



2010 XTERRA America Tour Rules

THE BASICS

The Technical Details are located in the back of this Section.

The concept of the XTERRA America Tour is to provide amateur multisporters with a bona-fide championship to compete for within his or her geographic region against other athletes the same age.

- 1.1 Choose your XTERRA Region Of Residence** - as determined by your primary residence at the time of your first race of the 2010 season.

2010 XTERRA Regions Of Residence:

North East: (NE)

Maine, New Hampshire, Vermont, Rhode Island, Massachusetts, Connecticut, New York.

Atlantic: (AT)

Pennsylvania, New Jersey, Delaware, Maryland, Virginia, West Virginia, Washington D.C.

South East: (SE)

Tennessee, North Carolina, South Carolina, Georgia, Alabama, Florida, Puerto Rico, US Virgin Islands.

Mid West: (MW)

Minnesota, Iowa, Wisconsin, Illinois, Indiana, Michigan, Ohio, Kentucky.

South Central: (SC)

Texas, New Mexico, Oklahoma, Kansas, Missouri, Louisiana, Mississippi, Arkansas.

Mountain: (MT)

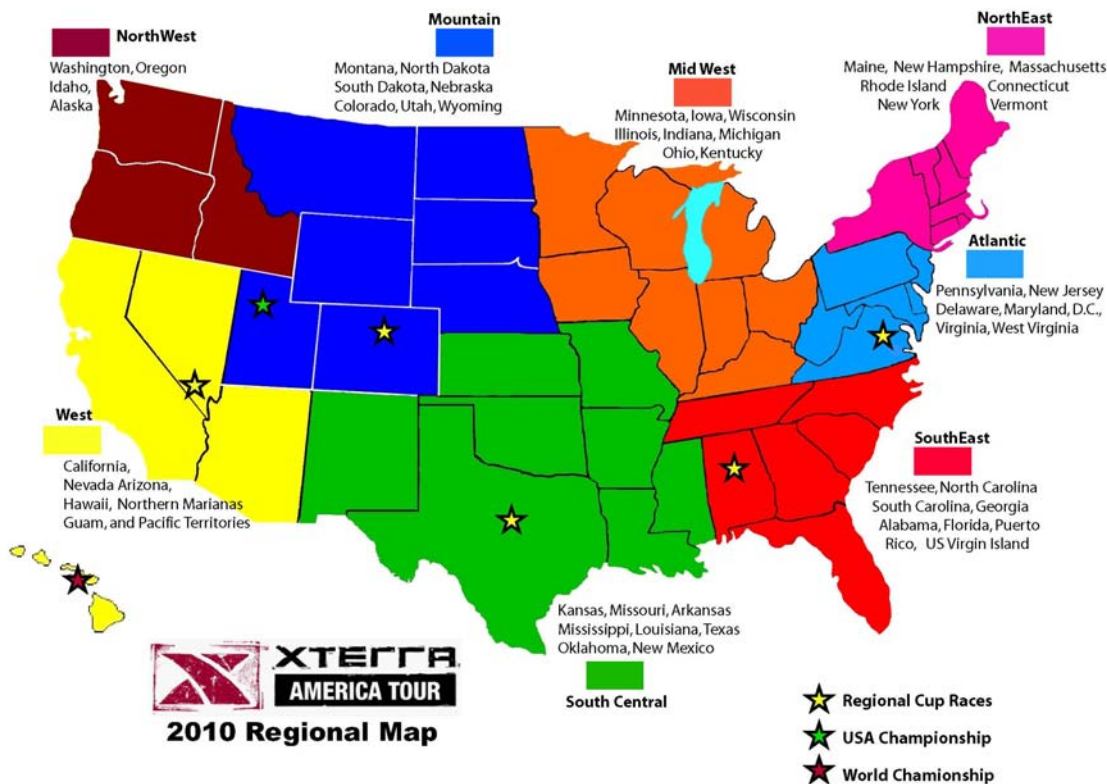
Montana, North Dakota, South Dakota, Nebraska, Colorado, Utah, Wyoming.

