



# ***CROSS COUNTRY REGULATIONS***

Issue #1.2 – December 2025



VERSION HISTORY

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1.0	November 2019	Creation of Cross-Country Regulations document.
1.1	February 2021	Address Update
1.2	December 2025	3.2 Auto Solos age restriction 8.2 d Tear offs not permitted 8.3 Fire Extinguishers



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## 1. Overview

NORA Motorsport is a trading name of NORA 92 Limited. For the purposes of this document any reference to NORA can refer to NORA Motorsport or NORA 92 Limited.

No discrimination is intended where references are made to specific gender within NORA's Code of Practice and Regulations

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The NORA Code of Practice together with these Regulations, the Event Regulations and any Final Instructions shall apply to all Cross-Country Events held under a Permit issued by NORA 92.

## 2. Events

### 2.1 Conditions for Cross Country Events

- a. The organiser must be affiliated to NORA.
- b. An RTA permit must be applied for and in place before the event.

## 3. Eligibility

### 3.1 Licences

- a. For all NORA competitions the competitors must hold a current NORA Licence.
- b. Practice licences are available for non-competitive events and for Mini Quad race events.
- c. A One Event Competition Licence grants the same benefits of an annual licence for the duration of one event only with regards to Rules and Regulations and is available for All NORA Cross Country events.
- d. **A One Event Licence does not include Personal Accident Cover.**
- e. All new applications for an annual licence must be accompanied by a portrait photograph.
- f. Youth only: All new applications for an annual licence must be accompanied by a photocopy of the competitors' proof of age.



### 3.2 Capacity and Licence Restrictions

Age on 1st Jan	Grade	Engine Capacity	Max Wheel Size / Specification
<b>Youth Solo</b>			
5–8 Years	Automatic	Maximum 50cc 2 or 4 stroke automatic no manual clutch	12 inch rear, 15 inch front
7–10 years	65cc Junior	Maximum 65cc 2 stroke or 110cc 4 stroke	12 inch rear, 14 inch front
9–12 years	Small Wheel	Maximum 85cc 2 stroke or 150cc 4 stroke	14 inch rear, 17 inch front
12 - 15 years	Big Wheel	Maximum 85cc 2 stroke or 150cc 4 stroke	16 inch rear, 19 inch front
13-14 years	Youth 125	Maximum 145cc 2 stroke	19 inch rear, 21 inch front Combined with the Rookie class
14 - 17 years	Rookies	Maximum 145cc 2 stroke Maximum 250cc 4 stroke	19 inch rear, 21 inch front
<b>Adult Solo</b>			
15 Years		Maximum 250cc 2 stroke Maximum 450cc 4 stroke	
17 Years		Maximum 500cc 2 stroke Maximum 650cc 4 stroke	
<b>Sidecar</b>			
15 Years	Driver	Over 350cc and up to 1000cc 4 stroke and up to 750cc 2 stroke	
15 Years	Passenger		
<b>Adult Quad</b>			
15 Years		Maximum 450cc	
17 Years		Open cc	
<b>Youth Quad</b>			
5 – 9 Years	90cc Automatic	90cc Automatic Quads with engine and frame as originally manufactured	
8 – 14 Years	125cc Open	125cc Quads with engine and frame as originally manufactured, 8-year-olds – Automatic only	
11 - 17 Years	250cc Open	Up to 200cc 2 Stroke & 250cc 4 Stroke.	

Competitors may continue in the youth Youth 125 / 250 or 250cc Youth Quad class until the end of the year in which their 18th birthday falls. After reaching 15 years of age competitors can apply for an adult solo Cross Country licence and still retain a youth licence until the end of the year in which their 18th birthday falls. After reaching 15 years of age competitors can apply for an adult quad Cross Country licence and still retain a 250 youth licence until the end of the year in which their 17th birthday falls.

