



May 1st – May 3rd, 2026

OBOS Rye Bike Festival

NC3 – Short Cross Country (XCO) - UCI C3 for Elite

NC4 – Cross Country Race (XCO) - UCI C1 for Elite and Junior

NC5 – Short Course Race (XCC) - UCI C3 for Elite

3-day Race for 15-16 and Junior

NCF Ranking race for 13-14 and masters

Novice races for 6-12

Sportsklubben Rye



Open

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1. TIME AND PLACE

Friday 1 May 2026 to Sunday 3 May 2026 at [Langsetløkka](#), Kjelsås, Oslo.

2. EVENT DESCRIPTION

OBOS Rye Mountain Bike Festival offers three days of bike races in the fun terrain on and around Langsetløkka, in the competition trails that the Oslo City Environment Agency has approved.

1. Elite classes: 3 individual races, UCI/NC/NCF points for each race.
2. Classes 15-16 and Junior: 3-day race. The results list in the 3-day race is a ranking of the riders' combined time in the three races, minus bonus seconds. Riders who retire from one of the races, or do not start in one of the races, will not receive an overall result in the 3-day race. If you do not compete all three days, you will get results in each of the races you participate in.
 - NCF points based on the overall result in the 3-day race and for each individual race in the classes Junior and 15-16.
 - UCI points and NC/NCF points in the Junior class based on the results list for Saturday's XCO race.
3. Classes 13-14 and Master: 2 individual rides.
 - NCF – ranking points in 13-14.
 - NCF Master Cup points in Master.
4. Classes 6-10 years: Cross-country trail on Saturday and Sunday with a mix of gravel roads and nice flow paths that wind through the forest with good overtaking opportunities. The course is also spectator-friendly, so mom and dad can follow their hopefuls for large parts of the trail.

2.1. Friday 1 May: NC 3 Short Cross Country (XCO)

On Friday 1 May, the Norwegian Cup Short Cross Country (XCO) will be held. The elite class runs one lap on a purple course with a group start. We will facilitate overtaking at appropriate places on the trail.

M/K15-16 and M/K Junior start four at a time and do a lap on a purple course. The riders are placed in quartets according to ranking and the best ranked quartet starts at the end.

(Note that in previous years there has been a joint start for K15-16 and K junior - this has then been changed this year so that it will be the same for both K/M 15-16 and K/M junior)

The results on Friday will determine the starting position on Saturday for 15-16 and Junior, so keep going!

2.2. Saturday 2 May: NC 4 Cross Country Race (XCO)

On Saturday 2 May, the Norwegian Cup Cross Country for the elite and junior classes, NCF Ranking Race for 13 - 16 years, Recruitment Race for 6 - 12 years and the sports classes as well as the Master cup for the master classes will be held.

The cross-country race takes place on our well-proven course, which has several longer stretches of flow path, shorter gravel sections, technical elements with alternative lines, and good passing opportunities. We also have segments that offer jumps and turns, which we think will be to your liking. At the same time, we have good detours for those who want less challenges.

In the cross-country course, there is usually a spread of the riders, the course is long and has room for many. We basically do not plan to take out riders in this race. A decision is made in consultation with the commissioners.

2.3. Sunday 3 May: NC 5 Short Track Race (XCC)

On Sunday 3 May, the Norwegian Cup Short Course for the elite and junior classes, NCF Ranking Race for 13 - 16 years, Recruitment Race for 6 - 12 years and the sports classes as well as the Master cup for the master classes will be held. Henceforth, all categories are referred to as the Norwegian Cup.

The short course race takes place on a fast-paced technically easy course that alternates between fun flow paths, simple moments and nice gravel sections. Fighting shoulder-to-shoulder is expected on this trail!

To avoid that the lead group is hindered in the sprint, we may have to take riders out of the race (patch) in class men Elite. The decision is made in consultation with the commissioners.

For the 15-16 and Junior classes, there are bonus seconds to the first eight riders at each lap and at the finish (respectively 20, 15, 11, 8, 5, 3, 2, 1 sec).

The bonus seconds are deducted from the overall time in the 3-day race, and have no impact on the results list for the short track race.

2.4. Program

| | XCC | XCO | Time | |
|-------------------------------|-----|-----|------------------|----------------------|
| Friday 01.May | | | 15:30 | Secretariat open |
| | | | See chapter 10.7 | Open training |
| | | | 16:30 | Team manager meeting |
| | | | | |
| Saturday 02.May | | | 08:00 | Secretariat open |
| | | | See chapter 10.8 | Open training |
| | | | at 08:30 | Team manager meeting |
| | | | At 11:15 | Team manager meeting |
| | | | | |
| Sunday 03.May | | | 08:00 | Secretariat open |
| | | | See chapter 10.9 | Open training |
| | | | at 08:30 | Team manager meeting |
| | | | At 11:00 | Team manager meeting |
| | | | | |

3. RACE REGULATIONS

The race follows the rules of the UCI and NCF's regulations. An approved helmet is mandatory. All riders ride at their own risk and must follow the organizer's instructions. Wear a helmet also when you are inspecting, exercising, and warming up. There is always a risk of accidents and collisions. Helmet protects. Riders, parents, and leaders; Take the use of helmets seriously.

It is not allowed to throw garbage along the trail. Tubes, tires, gel bags, drinking bottles, etc. are brought to the nearest technical zone or to the finish.

NC mountain biking is a doping free event. Anti-Doping Norway conducts unannounced inspections on all NCF-registered races. We support Anti-Doping Norway in the implementation of this. All riders and leaders must follow instructions given by representatives from Anti-Doping Norway.

4. CLASSES

4.1. Norges Cup Short Cross Country (XCO), Cross Country (XCO) og Short Track (XCC)

| Women | Men | Friday (Short XCO) | Saturday (XCO) | Sunday (XCC) |
|--|--|-------------------------------|--|---------------------------------|
| W 6-7 W 8-9 W 10 | M 6-7 M 8-9 M 10 | No race | Novice Race | Novice Race |
| W 11-12 W 13-14 | M 11-12 M 13-14 | No race | NCF Ranking Race | Novice Race NCF Ranking Race |
| W 15-16 | M 15-16 | NCF Ranking race (NCF Cat.4) | 3-day race (NCF Cat. 3) NCF Ranking race (NCF Cat.4) NCF Ranking race (NCF Cat.4) | |
| W Junior (17-18) | M Junior (17-18) | NC race (NCF Cat.4) | 3-day race (NCF Cat. 3) NC race (UCI cat.1/NCF Cat.4) NC race (NCF Cat.4) | |
| W Elite (19+) | M Elite (19+) | NC race (UCI Cat.3/NCF Cat.3) | NC race (UCI Cat.1/NCF Cat.3) NC race (UCI Cat.3/NCF Cat.3) | |
| W Master 30-34 W Master 35-39 W Master 40-44 W Master 45-49 W Master 50-54 W Master 55-59 W Master 60-64 W Master 65-69 W Master 70+ | M Master 30-34 M Master 35-39 M Master 40-44 M Master 45-49 M Master 50-54 M Master 55-59 M Master 60-64 M Master 65-69 M Master 70+ | No race | Ranking Race Master Cup (NCF MC cat.2) Master Cup (NCF MC cat.2) | |
| W Sport 17+ | M Sport 17 + | No Race | Novice Race | Novice Race |

5. SEEDING

Riders who are registered before the ordinary registration deadline and who have acquired a license for 2026, will be seeded. The latest published UCI rankings will be used as a basis for Elite and Junior. For riders without UCI points and in classes without UCI ranking, the riders will be seeded according to the latest published overall list in the Norwegian Cup Terrain Cross Country or NCF Ranking. In M/F 15-16 and Junior, the placement in the 3 day race is as described below. In classes up to 12 years, the starting order is decided by random drawing, and the starting order on Sunday is the opposite of Saturday. Seeding is not updated throughout the event. Foreign athletes without UCI points are listed at the end as they are excluded from the NCF ranking.