North West: (NW)

Washington, Oregon, Idaho, Alaska.

West: (W)

California, Nevada, Arizona, Hawaii, Guam, Northern Marianas Islands, Pacific Territories.



1.2 Determine your Age Group – based on how old you are on December 31, 2010 = your XTERRA Age. 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+ (w), 60-64 (m), 65-69 (m), 70+ (m).

- Athletes with an XTERRA Age under 15 cannot earn XAT Points.

1.3 Challenged Athletes Division – athletes who are physically challenged and do not wish to compete as an Age Group athlete may compete in the XTERRA Challenged Athlete Division. XAT Points are awarded as detailed in Section 1.6. There are two (2) Challenged Athlete (CA) Age Groups - based on XTERRA Age: 15-39 and 40+. In addition, athletes in the Challenged Athlete Division will be scored/ranked by the following XTERRA CA Categories:

- ◆ Below the Knee Amputee
- ◆ Above the Knee Amputee
- ◆ Below the Elbow Amputee
- ◆ Above the Elbow Amputee
- ◆ Blind
- ◆ Impaired/ Les Autres

1.4 Collegiate Division –

- To qualify as a Collegiate athlete, a current photo student ID must be presented at registration.
- Awards will be presented to the top 3 male/female collegiate division finishers
- A school must have a minimum of 3 athletes of the same gender to qualify for a male or female team award. There must be at least two schools with both a male and female team for an overall team award to be presented.
- Athletes competing in the Collegiate Division are NOT eligible for XTERRA Points
- Collegiate athletes will earn points in the Collegiate Division. Athletes will be scored against other collegiate athletes.

1.5 Plan Your Schedule – Enter as many races as you want. Your best four (4) finishes count. You must compete in at least one (1) race in your XTERRA Region of Residence and count at least two (2) races in your XTERRA Region Of Residence. See Schedule. Athletes do not have to qualify to participate in XTERRA Regional Championship Series races. Example: John finishes 2nd in one regional race. He gets injured and cannot compete in another regional race. He can simply count a zero for his second regional race and use his one regional finish and any other two finishes for your final ranking.

1.6 Accumulate Points – Points are awarded to the top fifteen (15) finishers in each Age Group at each XAT race. You can earn more points at the XTERRA Regional Championship Series Races and the XTERRA EPIC because, generally, participation is higher and the courses are tougher and longer. If you race at more than one XC points based race, only your best finish counts at full XC points – any other XC finishes earn points at the same rate as XTERRA Point Series (XPS) events.

Points awarded at the 2010 XTERRA America Tour races

XTERRA EPIC and Regional Championship (XC)		XTERRA Point Series (XPS)	
Place	Points	Place	Points
1 st	100	1 st	75
2 nd	90	2 nd	67
3 rd	82	3 rd	61
4 th	75	4 th	56
5 th	69	5 th	51
6 th	63	6 th	47
7 th	58	7 th	43
8 th	53	8 th	39
9 th	49	9 th	36
10 th	45	10 th	33
11 th	41	11 th	30
12 th	37	12 th	27
13 th	34	13 th	25
14 th	31	14 th	23
15 th	28	15 th	21

Note: XAT Points are not offered at XTERRA Sport races.

1.7 Count 'em up! The athlete with the most XAT Points – by gender, by Age Group, and by XTERRA Region Of Residence - earns the title of XTERRA Regional Champion and is named as 2010 Regional Champion.

And then comes the showdown, as the highest point scorers in each region are invited to compete against each other in the XTERRA USA Championship race. Win in Utah, and you are **the** XTERRA National Age Group Champion.