### 3.3 Youth

- Upon assessment competitors may remain in a lower class below their age.
- No competitor may compete before their sixth birthday (with the exception of the Mini Quad class)
- When a competitor reaches the maximum age limit for their group, they may continue to compete in that group until the end of the calendar year.
- On reaching the minimum age for the next group, the competitor may upgrade. Please note that any competitor who chooses to upgrade cannot then move back to the lower capacity class once they have competed at the higher level at a NORA event unless specifically approved by NORA.
- An assessment will be required for any competitor wishing to ride in a class of which they do not reach the age requirement to be arranged by the competitor following application to the NORA office.
- The parent or person with parental responsibility must accompany a youth competitor under the age of 18 to any event and stay for the entire duration of the time that the competitor is present.



### 3.4 Adult

- a. An assessment will be required for any competitor wishing to ride in a class of which they do not reach the age requirement to be arranged by the competitor following application to NORA office.
- b. The parent or person with parental responsibility must accompany a competitor under the age of 18 to any event and stay for the entire duration of the time that the competitor is present.
- c. No competitor will be permitted to compete in the adult classes until they reach the minimum required age.

### 3.5 Physical Eligibility / Proficiency Assessment

All youth competitors should be able to sit astride their machines and with one foot firmly on the ground, must be able to control the gear lever or the foot brake with the other foot.

### 3.6 Class Variations

- a. Clubs are permitted to designate other classes such as XC1, XC2, E1, E2 etc. These classes must not fall outside of the restrictions for either Youth or Adult competitors and must be stated in the Event Regulations.
- b. Youth classes may be combined following consultation with NORA.

## 4. Officials Licences

Cross Country Race Officials are required to hold a NORA Licence of the appropriate grade for the performance of their duties.

### 4.1 Licenced Officials

Officials that require a Licence.

Official	Licence Term	Training Method
Clerk of the Course	3 Years	Seminar
Chief Technical Officer	3 Years	Seminar
Engine Measurer	3 Years	Seminar
Timekeeper	3 Years	Assessment

Licences will only be issued to individuals who have attended the appropriate seminar and/or passed competency assessments appropriate to their role. NORA may refuse to issue, cancel or suspend any officials licence.

### 4.2 Unlicenced Officials

Officials who do not require a Licence

Official	Training Method
Event Secretary	May receive training from NORA 92 or the Clerk of the Course
Incident Officer	This may be the Clerk of the Course or a person appointed by the Clerk of the Course
Technical Official	Will receive training from the Chief Technical Officer
Marshal	Will be appointed and briefed by the Clerk of the Course or the Chief Marshal
Child Protection Officer	A person appointed to manage child protection issues.

### 4.3 Marshal

- a. Marshals must be a minimum of 16 years of age, persons under 18 must have a person with parental responsibility sign on with them.
- b. Flag Marshals must be provided with a tabard / waistcoat clearly identifiable.
- c. Mobile Marshals must comply with the appropriate risk assessment.



## 5. Specification of Motorcycle

All Motorcycles, Solo, Quad or Sidecar, designed for Enduro, Motocross or Trials and comply with the Code of Practice and the following may be used in Cross Country:

### 5.1 Brakes

- a. Motorcycles must be equipped with two efficient brakes, one operating on each wheel and be operated independently from the driving position.
- b. For Sidecar motorcycles, brakes are not required on the sidecar wheel.
- c. For Quad motorcycles brakes must be capable of operating, as a minimum, to both rear wheels.

### 5.2 Tyres

- a. Chains and other non-skid devices are not permitted.
- b. Scoop or paddle (continuous radial rib) tyres and/or tyres with lugs having a height of more than 9.5mm are forbidden.
- c. Further restrictions may be noted in the Event Regulations.

### 5.3 Mudguards

Solo and Sidecar motorcycles must be fitted with two mudguards giving protection to the driver. The rear mudguard must cover 35 degrees of the upper rear wheel.

### 5.4 Clutch and Brake Levers

- a. Clutch and brake levers must be, in principle, ball ended, the diameter of the ball to be at least 12.5mm.
- b. This ball can also be flattened but in any case, the edges must be rounded.
- c. These ball ends must be permanently fixed to form an integral part of the lever.