Riders who are late registered will not be seeded.

Seeding on Friday

- M/K Elite and Junior: 1st UCI points, 2nd NC points, then random drawing.
- M/F 15-16: NCF ranking points, then random drawing.

Seeding on Saturday

- M/F 6-12: random drawing.
- M/F 13-14: NCF ranking points, then random drawing.
- M/F 15-16 : According to the standings after the Friday race. Those who did not participate on Friday will be lined up behind the rest, seeded by NCF ranking points and then a draw.
- M/F Junior: According to the standings after the Friday race. Those who didn't participate on Friday will be lined up behind the rest, seeded by UCI or NCF ranking points and then drawn by lottery.
- M/K Elite: 1st UCI points, 2nd NC points, 3rd place in Friday's race, then a random drawing.
- M/K Master: NCF ranking for the Masters Cup across the classes, then a random drawing.
- M/K Sport: by lottery.

Seeding on Sunday

- M/F 6-12: Opposite of Saturday.
- M/K 13-14: NCF Ranking, then random drawing
- M/F 15-16: According to the standings so far in the 3-day race. Those who did not participate on Friday and Saturday are lined up behind the rest, according to NCF ranking points.
- M/F Junior: 1st UCI points, 2nd according to the standings so far in the 3-day race, then NC points, then random drawing.
- M/K Elite: 1st UCI points, 2nd NC points, then random drawing.
- M/K Master: NCF ranking for the Masters Cup across the classes, then a random drawing.

6. LICENSE

All riders who are 13 years and older must have a valid license for 2026. Riders up to and including 12 years of age are insured through NIF's children's sports insurance. Riders in the Elite and junior classes must have a year-round license, while riders in the age classes (13 years and older) can choose between a year-round and one-time license.

The license of registered Norwegian riders will be checked against NCF's register immediately after the end of registration. **Norwegian** riders who do not have a valid license at that point, will not be **seeded** (applies to the classes that are seeded). For further information about licenses, see NCF's website www.sykling.no

7. REGISTRATION

Ordinary registration is open until 23.59 on Monday 27 April:

https://signup.eqtiming.com/?Event=Rye_terrengsykkelfestival

The starting fees are:

| Klasse | Ordinær | Etteranmelding |
|--------------------------|---------|----------------|
| -> 9 år | 50,- | 75,-* |
| 10-16 år | 170,- | 255,- * |
| NC (Junior/Elite) | 300,- | 600,- |
| MasterCup | 300,- | 600,- |
| UCI Junior | 350,- | 700,- |
| UCI Elite Cat 3/2 | 350,- | 700,- |
| UCI Elite Cat 1 | 450,- | 900,- |

In the Norwegian Cup, late registration is possible for all classes until 18:00 the day before the race. Use the registration link above, or go to the secretariat. Late registered riders start at the back.

It is important that the name of the athlete matches the name on the UCI license.

Registration is binding and will only be refunded upon presentation of a medical certificate.

8. TEAM TENTS

Go to [Teltplass Obos Rye Mountain Bike Festival](#) to reserve space for team/club tents. Registration deadline is at 23.59 on Monday 27 April.

There is room for about 30 tents in the arena. We have one common tent for visitors. Those who have reserved a tent space can drive to the loop and unload tents and any other equipment in the unloading pocket, and then immediately drive to the parking lot. Contact the secretariat to be assigned a tent site if you are not met by our tent assignee.

| Størrelse | Pris |
|-------------|----------|
| 3 x 3 meter | Kr 300,- |
| 3 x 6 meter | Kr 600,- |
| 3 x 9 meter | Kr 900,- |

* Please leave a comment about the tent size in your reservation.

Be sure to secure your tent from wind.

9. ACCOMMODATION OPTIONS

9.1. Recommended accommodation

NCF has an agreement with Strawberry, which includes a 10% discount on Clarion and Quality Hotels, 15% on Clarion Collection and Comfort Hotels, and 10% on Straweberry's independent hotels.

Booking must be made on the hotel's website. Booking code is 60238495. The code is entered as 'corporate agreement' on the profile of the person who books

9.2. Motorhome parking

Bogstad camping offers motorhome parking with facilities, [Camping in Oslo | cabins near Oslo city center | Topcamp Bogstad - Oslo | Topcamp](#)

10. TIMES AND TIMETABLES

10.1. Secretariat opening hours

Start numbers can be picked up at the secretariat. The secretariat is open:

| Day | Time |
|----------|------------|
| Friday | From 15:30 |
| Saturday | From 08:00 |
| Sunday | From 08:00 |

To pick up a start number, a license for 2026 must be solved. See [License](#) for provisions regarding licenses. A one-time license can be purchased in the secretariat, it costs 50,-. A one-time license is solved in connection with registration for EQ timing.

Attach the bib number clearly visible to the handlebar. Elite and junior classes must also use a back number. The timer tag is glued to the back of the start number. **NB! The same number must be used every day.** Start numbers should be dismantled before transporting the bike, as it normally leads to the loss of number when the bike is transported by car. In the event of loss of a number, a new number can be picked up at the secretariat for a fee of NOK 50,-.

10.2. Training times

See chapters 10.7 – 10.9 for training times

Rules for training on the course:

- At official training, the start number must be mounted on the bike.
- It is not allowed to cycle on the course while the race is in progress, this applies regardless of which class is cycling. Violation of the rule will result in disqualification.
- All training during the official training times must take place in the direction of speed.
- It is not allowed to make changes to the course, for example move marking tape/barrier or dig/move parts of built elements. Violation of the rule will result in the rider being expelled from the course and possibly disqualified.
- Show consideration for hikers.
- All training is at your own risk.

The course will be roughly marked during Friday 24 April. The trails for Friday and Saturday are finished marked in the afternoon of Thursday 30 April. During the official training hours, there are medical personnel in the arena.

10.3. Team manager meetings

There is a team manager meeting every day during the festival. We will let you know where it will be held inside (in the same building as the secretariat) or outdoors at the secretariat.

See timetable in chapters 10.7 – 10.9

10.4. Chip check before the start

It will be possible to carry out a tag check near the starting area.

10.5. Equipment check

Riders are responsible for providing an approved helmet, bike and suit. The UCI/NCF commissioner can choose to check this both before the start and after the finish.

