUALIFICATION THROUGH THE CYCLING SA NATIONAL SERIES

- 3.3.1 Riders must have competed in 75% of the SA END Cup events (Cups + Champs) and must place in the top 3 of the SA END Cup Series Log at the end of the series.

3.4 QUALIFICATION THROUGH THE NATIONAL END CHAMPIONSHIP

- 3.4.1 Male Riders must place as follows:
 - Place in the top 3 with a minimum of 5 participants, OR
 - Place in the top 2 with a minimum of 4 participants, OR
 - Place first with a minimum of 3 participants.
- 3.4.2 Female, Sprog and Nipper Riders must place as follows:
 - Place in the top 3 with a minimum of 4 participants, OR
 - Place in the top 2 with a minimum of 3 participants, OR
 - Place first with a minimum of 2 participants.

3.5 QUALIFICATION THROUGH SELECTION TO A NATIONAL TEAM

- 3.5.1 Riders may be awarded Provincial Colours if they have been selected onto a national team for END and participated in the event in question.

Notes:

**Average time is calculated by adding the race times and dividing by the number of races. If a rider takes part in 4 races, then 4 race times are added together and divided by 4. If a rider only takes part in 3 races, the race times are added and divided by 3.*

**Riders times cannot be more than 5% from winner's time. For example: 1st place has a winning time of 30min. Second and third place must be within 31min30:sec.*

4. Downhill (DHI)

A rider can be awarded Provincial Colours if selected and represents their province in the official Team at the inter-provincial DHI event determined from year to year by the CSA MTB committee, via one of the qualifications listed below:

4.1 QUALIFICATION THROUGH THE PROVINCIAL CYCLING DHI SERIES

- 4.1.1 Results will be based off the Provincial DHI Log.
- 4.1.2 Riders must have competed in 75% of the Provincial DHI Cup Events.
- 4.1.3 All timed runs to count.
- 4.1.4 Rider's average time cannot be more than 5% from winner's average time.
- 4.1.5 Male Riders must place as follows:
 - Place in the top 3 with a minimum of 5 participants, OR
 - Place in the top 2 with a minimum of 4 participants, OR
 - Place first with a minimum of 3 participants.
- 4.1.6 Female, Sprog and Nipper Riders must place as follows:
 - Place in the top 3 with a minimum of 4 participants, OR
 - Place in the top 2 with a minimum of 3 participants, OR
 - Place first with a minimum of 2 participants.

4.2 QUALIFICATION THROUGH THE PROVINCIAL CYCLING DHI CHAMPIONSHIP

- 4.2.1 Riders must have competed in 75% of the Provincial Cup Events.
- 4.2.2 Rider's average time cannot be more than 5% from winner's average time.
- 4.2.3 Male Riders must place as follows:
 - Place in the top 3 with a minimum of 5 participants, OR
 - Place in the top 2 with a minimum of 4 participants, OR
 - Place first with a minimum of 3 participants.
- 4.2.4 Female, Sprog and Nipper Riders must place as follows:
 - Place in the top 3 with a minimum of 4 participants, OR
 - Place in the top 2 with a minimum of 3 participants, OR
 - Place first with a minimum of 2 participants.

4.3 QUALIFICATION THROUGH THE CYCLING SA NATIONAL SERIES

- 4.3.1 Riders must have competed in 75% of the SA DHI Cup events (Cups + Champs) and must place in the top 3 of the SA DHI Cup Series Log at the end of the series.

4.4 QUALIFICATION THROUGH THE NATIONAL CYCLING DHI CHAMPIONSHIP

- 4.4.1 Male Riders must place as follows:
 - Place in the top 3 with a minimum of 5 participants, OR
 - Place in the top 2 with a minimum of 4 participants, OR
 - Place first with a minimum of 3 participants.
- 4.4.2 Female, Sprog and Nipper Riders must place as follows:
 - Place in the top 3 with a minimum of 4 participants, OR
 - Place in the top 2 with a minimum of 3 participants, OR
 - Place first with a minimum of 2 participants

4.5 QUALIFICATION THROUGH SELECTION TO A NATIONAL TEAM

- 4.5.1 Riders may be awarded Provincial Colours if they have been selected onto a national team for DHI and participated in the event in question.

Notes:

**Average time is calculated by adding the timed runs and dividing by the total number of runs.*

**Riders times cannot be more than 5% from winner's time. For example: 1st place has a winning time of 5min. Second and third place must be within 5min:15secs.*

5. GENERAL

Good sportsmanship and conduct on and off the course will be a prerequisite for any athlete to be awarded provincial colours.

A cyclist will only be considered for provincial colours if he/she meet the following criteria.

- Elite and Junior category cyclists must be in possession of a valid Cycling SA Racing Licence
- All other categories beside elite and Junior must be in possession of a valid Cycling SA Membership.
- The cyclist Licence / Membership must state that he/she is affiliated to the Western Cape Province.
- The Cyclist must be a resident of South Africa or be in possession of a valid residence permit.

Only Age Categories that are recognised by Cycling SA will qualify for Western Cape Colours.

In the event that there is an objection to the inclusion or exclusion of a cyclist during the awarding of the provincial colours, a written objection is to be submitted, the final decision with regards to the awarding of provincial colours remains with the Western Cape Cycling EXCO.

6. Qualifying Age Categories – Age as of 31 December 2023

- 6.1** Nipper Boys & Girls 8yrs - 10 yrs
- 6.2** Sprog Boys & Girls 11yrs & 12 yrs
- 6.3** Sub Junior Boys & Girls 13yrs & 14 yrs
- 6.4** Youth Men & Women 15yrs & 16 yrs
- 6.5** Junior Men & Women 17yrs & 18 yrs
- 6.6** Under-23 Men & Women 19yrs – 22yrs
- 6.7** Elite Men & Women 23yrs – 29yrs
- 6.8** Sub Veteran Men & Women 30yrs – 39yrs
- 6.9** Veteran Men & Women 40yrs – 49yrs
- 6.10** Masters Men & Women 50yrs – 59yrs
- 6.11** Grand Masters Men & Women 60yrs +