**Invitations for AGE GROUP ATHLETES from each XTERRA Region
to the XTERRA USA Championship**

AGE GROUPS	MALE Invitations	FEMALE Invitations	TOTAL Invitations
15-19	2	2	4
20-24	7	4	11
25-29	9	10	19
30-34	9	9	18
35-39	10	8	18
40-44	10	6	16
45-49	7	5	12
50-54	6	5	11
55-59	4	2	6
60-64(m), 60+(w)	3	2	5
65-69 (m)	2		2
70+ (m)	2		2
Total	71	53	124

**Invitations for CHALLENGED ATHLETES from each XTERRA Region
to the XTERRA USA Championship**

2010 XTERRA Challenged Athletes Categories			
CA Category	XTERRA Competition Category	Age 15 - 39	Age 40 +
Below Knee Amputee - Female	XCAT2F	2	2
Below Knee Amputee - Male	XCAT2M	2	2
Above Knee Amputee - Female	XCAT3F	2	2
Above Knee Amputee - Male	XCAT3M	2	2
Below Elbow Amputee - Female	XCAT4F	2	2
Below Elbow Amputee - Male	XCAT4M	2	2
Above Elbow Amputee - Female	XCAT5F	2	2
Above Elbow Amputee - Male	XCAT5M	2	2
Blind - Female	XCAT6F	2	2
Blind - Male	XCAT6M	2	2
Impaired / Les Autres - Female	XCAT7F	2	2
Impaired / Les Autres - Male	XCAT7M	2	2
	Total Female:	12	12
	Total Male:	12	12
	TOTAL:	24	24

1.8 Rules:

- All XTERRA America Tour events are sanctioned by USA Triathlon (USAT) the National Governing Body of multisport in the United States. As such all athletes are subject to the rules and regulation set forth by the USAT. Any/all details are available at www.usatriathlon.org.
- In addition – all athletes are subject to the rules and regulations set forth in the XTERRA Competition Rules document. This document is available is available at: www.xterraplanet.com
- Ignorance of the rules is not admitted as an excuse for violations.



2010 XTERRA America Tour Rules

TECHNICAL DETAILS

THE TECHNICAL DETAILS:

1.9 What is the XTERRA America Tour (XAT)?

- The **XTERRA Point Series (XPS)** is a collection of independently produced off-road events owned and operated by local promoters.
- The **XTERRA Championship Races (XC)** are bigger races with pro purses, on full length XTERRA courses. Most are operated by XTERRA staff.
- New this year, is the XTERRA EPIC, offering Championship points as the race is considered an "iron" distance.
- These two Series represent the nation's best off-road events and are combined to form the nationwide juggernaut of multi-sport madness know as the **XAT!**

1.10 When is the XAT Season? What is the competition year?

- The 2010 XAT season begins on January 1st and ends on September 7th. XAT events will only be held between these dates.

1.11 How does the XAT work?

- Competitors compete in XPS and XC races.
- Points are awarded to the top fifteen finishers in each Age Group by gender.
- At the end of the season - the athlete with the most points – by gender, by Age Group, and by XTERRA Region Of Residence - earns the title of XTERRA Regional Champion
- Regional Champions, along with other top athletes, from each Age Group from each XTERRA Region Of Residence are invited to compete in the XTERRA USA Championship. The XTERRA USA Championship is invitation only based on points earned. These winners are crowned XTERRA National Champions.

1.12 Determine your XTERRA Region Of Residence:

- The United States has been divided into eight (8) XTERRA Regions Of Residence (See Below)
- An athlete's XTERRA Region Of Residence is determined by his/her primary residence at the time of his/her first race of the 2010 XTERRA season.
- Should a competitor move to another XTERRA Region Of Residence during the 2010 XTERRA Season and after they have accumulated 2010 XAT points, the athlete must petition for a change of Region – in writing – to TEAM Unlimited, Inc. A determination will be made as to whether XAT points can be transferred to their new XTERRA Region Of Residence. Note: XTERRA Region transfers will not be permitted past the Series mid-way point of the Region the athlete is moving to.