As of 2019, NCF introduced a requirement for minimum weight of bicycles for classes K/M 10-16 years, read about this in the regulations. Make sure that the bikes are at the correct weight well before starting. Scales are available in the arena for checking the bike on your own. Check the registered shirt for your club on <https://www.dommeroppsett.info>

10.6. Calling to the start

The riders are called up for the start no earlier than 10 minutes before the start. Further information will be given at the team manager meeting. Notice of call will be given 5 minutes before the call to start begins. The riders themselves are responsible for attending in due time. If they arrive late, they will not get a starting position according to their start number.

Any other information regarding call to start will be given at the team manager meetings.

10.7. Timetable for the Friday race – Short Cross Country (XCO)

| Categories | Start | Course | Lap distance (km) | Laps | Total distance (km) | Expected winning time | Winner finishes | Prize ceremony |
|--|-------|--------------|-------------------|------|---------------------|-----------------------|-----------------|----------------|
| Training in the course until 16:50 | | | | | | | | |
| It is not allowed to cycle on the course while the race is in progress. Breach of regulation might lead to DQS | | | | | | | | |
| Team managers meeting at | | 16:30 | | | | | | |
| M 15/ 16 - Heat 4 riders | 17:00 | XCO Lilla | 4,1 | 1 | 4,1 | 00:14 | 17:14 | continously |
| M-Junior - Heat 4 riders | 17:30 | XCO Lilla | 4,1 | 1 | 4,1 | 00:14 | 17:44 | |
| K-Junior + K 15/16 Heat 4 riders | 18:00 | XCO Lilla | 4,1 | 1 | 4,1 | 00:16 | 18:16 | |
| K-Elite | 18:15 | XCO Lilla | 4,1 | 1 | 4,1 | 00:15 | 18:30 | |
| M-Elite | 18:30 | XCO Lilla | 4,1 | 1 | 4,1 | 00:13 | 18:43 | |

NB!! Changes may occur. Any changes will be reviewed at the team manager meeting.

10.8. Timetable for the Saturday race – Cross country (XCO)

| Categories | Start | Course | Lap distance (km) | Laps | Total distance (km) | Expected winning time | Winner finishes | Prize ceremony |
|---|--------------|--------|-------------------|------|---------------------|-----------------------|-----------------|----------------|
| Training in the course until 08:50 | | | | | | | | |
| It is not allowed to cycle on the course while the race is in progress. Breach of regulation might lead to DQS | | | | | | | | |
| Team managers meeting at 08:30 | | | | | | | | |
| K 6-7 og M 6-7 | 08:55 | Grønn | 1,3 | 1 | 1,3 | 00:07 | 09:02 | continuously |
| K 8-9 og M 8-9 | 09:03 | Grønn | 1,3 | 2 | 2,6 | 00:10 | 09:13 | |
| K 10 og M10 | 09:20 | Grønn | 1,3 | 3 | 3,9 | 00:13 | 09:33 | |
| M 11-12 | 09:40 | Blå | 2,6 | 2 | 5,2 | 00:16 | 09:56 | 11:00 |
| K 11-12 | 10:00 | Blå | 2,6 | 2 | 5,2 | 00:18 | 10:18 | |
| K 13-14 | 10:00 | Blå | 2,6 | 3 | 7,8 | 00:25 | 10:25 | |
| M 13-14 | 10:40 | Blå | 2,6 | 4 | 10,4 | 00:29 | 11:09 | |
| Team managers meeting at 11:15 | | | | | | | | |
| Training from 11:15 to 11:45 after the last rider, in the racing direction | | | | | | | | |
| M 15-16 | 11:45 | Rød | 5,4 | 3 | 16,2 | 00:54 | 12:39 | 13:30 |
| K-Elite | 12:45 | Rød | 5,4 | 4 | 21,6 | 01:14 | 13:59 | 14:50 |
| K- Junior | 12:45 | Rød | 5,4 | 3 | 16,2 | 00:55 | 13:40 | |
| K 15-16 | 12:45 | Rød | 5,4 | 2 | 10,8 | 00:42 | 13:27 | |
| K- Master 30-34 og 35-39 | 12:45 | Rød | 5,4 | 2 | 10,8 | 00:48 | 13:33 | |
| K- Master 40-44 og 45-49 | 12:45 | Rød | 5,4 | 2 | 10,8 | 00:48 | 13:33 | |
| K- Master 50-54 og 55-59 | 12:45 | Rød | 5,4 | 2 | 10,8 | 00:48 | 13:33 | |
| K- Master 60+ | 12:45 | Rød | 5,4 | 2 | 10,8 | 00:48 | 13:33 | |
| K Sport 17+ | 12:45 | Rød | 5,4 | 2 | 10,8 | 00:48 | 13:33 | |
| M-Elite | 14:30 | Rød | 5,4 | 5 | 27 | 01:17 | 15:47 | 16:40 |
| M-Junior | 14:32 | Rød | 5,4 | 4 | 21,6 | 01:06 | 15:38 | |
| M Master 30-34 og 35-39 | 16:00 | Rød | 5,4 | 3 | 16,2 | 00:54 | 16:54 | 17:40 |
| M Master 40-44 og 45-49 | 16:00 | Rød | 5,4 | 3 | 16,2 | 00:54 | 16:54 | |
| M Master 50-54 og 55-59 | 16:00 | Rød | 5,4 | 3 | 16,2 | 00:54 | 16:54 | |
| M Master 60+ | 16:00 | Rød | 5,4 | 2 | 10,8 | 00:40 | 16:40 | |
| M Sport 17+ | 16:00 | Rød | 5,4 | 2 | 10,8 | 00:45 | 16:45 | |

NB!! Changes may occur. Any changes will be reviewed at the team manager meeting.