### 5.5 Footrests and Handlebars

The ends of the footrests must be rounded with a radius of not less than 12.5mm. The ends of the handlebars on all motorcycles shall be rounded or otherwise protected. For Quad motorcycles nerf bars or running boards must be fitted so that a competitor's leg will not be pulled under the rear wheel.

### 5.6 Throttle

All machines must be fitted with self-closing throttles.

### 5.7 Exhaust Pipes

The end of the exhaust pipe or pipes must not project beyond any part of the vehicle or its bodywork.

### 5.8 Ignition Cut-Out

- a. Solo Motorcycles used in Cross Country will be fitted with an engine cut-out button.
- b. Sidecar Motorcycles will be fitted with an engine cut out button that must be operated by a non-elastic string or cord (coil telephone wire is not permitted). The cord should be a maximum of 500mm. Any part of the cut-out that remains live when disconnected must be shrouded in order to prevent accidental contact with any part of the motorcycle.
- c. Quad Motorcycles will be fitted with an engine cut out button that must be operated by a non-elastic string or cord. Any part of the cut-out that remains live when disconnected must be shrouded in order to prevent accidental contact with any part of the motorcycle.

### 5.9 Chain Guards

- a. For solo and sidecar motorcycles the manufacturer's original guards or parts of similar design must remain in place.
- b. For quad motorcycles a suitable primary drive guard must be fitted if no original was fitted to the motorcycle.

### 5.10 Wheels

- a. For all groups wheels with six or less spokes must be guarded.
- b. For Sidecar motorcycles:
  - The three wheels shall each be of at least 400mm (16") in diameter measured over the outside of the tyre.
  - The wheel track, or lateral distance between tracks, shall be no more than 1150mm.



- c. For Quad motorcycles the measurement from one front wheel to its following rear wheel must be equal on both sides of the machine.

For Quad motorcycles bumpers and nerf bars must have all corners with a radius of a minimum of 50mm.

## 6. Number Plates

- Number plates will be a minimum of three in number on all machines and it is the competitor's responsibility to ensure that the numbers are clearly visible.
- No metallic or reflective colours may be used in any circumstances.
- One plate must be carried facing forward and not more than 30 degrees from the vertical with one on each side of the machine.
- Side number plates must be positioned above a horizontal line drawn through the rear spindle and behind a line drawn vertically at a minimum distance of 200mm behind the footrest.
- The minimum dimensions of the numbers should be: – height 100mm
- The Clerk of the Course has the discretion to disqualify any competitor not showing legible numbers or discounting any protest resulting from illegible numbers.
- For Quad motorcycles a further number plate may be fitted running parallel with the machine at the rear, readable when facing the side view of the machine. The mounting bracket must not exceed 25mm in height.

At the discretion of the organiser the colours may be as follows: – The figures and background must be in a 'matt' (non-shiny) colour

Adult	Background Colour	Number Colour
Pro Class	Red	White
Expert Class	Green	Black
Clubman Class	Yellow	Black
Novice Class	Black	White
Sidecars	Yellow	Black
Quads	Yellow	Black
Youth		
Automatic	White	Black
65cc Junior	Black	White
85cc Small Wheel	Red	White
85cc Big Wheel	Green	White
Rookie	Black / Blue	White

Clubs may specify or accept different colours and numbers at the Clerk of the Courses discretion.

## 7. Technical Control

- In the event of a protest against machine specification where an engine has to be stripped an additional fee of £250\* for four stroke and £150\* for two stroke machines MUST be submitted with the protest and protest fee. In the event of the protest being upheld the additional fee will be returned. If the protest is not upheld the additional fee will be awarded to the other party and will be the only costs payable.
- The Clerk of the Course may disqualify or penalise any rider of a machine which exceeds the maximum permitted sound level, or which in his opinion is deemed to be excessively noisy.
- Random or spot checks may be made by NORA Sound Control Officials of the sound level of any machine taking part in any NORA event in addition to any routine checks at technical control.