➤ **2010 XTERRA Regions Of Residence**

- ◆ **North East: (NE)** = Maine, New Hampshire, Vermont, Rhode Island, Massachusetts, Connecticut, New York.
- ◆ **Atlantic: (AT)** = Pennsylvania, New Jersey, Delaware, Maryland, Virginia, West Virginia, Washington D.C.
- ◆ **South East: (SE)** = Tennessee, North Carolina, South Carolina, Georgia, Alabama, Mississippi, Florida, Puerto Rico, US Virgin Islands.
- ◆ **Mid West: (MW)** = Minnesota, Iowa, Wisconsin, Illinois, Indiana, Michigan, Ohio, Kentucky.
- ◆ **South Central: (SC)** = Texas, New Mexico, Oklahoma, Kansas, Missouri, Louisiana, Mississippi, Arkansas.
- ◆ **Mountain: (MT)** = Montana, North Dakota, South Dakota, Nebraska, Colorado, Utah, Wyoming.
- ◆ **North West: (NW)** = Washington, Oregon, Idaho, Alaska.
- ◆ **West: (W)** = California, Nevada, Arizona, Hawaii, Guam, Northern Marianas Islands, Pacific Territories.

1.13 Determine your XTERRA Age and Age Group

- For the 2010 XTERRA Season – all athletes will compete based on their age on December 31, 2010. This is known as your **XTERRA Age**.
- An athlete will use his/her **XTERRA Age** throughout the entire 2010 XTERRA Season.
- Athletes compete in the following Age Groups – based on his/her XTERRA Age:
 - 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+(w), 60-64(m), 65-69(m), 70+(m).
 - Athletes with an XTERRA Age under 15 cannot earn XAT points
 - Athletes with an XTERRA Age under 15 may not participate in XTERRA Regional Championship Races, XTERRA USA Championship or XTERRA World Championship events.
 - At the discretion of the XPS Race Director athletes with an XTERRA Age under 15 may participate in an XPS event. But they will still not earn points.

1.14 XAT Points:

- Points are awarded to the **TOP FIFTEEN FINISHERS** in each XTERRA Age Group, by gender, at each 2010 XPS and XC races. See Points Chart below.
- Greater points are awarded at the XC and the XTERRA Epic races because, generally, participation is higher, and the courses are tougher and longer. See Points Chart below.

- **Note:** XAT Points are not offered at XTERRA Sport, duathlon, or XTERRA Trail Run races.

2010 XAT Points

XTERRA EPIC and Regional Championship (XC)		XTERRA Point Series (XPS)	
Place	Points	Place	Points
1 st	100	1 st	75
2 nd	90	2 nd	67
3 rd	82	3 rd	61
4 th	75	4 th	56
5 th	69	5 th	51
6 th	63	6 th	47
7 th	58	7 th	43
8 th	53	8 th	39
9 th	49	9 th	36
10 th	45	10 th	33
11 th	41	11 th	30
12 th	37	12 th	27
13 th	34	13 th	25
14 th	31	14 th	23
15 th	28	15 th	21

1.15 Challenged Athletes Division:

- Those athletes who are physically challenged may choose to compete in the XTERRA Challenged Athletes Division.
- The points will be the same as individual athletes.
- The XTERRA Challenge Athlete Age Groups will be 15-39 and 40+.
- There are six (6) categories within the CA Division: Below Knee Amputee, Above Knee Amputee, Below Elbow Amputee, Above Elbow Amputee, Blind, Impaired/ Les Autres.
- Challenged athletes do NOT have to compete in the XTERRA CA Division.
- Athletes must choose at the time of the start of their first race of the season whether to race as a Challenged Athlete or as an Age Group athlete. Athletes will remain in this category, score points, get ranked, and be invited to the XTERRA USA Championship for the entire season. Athletes may not switch back and forth during the season.

1.16 Collegiate Division:

- To qualify as a Collegiate athlete, a current photo student ID must be presented at registration.
- All collegiate entries must be USATri members or purchase a one day license.
- Awards will be presented to the top 3 male/female collegiate division finishers regardless of age. There are no age groups in collegiate.
- A school must have a minimum of 3 athletes of the same gender to qualify for a male or female team award. There must be at least two schools with both a male and female team for an overall team award to be presented.