10.9. Timetable for the Sunday race – Short track (XCC)

| Categories | Start | Course | Lap distance (km) | Laps | Total distance (km) | Expected winning time | Winner finishes | Prize ceremony |
|---|--------------|--------------|-------------------|------|---------------------|-----------------------|-----------------|----------------|
| Training in the course until 08:50 | | | | | | | | |
| It is not allowed to cycle on the course while the race is in progress. Breach of regulation might lead to DQS | | | | | | | | |
| Team managers meeting at | | 08:30 | | | | | | |
| K 6-7 og M 6-7 | 08:55 | Grønn | 1,3 | 1 | 1,3 | 00:07 | 09:02 | continuously |
| K 8-9 og M 8-9 | 09:03 | Grønn | 1,3 | 2 | 2,6 | 00:10 | 09:13 | |
| K 10 og M10 | 09:20 | Grønn | 1,3 | 2 | 2,6 | 00:09 | 09:29 | |
| M 11 / 12 | 09:45 | Gul XCC kort | 1,5 | 2 | 3 | 00:10 | 09:55 | 11:30 |
| M 13 / 14 | 10:05 | Gul XCC kort | 1,5 | 3 | 4,5 | 00:12 | 10:17 | |
| K 11 / 12 | 10:25 | Gul XCC kort | 1,5 | 2 | 3 | 00:11 | 10:36 | |
| K 13 / 14 | 10:45 | Gul XCC kort | 1,5 | 3 | 4,5 | 00:13 | 10:58 | |
| Team managers meeting at | | 11:00 | | | | | | |
| Training from 11:05 to 11:35 after the last rider, in the racing direction | | | | | | | | |
| M 15 / 16 | 11:40 | Gul XCC | 2 | 4 | 8 | 00:21 | 12:01 | 13:30 |
| K-Elite | 12:20 | Gul XCC | 2 | 4 | 8 | 00:24 | 12:44 | |
| K-Junior | 12:20 | Gul XCC | 2 | 3 | 6 | 00:18 | 12:38 | |
| K 15-16 | 12:20 | Gul XCC | 2 | 3 | 6 | 00:18 | 12:38 | |
| K- Master 30-34 og 35-39 | 12:20 | Gul XCC | 2 | 3 | 6 | 00:19 | 12:39 | |
| K- Master 40-44 og 45-49 | 12:20 | Gul XCC | 2 | 3 | 6 | 00:23 | 12:43 | |
| K- Master 50-54 og 55-59 | 12:20 | Gul XCC | 2 | 3 | 6 | 00:23 | 12:43 | |
| K- Master 60+ | 12:20 | Gul XCC | 2 | 3 | 6 | 00:23 | 12:43 | |
| K Sport 17+ | 12:20 | Gul XCC | 2 | 3 | 6 | 00:23 | 12:43 | |
| M-Elite | 13:00 | Gul XCC | 2 | 5 | 10 | 00:25 | 13:25 | |
| M-Junior | 13:40 | Gul XCC | 2 | 4 | 8 | 00:21 | 14:01 | 15:15 |
| M Master 30-34 og 35-39 | 14:10 | Gul XCC | 2 | 4 | 8 | 00:22 | 14:32 | |
| M Master 40-44 og 45-49 | 14:10 | Gul XCC | 2 | 4 | 8 | 00:22 | 14:32 | |
| M Master 50-54 og 55-59 | 14:10 | Gul XCC | 2 | 4 | 8 | 00:22 | 14:32 | |
| M Master 60+ | 14:10 | Gul XCC | 2 | 4 | 8 | 00:22 | 14:32 | |
| M Sport 17+ | 14:10 | Gul XCC | 2 | 4 | 8 | 00:22 | 14:32 | |
| M Sport 17+ | 14:10 | Gul XCC | 2 | 4 | 8 | 00:22 | 14:32 | |

NB!! Changes may occur. Any changes will be reviewed at the team manager meeting.

11. ARENA AND COURSE

11.1. Arena

Team tent

Only those who have reserved space can set up tents in the arena. Tent space can be reserved at [Tent Site Obos Rye Mountain Bike Festival](#)

Tents must be set up in the designated place on arrival.

First aid

The headquarters of the medical group is the first aid tent in the arena. The medical group consists of qualified health personnel. They help with abrasions, minor injuries, first aid, as well as coordinating with the public emergency service when needed, which is the Oslo emergency room. Oslo Accident and Emergency Clinic, telephone 116 117, Trondheimsveien 233 (Aker Hospital), Oslo.

If a rider stop riding, the timekeeper at the finish line or the commissioner shall be notified as soon as possible.

Changing rooms and toilets

Wardrobe with shower available, but as there is limited capacity, this is primarily an offer for visitors who have a long travel time and need to shower after the last race on Sunday. There are many mobile toilets behind Varmestua. Do not use your neighbours' gardens as a toilet.

Kiosk

The menu is fruit, sandwiches, cakes, waffles, hamburgers, and sausages. In addition, we sell smoothies, mineral water and coffee. Only Vipps or card payment.

The kiosk opens a little before the team manager meeting and closes after the last prize ceremony.

Bike wash

The bike wash has bike racks and high-pressure washers, and is located at the back of Varmestua.

11.2. Technical and feed zone

Technical and feed zone in marked area (see map below). We have a technical zone that serves the trail from 3 points (see map below). Feeding takes place from the right side. We use the same zones in all the races. We encourage the clubs to help foreign riders without a support system if you have the capacity.

Club/team jersey must be worn in the technical and feeding zone for all classes. The audience does not have access to the technical and feeding zones.

To gain access to the technical and feeding zone in the NC classes, an accreditation card must be carried. Classes that start at the same time as the NC classes must also have an accreditation card for admission to this zone. Accreditation cards are signed for at the secretariat. Max 4 -5 pcs per team/team. Accreditation cards must be handed in after the race.



11.3. Course map Friday – Short cross country (XCO)

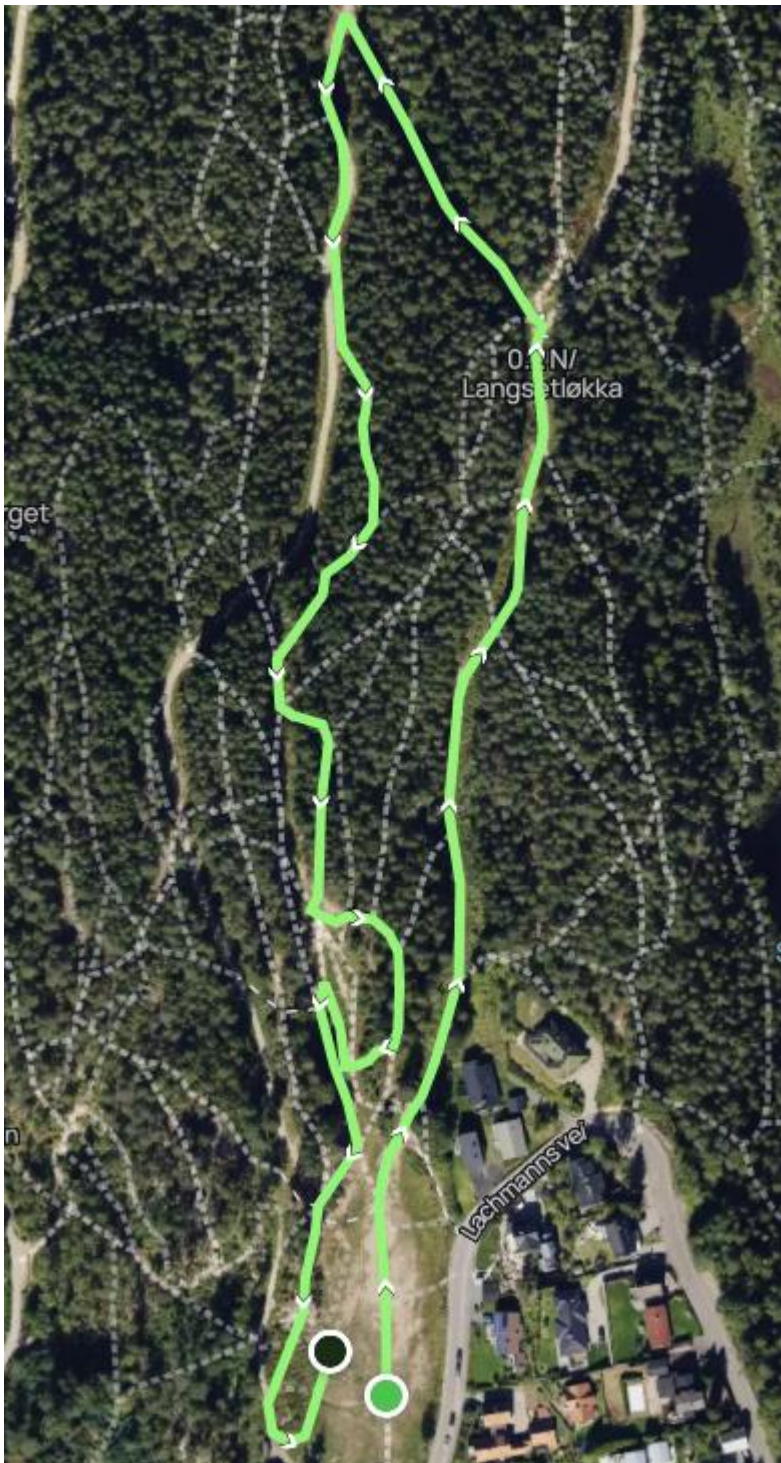
M/K 15-16, Junior, and Elite classes ride this purple course. The picture gives an overview of the trail, follow the link to the exact map: <https://www.alltrails.com/explore/map/map-621eb0b--46?u=m>