## 8. Safety

### 8.1 Medical Services

At all Cross-Country events, including official practice, qualified first aid personnel must be in attendance with full first aid equipment. Organisers must ensure sufficient medical services for the type of event remain in place until the event has completely finished.

An IHCD Emergency Technician (EMT), First Response Emergency Care person (FREC), level 3 or above or the Voluntary Aid Society (VAS) equivalent, must be in attendance during official practice and racing.

A Paramedic (PM) is recommended.

The minimum requirement for the start of every event is two ambulances. If one of the two ambulances has to leave the circuit then the minimum requirement for the event to continue is one ambulance and one IHCD Emergency Technician (EMT), First Response Emergency Care person (FREC), level 3 or above or the Voluntary Aid Society (VAS) equivalent, plus enough qualified first aid personnel to cover the course layout size and type of event subject to medical requirements shown below.

For smaller club level events (where there are approximately 99 competitors or less) the minimum medical requirements are for one ambulance – On the condition the ambulance is available at all times. Should the ambulance be required to support the treatment of or transport an injured competitor the event must stop until such time that the ambulance is available again. The ambulance should be accompanied by an IHCD Emergency Technician (EMT), First Response Emergency Care person (FREC), level 3 or above or the Voluntary Aid Society (VAS) equivalent. Plus, enough qualified first aid personnel to cover the course layout, size and type of event subject to medical requirements as shown in this Handbook.

### 8.2 Clothing

- a. All competitors must wear a crash helmet. For information regarding helmets please refer to the helmet section within the NORA Code of Practice.
- b. Competitors are advised not to wear hand, face or body jewellery/piercings which could prove hazardous in the event of an accident.
- c. The mouth should be kept clear of anything likely to cause blockage of the airway in the event of an incident, e.g. chewing gum. This includes removing false dentures.
- d. Goggles of a non-splinterable type must be worn at the commencement of each race. Spectacles, if worn, must be non-splinterable. Tear offs are not permitted.
- e. It is advised that all competitors should wear a body belt/kidney protector and wear protective armour giving protection to at least the chest and shoulders.
- f. All competitors are advised to wear identification discs around the neck or wrist during racing and practicing. The disc should bear the wearers full name and date of birth.
- g. It is the responsibility of the competitor's parent/guardian to ensure that all protective clothing is correctly fitting for youth competitors.
- h. In all races and official practice complete protective clothing produced for racing, knee length boots and gloves shall be worn by each competitor. It is advised that jerseys should provide protection against abrasion to the body and arms and that jeans are padded at the hips and knees.

### 8.3 Fire Extinguishers

Every NORA-approved track/event must have a minimum of two 6kg dry powder fire extinguishers. The position of the extinguishers must be clearly marked. All extinguishers must have a minimum 34A 183B rating as well as a current certificate attached. If electric bikes are taking any part in the event, then the organiser must have a Lithium-Ion Battery Fire Extinguisher of a minimum 6L. 50-second Fire Safety Sticks may be used as a supplement and may replace one of the dry powder extinguishers, and fire blankets may also be used as additional safety equipment.

### 8.4 Riding in the Paddock

Riding of machines in the paddock is strictly prohibited, and warning signs should be erected.

Machines should be pushed with the engine dead. Riding of machines at a slow pace can be permitted if designated lanes protected from the public are used. Machines must be pushed upon exiting from any point on these lanes. In exceptional circumstances and for Quad machines, if risk assessed by the Clerk of the Course, competitors may be permitted to ride their machines but must not exceed first gear idle and must always wear a helmet. Under no circumstances may the machine be ridden by anybody other than the competitor or pillion passengers carried.

Machines include pit and electric motorcycles.



## 8.5 Track Access

Strictly no personnel, other than signed on officials, are permitted in the prohibited areas around the track while the event is in progress.

Competitors must be aware of slower riders and service vehicles that may be on the circuit.

Riders of service vehicles must wear distinctive identification clothing.