- The number of athletes counted towards the team awards will be the least amount of athletes on any one team entered. Example: ABC college has 4 male athletes; XYZ college has 7 male athletes. Only the top 4 will count towards the team award. Team awards will be presented to male and female teams should those categories have enough entries to qualify.
- A University award will be presented should two or more schools have a minimum of 3 male AND 3 female members racing.
- Athletes competing in the Collegiate Division ARE NOT eligible for XTERRA Points
- Collegiate athletes will earn Collegiate points against other Collegiate athletes.

RECAP

- all collegiate entrants must be USATri members
- Collegiate entries race only against other collegians. Individual awards will be presented to the top 3 male and female
- Collegiate entries DO qualify for XTERRA points
- If there are 2 or more schools with a minimum of 3 competitors of the same gender a team award or awards (1st-2nd-3rd) will be presented
- If there are 2 or more schools with a minimum of 3 male and 3 female competitors a School award will be presented. 1st place only

1.17 Race as many as you want:

- Athletes may enter as many XPS and/or XC races they want.
- Athletes must compete in at least **ONE (1)** and can count **TWO (2)** races in his/her XTERRA Region.
 - If an athlete does not participate in at least **one (1)** race in his/her XTERRA Region of Residence that athlete will not be included in the Regional Championship ranking of that XTERRA Region.
 - Question: How can an athlete be included in the Regional Rankings if he/she has not raced in his/her Region? He Cannot.
 - Example: Mike races 1 XC race and 2 XPS races but none are in his Region of Residence. Mike will not be eligible for to be the Regional Champion or be invited to the XTERRA USA Championship - regardless of his XAT point total.
- Athletes DO NOT have to compete in ALL the races in their XTERRA Region to become champion or qualify for the XTERRA USA Championship.
- Athletes DO NOT have to compete in FOUR or MORE races to become champion or qualify for the XTERRA USA Championship.

1.18 How to count XAT Points:

- Athletes can count points from their best **four (4)** races.
- Athletes **must** count points from at least **two (2)** races in their XTERRA Region.
 - Example: If an athlete does not finish (DNF) in a race he/she enters in their XTERRA Region - he/she must count zero (0) points for one of their four races.
 - Example: If an athlete does not score points, i.e. finishes lower than 15th place in his/her Age Group in each of his/her XTERRA Region races he/she must count a zero (0) points for those races.

- Athletes can count only one, their best, XC finish. If an athlete races more than one XC race, only the best finish counts at full XC points – any other finishes earn points at the same rate as XTERRA Point Series (XPS) events.
- An XTERRA Regional Championship (XC) race will **only** be counted as a Regional Race for the Region that the race is physically in.
- If an athlete races in MORE than four (4) races – his/her points would be scored as follows:
 1. The best finish of two (2) races in his/her XTERRA Region of Residence even if those scores are zero (0)
 2. The **two** highest remaining point scoring races – XC or XPS – regardless of XTERRA Region.

1.19 Everyone is welcome to race:

- Everyone is welcome to race. However, only citizens of the United States, US Territories, or resident aliens will be awarded XAT Points. Only citizens of the United States, US Territories, or resident aliens can become Regional or National Champions. This is a common sense thing. How can a Lithuanian become the USA National Champion? He/she cannot. We welcome citizens of all other countries to race in any/all XTERRA races.
- When counting XAT Points, should a foreign national finish in the top 15, anyone finishing behind will get only overall points. Example: Jean-Pierre from Montreal races at Richmond and finishes 3rd in his Age Group. Bill finishes 4th. Bill gets XAT Points for 4th place, not third as Points are earned for overall position in the Age Group – not USA citizen position in the Age Group.
- Athletes who hold a current 2010 USAT Elite Off-Road License may race in any XAT events but will not be awarded XAT Points nor will they block Age Group athletes from earning XAT Points. Elite athletes will earn points in their own XTERRA America Tour Pro Point Series.
- Elite (Pro) and Age Group athletes can, as per the USAT Elite Membership rules, win prize money at any XAT event that offers a prize purse.
- Should an Age Group athlete change his/her status to an USAT Elite Off-Road athlete during the 2010 XTERRA Season and after they have started in one 2010 XTERRA America Tour event, the athlete should notify the XPS HQ in writing of their decision. Any XAT Points earned up to that date will no longer show in the XAT standings, nor will they affect the XAT standings.
 - Example: Joe races in May as an Age Group athlete and finishes in 1st place and Bob gets 2nd place. In June Joe turns Elite (Pro). Joe's 75 points for winning no longer show in the XAT standings, but the points are still held by him. Bob still has 67 points from that race – he does not move up to 1st place.