11.4. Course map Saturday – Cross country (XCO)

Green trail - M/K 10 years and younger rise this course (Saturday and Sunday), which is a regular round track trail. The picture gives an overview of the trail, follow the link to the exact map:

<https://www.strava.com/routes/3465816405476436796>

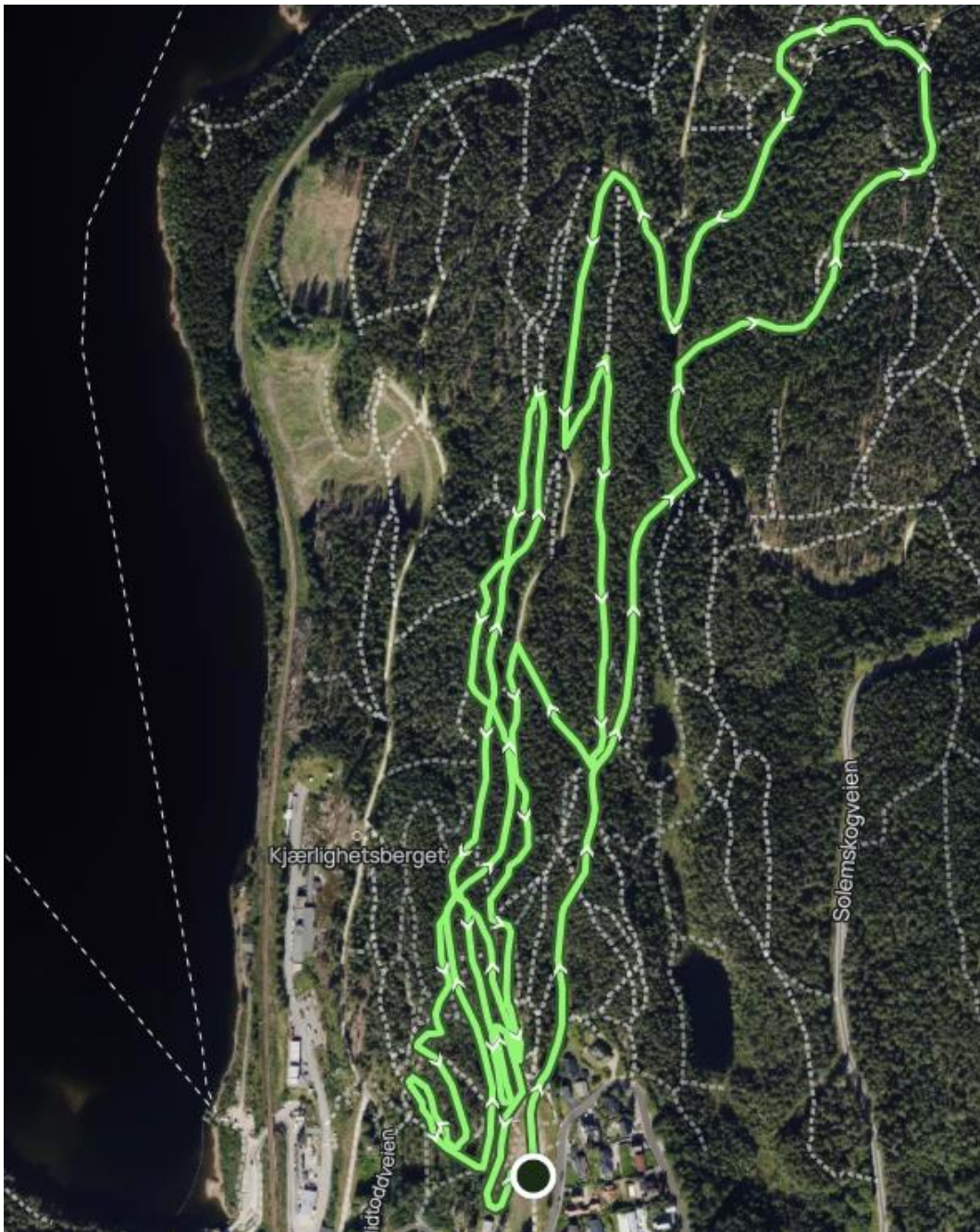


Blue trail - M/K 11-12 and 13-14 ride this trail. The finish of the course has changed since last year. Link to map and GPS track: <https://www.strava.com/routes/3465800302646762300>



Red trail - M/K 15 years and older ride the red trail. The finish of the course has changed compared to last year. Follow the link to the exact map and GPS track for the red trail:

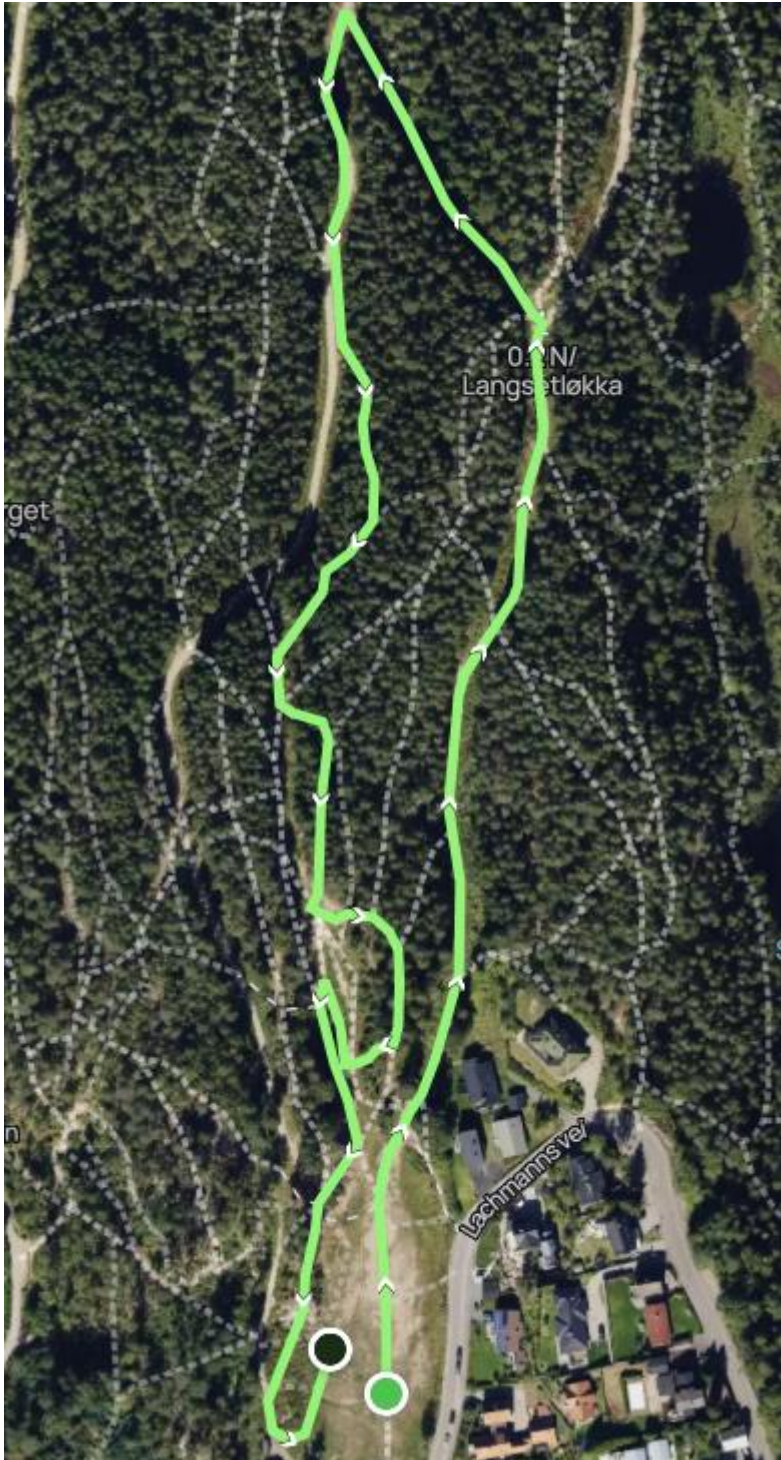
<https://www.strava.com/routes/3465800760503720734>



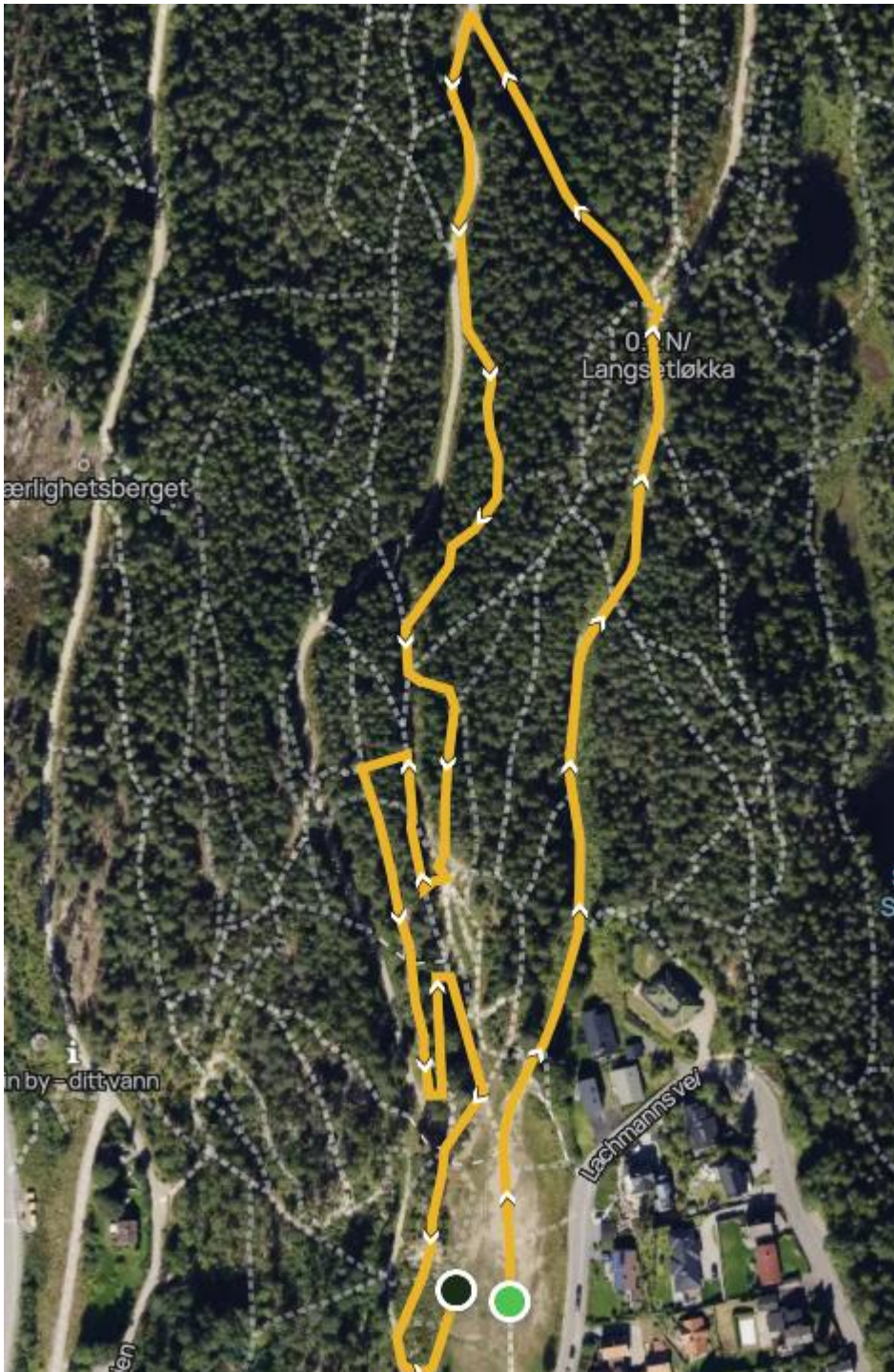
11.5. Course map Sunday – Short Course (XCC)

Green trail - M/K 10 years and younger ride this trail (Saturday and Sunday), which is a regular round track trail. The picture gives an overview of the trail, follow the link to the exact map:

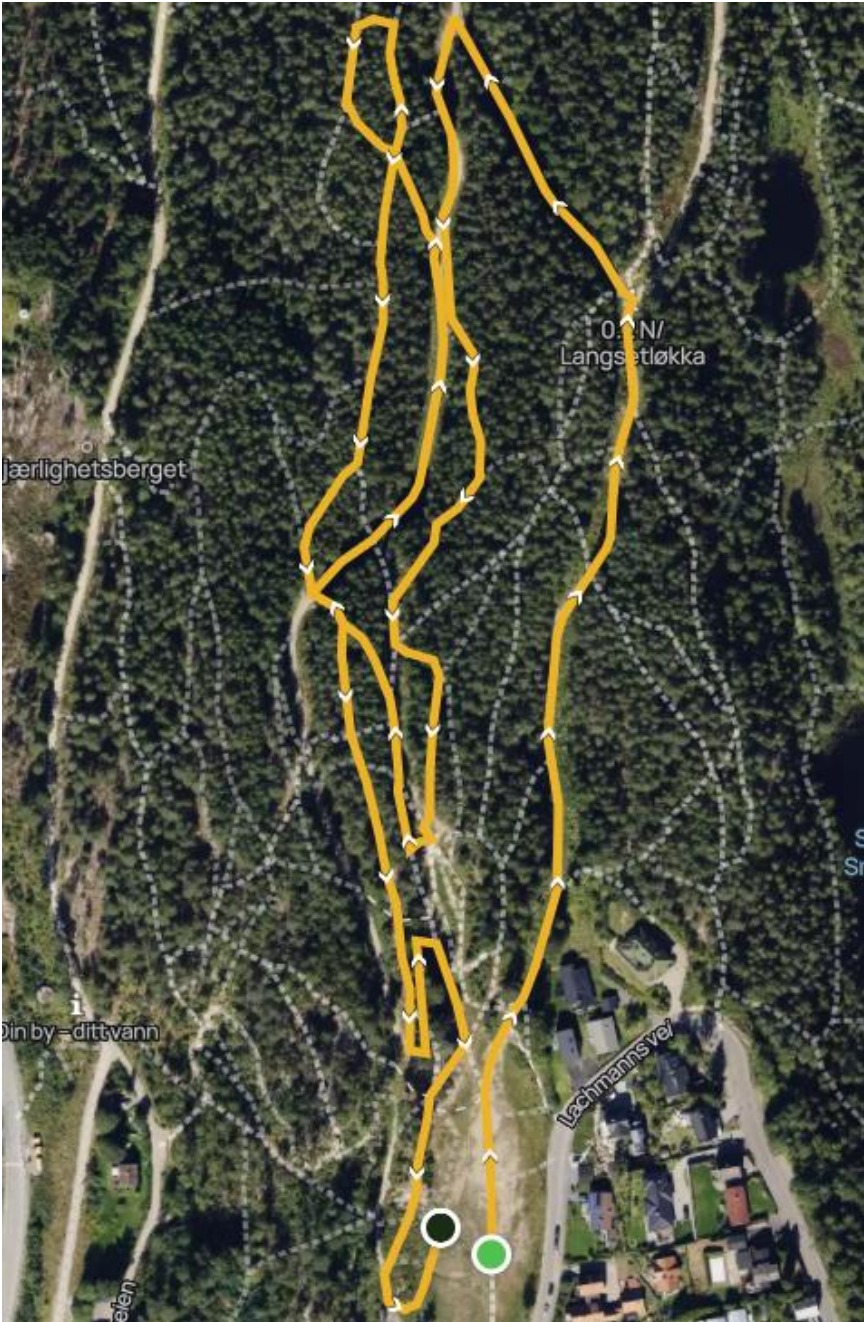
<https://www.strava.com/routes/3465816405476436796>



Short yellow trail M/K 11-12 and 13-14 ride this trail, none of the A lines. The picture gives an overview of the trail, follow the link to the exact map: <https://www.alltrails.com/explore/custom-routes/custom-route-e29e497>



Yellow trail - M/K 15 years and older ride this trail. The picture gives an overview of the trail, follow the link to the exact map: <https://www.strava.com/routes/3465808642058797218>



12. RESULTS

Live results service on www.eqtiming.no.

13. POINTS AND PRIZES

The prize ceremony will take place at the arena. The schedule specifies the times for the award ceremony for the respective classes.

13.1. The individual races

The elite classes

The following cash prizes will be awarded:

| Elite Kort XCO | | Elite XCC | | Elite XCO | |
|----------------|---------|-----------|---------|-----------|---------|
| Space | Premium | Space | Premium | Space | Premium |
| 1 | 200 € | 1 | 200 € | 1 | 600 € |
| 2 | 150 € | 2 | 150 € | 2 | 500 € |
| 3 | 100 € | 3 | 100 € | 3 | 400 € |
| 4 | 75 € | 4 | 75 € | 4 | 300 € |
| 5 | 50 € | 5 | 50 € | 5 | 250 € |
| | | | | 6 | 200 € |
| | | | | 7 | 150 € |
| | | | | 8 | 125 € |
| | | | | 9 | 100 € |
| | | | | 10 | 50 € |
| | | | | | |

Riders are awarded UCI points, Norges Cup points and NCF ranking points according to the NCF points system for the current race category.

The junior classes

The following prize money will be awarded:

| Junior Kort XCO | | Junior XCC | | Junior XCO | |
|-----------------|----------|------------|----------|------------|---------|
| Space | Premium | Space | Premium | Space | Premium |
| 1 | kr 1 000 | 1 | kr 1 000 | 1 | 130 € |
| 2 | kr 600 | 2 | kr 600 | 2 | 100 € |
| 3 | kr 400 | 3 | kr 400 | 3 | 80 € |
| | | | | 4 | 65 € |
| | | | | 5 | 55 € |
| | | | | 6 | 45 € |
| | | | | 7 | 40 € |
| | | | | 8 | 30 € |
| | | | | 9 | 25 € |
| | | | | 10 | 20 € |

On Friday and Saturday, we hand out other prizes from 4th place and even the best third, and on Sunday from 11th place up to and including the best third.

Riders are awarded UCI points, Norges Cup points and NCF ranking points according to the NCF points system for the current race category.

Youth classes 13-16 years

All riders get a price

Riders are awarded NCF ranking points according to the NCF points system for the current race category.

Classes 6-12 years

All riders get a price

Master

The best 1/3 receive a prize. Riders are awarded NCF master cup points according to the NCF points system for the current race category.

13.2. Three-day rides

Junior classes:

Riders with results in the 3-day race get NCF points according to NCF category 3 and the following prizes:

| Junior: | |
|----------|---------|
| Location | Prize |
| 1 | Kr 1400 |
| 2 | NOK 800 |
| 3 | NOK 500 |

There are gift prizes from 4th place up to and including the best third.

15-16 classes:

Riders with results in the 3-day race get NCF points according to NCF category 3.

Prizes for the top three. We also randomly draw prizes among the rest of the riders

14. PARKING AND DIRECTIONS

14.1. Parking

Oset Utfartsparkring, Oslo – adr: Midtoddveien 34 The parking lot is 400 m away from the arena at Langsetløkka

We encourage everyone who cycles from the arena and down to Oset to keep their speed down and show consideration.

Important information regarding parking and arrival at Langsetløkka:

All parking must take place on Oset and adjacent streets. It is only possible to drive tents and equipment to the arena via Lachmanns vei, not up from Oset (Private road)

There is also some construction work in the area, which may result in somewhat reduced accessibility on the roads from Storo and up to Langsetløkka and Oset. This applies especially to Lachmannsvei and Myrerskogveien for those who will be driving equipment and tents to the stadium. In order for this traffic to run without too much delay, you must therefore use the driving route as instructed in the figure below. Then we will be able to get a good flow in traffic.