## 9. Race Management

### 9.1 Circuit

- a. The course must in the main be off road, small sections of hard surface may be allowed if approved by NORA.
- b. The minimum duration should be no less than 2 hours for adults, 1.5 for youth and 30 minutes for Miniquad.
- c. The event may be split into separate legs to be combined for the result, but each leg should be a minimum of 90 minutes.
- d. The number of starters per leg should be approximately 30 per Km of circuit for solos and 20 per Km of circuit for Quad and Sidecar machines.
- e. Solo and Quad/Sidecar machines may be run together if the circuit is suitable in length and width.
- f. An area of the circuit must be reduced to single file where lap scoring will be conducted; the area should be laid out so as to restrict the speed of competitors to a walking pace.
- g. Only competitors will be permitted in the start area.
- h. An area must be made available for public viewing and clearly signed; all other areas should be signed as prohibited.

### 9.2 Start Positions

- a. The start will be set out so that groups may start together
- b. The maximum number of starters at any one time will be:
  - Solo machines – 40
  - Sidecar / Quad machines - 30
- c. The minimum time between each start will be 30 seconds
- d. The method of starting should be stated in the Event Regulations.

### 9.3 Finish of Race

- a. The chequered flag will be displayed as the winner passes through the lap scoring area following completion of the allotted time or number of laps and will be kept flying thereafter until the last competitors finish the lap.
- b. No competitor will be allowed to start a fresh lap after the chequered flag has been displayed.
- c. Competitors crossing the finish control line will be flagged off, their position being determined by the number of laps each has completed, those competitors who complete a similar number of laps having their positions determined by the order in which they finish.
- d. Only competitors passing the chequered flag at the finish control line will be declared as finishers unless otherwise stated in the Event Regulations.
- e. Competitors times may be taken as time zero (First start time) minus their allotted start delay time.

### 9.4 Change of Machine

Competitors are not permitted to change their machine during a race, if the race is split in to two legs competitors may be permitted to change machines between each leg at the discretion of the Clerk of the Course.

### 9.5 Change of Sidecar Passenger

- a. An entrant is allowed to change the designated passenger prior to the start of the event only with the permission of the Clerk of the Course.
- b. The passenger must sign on and have the correct licence.



### **9.6 Outside Assistance**

- a. If during a race a competitor receives outside assistance other than that provided by the Organisers or other competitors on the course, that competitor may be disqualified or penalised.
- b. Competitors receiving signals from persons associated with them in prohibited areas may be disqualified or penalised.

### **9.7 Refuelling and Repairs**

- a. A suitable area, prohibited to the public, must be set out whereby competitors may affect repairs and refuel their machines.
- b. The entrance and exit must be controlled by marshals.
- c. Smoking must be prohibited in this area.
- d. A minimum of one 6kg dry powder fire extinguisher must be available in the refuelling area.
- e. Engines must not be running during refuelling.
- f. The area should be prohibited to persons under 16 years of age and animals.

### **9.8 Marshalling**

The organisers must place marshals around the course at strategic points to ensure control of the event is maintained. It is recommended that roaming marshals are used in addition.

## **10. Instructions to Competitors**

All Event Regulations and Final Instructions issued for an event will have the same force as these Cross-Country Regulations but must in no way contradict it.

### **10.1 Conduct**

Competitors, parents or associates failing to obey instructions given by officials of the event or deemed to have unjustifiably or maliciously jeopardised the efficient running of the event by not adhering to the Regulations, Event Regulations or the protest procedure, may be disqualified from the event.

### **10.2 Parental Responsibility**

It is a parent's or guardian's responsibility to ensure that children stay within the confines of the event site and obey all instructions issued by the organiser.

### **10.3 Declaration**

It is a condition of acceptance of entry that the promoters shall not be responsible for any damage to a motorcycle or its accessories whether by fire, accident or other causes, nor for the theft of a motorcycle or its accessories before, during and after the event.

### **10.4 Compliance with Regulations**

Every competitor, by entering or being entered, thereby acknowledges that s/he is bound by the NORA Code of Practice and these Standing Regulations together with any Event Regulations or Conditions and Final Instructions issued, to all of which s/he undertakes to submit and, moreover, renounces any right to have recourse to any arbitration or tribunal not provided for.