1.20 What if there is a tie?

Ties at the conclusion of XTERRA Regional racing will be broken in the following order:

1. Whoever scores the most points, *in four races*, from within his/her XTERRA Region of Residence.
2. The highest placing at the last race within the athlete's Region of Residence where they competed together. Note: The term "last" does not necessarily mean the last event held in the Region.
3. Should **all** the tied athletes not have competed head to head in their Region, then the highest placing athlete at the last race in their XTERRA Region of Residence that either or any participated in will break the tie.
4. Results from XTERRA Regional Championship (XC) races WILL NOT be used to break ties.

1.21 Who goes to the XTERRA USA Championship race?

- The 2010 XTERRA USA Championship will be held on Saturday, September 25, 2010 in Ogden, Utah.
- For those not qualified to participate in the XTERRA USA Championship we will hold XTERRA Utah on the very same course on Saturday, September 25th but with a different start time. Anyone can enter XTERRA Utah.
- XTERRA Regional Champions and other top finishers from each Region are invited to the XTERRA USA Championship as follows:

Invitations for AGE GROUP ATHLETES from each XTERRA Region to the XTERRA USA Championship

AGE GROUPS	MALE Invitations	FEMALE Invitations	TOTAL Invitations
15-19	2	2	4
20-24	7	4	11
25-29	9	10	19
30-34	9	9	18
35-39	10	8	18
40-44	10	6	16
45-49	7	5	12
50-54	6	5	11
55-59	4	2	6
60-64(m), 60+(w)	3	2	5
65-69 (m)	2		2
70+ (m)	2		2
Total	71	53	124

**Invitations for CHALLENGED ATHLETES from each XTERRA Region
to the XTERRA USA Championship**

CA Category	XTERRA Competition Category	Age 15 - 39	Age 40 +
Below Knee Amputee - Female	XCAT2F	2	2
Below Knee Amputee - Male	XCAT2M	2	2
Above Knee Amputee - Female	XCAT3F	2	2
Above Knee Amputee - Male	XCAT3M	2	2
Below Elbow Amputee - Female	XCAT4F	2	2
Below Elbow Amputee - Male	XCAT4M	2	2
Above Elbow Amputee - Female	XCAT5F	2	2
Above Elbow Amputee - Male	XCAT5M	2	2
Blind - Female	XCAT6F	2	2
Blind - Male	XCAT6M	2	2
Impaired / Les Autres - Female	XCAT7F	2	2
Impaired / Les Autres - Male	XCAT7M	2	2
	Total Female:	12	12
	Total Male:	12	12
	TOTAL:	24	24

- XAT Rankings are posted on the XTERRA Planet website throughout the XTERRA season. Check out www.xterraplanet.com for details.
- Invitations to the 2010 XTERRA USA Championship will be made via e-mail, snail mail, and/or phone as they become mathematically confirmed during the season and no later than the last race of the 2010 XAT.
- Athletes will be asked to confirm their intent to compete at the 2010 XTERRA USA Championship by a specific date and method.
- Should a qualified athlete not be able to compete in the XTERRA USA Championship, the invitation will transfer – or “roll down” - to the next qualified person until the position is filled. This determination will also be made via e-mail, mail, or phone.
- Contact the XTERRA Point Series HQ with any questions. The XPS Hotline number is 828.669.6753.