NB! NB ! There are limited parking options at Oset and the surrounding streets, so we therefore encourage carpooling or public transport if possible:

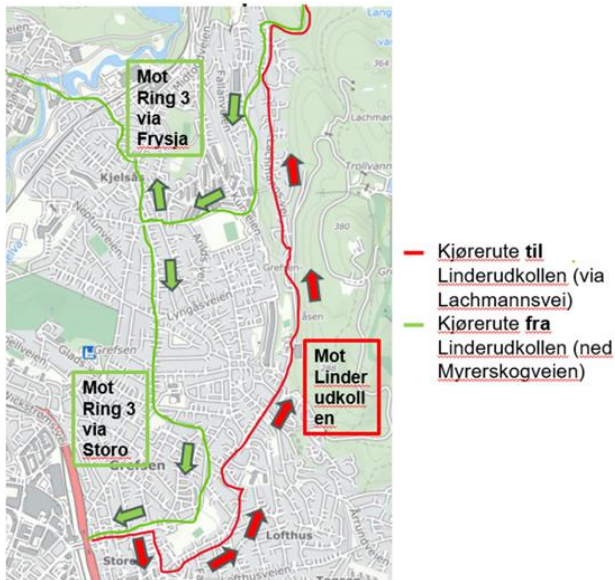
Bus: 25, 54, 11N, 12N, 56 – Kjelsåsalléen stop

Train: R31, RE30 - Kjelsås station

Tram: 12, 15 - Trikkehallen stop

Other parking spaces:

[Linderudkollen](#) has a large parking lot (2 km from the arena), in addition to three smaller parking spaces on the way up there. Drop off riders and equipment at our drop point at the intersection of Lachmanns vei/Solemskogveien



It takes approx. 5 minutes to cycle down from Solemskogveien/Linderudkollen to the arena. Don't take the gravel roads, or you'll get straight into the trails.

Do you have a tent and a lot of equipment?

Access by car is from the upper side of the arena, use the address [Lachmanns vei 59](#) as a destination in Google Maps.

Notify the parking attendant and you can drive down to the loop and unload and then turn around and drive out. There are no places at the loop.

14.2. Directions Arena

The address of [Langsetløkka](#) is Lachmanns vei 76, 0495 Oslo – Note: it is not allowed to park at the arena (see above)

We want to have a good relationship with our neighbors, take them into account both when you visit Langsetløkka to inspect the trails and during the race weekend.

15. INFORMATION

Information about the race can be found on the website: [OBOS Rye Mountain Bike Festival](#). This invitation is also there. Important information about the race, such as changes to technical zones or the number of laps done in the days before the race, will be informed about on the Facebook group "Norges Cup Terreng Rundbane". Later changes will be announced at the team manager meetings.

News about the race can be found both on our website and on the Facebook group "Norges Cup Terreng Rundbane".

16. CONTACT PERSONS

16.1. The event committee

| Role | Name | Phone (+47) |
|------------------------|--------------------------|--|
| Event Manager | Bente G. Hansen | 473 88 983 / hansen_bente@hotmail.com |
| Course Manager | Petter Jørgensen | 911 97 262 |
| Arena Manager | Morten Aasebø | 415 77 396 |
| Press and Media | Robin Mackenzie-Robinson | 411 06 565 |
| Race Office | Guro Frostestad | 930 80 171 |
| Start | Hugo Berg | 909 10 610 |
| Finish line | Øyvind Jensen | 412 07 984 |
| Price Ceremony | Eva Aasebø | 900 57 399 |
| Parking/Transportation | Preben Øiamo | 928 57 511 |
| Food and beverages | Kristin Nordahl | 415 18 755 |
| Course Marshals | Geir Inge Hansen | 951 15 800 |
| First Aid Service | Monika Storrø | 976 30 455 |
| Sponsoring | Bente G. Hansen | 473 88 983 |
| Finance and accounting | Tim Grossmann | 994 19 988 |
| Volunteer coordinator | Tim Grossmann | 994 19 988 |

16.2. Commissioners

| Role | Name | Club |
|-------------------------|------------------|------|
| PCP/Sjefskommisær - UCI | BERTOMEU Beatriz | UCI |
| MCP/Jury member | | |
| MCP/ Goal Referee | | |
| MCP/Ass Commissioner | | |

17. VERSION HISTORY INVITATION

| Date | Version No. | Change |
|------------|-------------|---------------|
| 21.03.2026 | 1.0 | Final version |

Our Quality Promise!

The Norwegian Cycling Federation wants you as a participant to be confident that the races you participate in will be safe and follow a proportionate quality. We want you as a participant to know what you can relate to and what you get as a participant on our race.

| | |
|---|---|
| Organizer | The organizer of the race is Rye SK, which is affiliated with the Norwegian Cycling Federation (NCF) and NIF. |
| Insurance | The race is scheduled, which means that the race's organizer has liability insurance through NCF/NIF and you as an athlete are insured through the year-round license or the one-time license that you use during the race. |
| Permissions | The race has obtained the necessary permits from: <ul style="list-style-type: none"> • Landowners |
| Whistleblowing | The race is notified to the surroundings by: <ul style="list-style-type: none"> • Neighbour Alert • Press coverage • Social media • Notices |
| Rules | The race follows NCF's laws and regulations for the execution of races. The race is required to follow the traffic rules, and all road crossings are handled by qualified/trained personnel The Chief Commissioner has the ultimate responsibility for the implementation of the competition. |
| Sanitation | There are doctors and nurses present during the race |
| Security Officer Procedure in the event of an accident | Bente Grundt Hansen, tlf: 47388983 Guards must report all incidents to the security officer. The safety officer must have a list of contact numbers for the athlete and next of kin. It is the athlete's duty to inform the organizer of this. Guards report measures to the security officer. The security officer notifies relatives and other agencies. Athletes who are exposed to an accident, but who manage on their own, must report the incident to the safety officer or secretariat. This is for the sake of the license scheme and any use of insurance. |
| Security | Trail guards have been deployed at critical points in the trail. There are about 55 trail guards spread over the three days that TSF lasts. The guard's task is to keep unauthorized persons away from the trail and warn of accidents and call for help. It is <u>the rider's own duty</u> to know where the course goes and how many laps to run. |
| Economy | The participation fee covers the costs of, among other things, the above-mentioned measures, as well as commissioners, arena equipment, timing, prizes, etc. Any profit from the event accrues to the club's investment in: <ul style="list-style-type: none"> • Children and youth initiatives in the club • Further strengthening the sustainability and quality of the race The club and the event are otherwise run on voluntary efforts. |

Fair Play in Mountain Biking

Fair Play for the Athlete

- Show respect for coaches, commissioners and organizers
- Show respect for training buddies and competitors
- We do not cheat, but follow the rules that apply
- Do not participate in bullying, racism or other bad behavior
- Help everyone enjoy and have fun with cycling
- Stop and help other athletes if you see him/her is seriously injured
- Lose and win with the same mind

Parental rules

- Give encouragement to all athletes
- Give encouragement in both good and bad times
- Help your child endure both victory and loss
- Respect applicable regulations
- Support organisers and commissioners – feel free to provide constructive feedback and suggestions for improvements in suitable channels
- Show respect for the work the club and organizers do - remember that this is volunteer work. Feel free to offer your help

Fair play is about how we all behave towards each other, both on and off the arenas and trails.