

OBSTACLE COURSE

Below is the official Obstacle Course, in which you must ride around 10 cones in the correct pattern.

- The direction of the turns should be marked by arrows on the ground for riders who do not know the course.
- The rider starts at a four count by the Starter.
- No flying starts.
- Cones may be hit, but not knocked over.
- The course must be followed correctly, including the direction of turns.
- The last cone must be completely circled before the rider's time is taken at the finish line.
- Riders who go the wrong way around a cone can go back and make the turn the correct way with the clock still running.
- The cones used are plastic traffic cones.
- For official competition, cones must be between 45 and 60cm tall, with bases no more than 30cm square.
- The course must be set up accurately.
- The proper positions of the cones should be marked on the ground for a cone to be replaced quickly after it has been knocked over.
- Riders get two attempts.

