



Since 2019

Regulations 2026



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3 NATIONS CUP – Regulations 2026

1 Introduction

The 3 Nations Cup is a series of mountain bike competitions which are held in Belgium, Netherlands and Germany.

Underneath mentioned competitions will be part of 3 Nations Cup 2026:

Start	End	Place	UCI
04-04-26	05-04-26	Oldenzaal (NED)	Int. Class 2
11-04-26	12-04-26	Sittard (NED)	Int. Class 1
25-04-26	26-04-26	VAM Berg (NED)	Int. Class 2
16-05-26	17-05-26	Langdorp (BEL)	Int. Class 2
29-05-26	30-05-26	Genk (BEL)	Int. Class 1
06-06-26	07-06-26	Remscheid (GER)	Int. Class 3
13-06-26	14-06-26	Eupen (BEL)	Int. Class 2
09-08-26	09-08-26	Winterberg (GER)	Int. Class 1

2 Participants and categories

2.1 Masters

Since 2020 the UCI has shifted the age with 5 years up starting from 35 and defined international championships to be organized in 5-year age groups: 35-39, 40-44, etc. In follow up Belgium did too.

Germany and The Netherlands did not change these categories and retained the old ranges (30-39, 40-49 etc.)

Remark Netherlands has no races for Masters 30-39.

To cope with this the races will be organized as per national rules. In overview:

Germany	30-39	40-49	50+
Netherlands	-	40-49	50+
Belgium	35-44	45-54	55+

Check the technical guide and program for details on each race.

The master classes start in a block, together with the amateur classes in the Netherlands and Belgium. (The FUNA driver class starts in Germany together with the fun classes).

The overall ranking in the master and amateur classes (NL, B) is evaluated in the following age groups:

Ratingclass:	Age:
Master 1	up to 39 years
Master 2	40 to 49 years
Master 3	over 50 years

The starting order of the first race is based on the overall results from the previous year, and the starting order of the following races is based on the order of the overall ranking.

2.2 License holders

A general classification is made for the following categories:

Men:

Category	Year of birth	Remark
U17 Boys	2011 & 2010	
Junior men U 19	2009 & 2008	UCI category
Elite men (including U23)	2007 and before	UCI category
Amateurs / Elite 3 (Belgium Amateurs)	2007 and before 2009 and before (Netherlands)	
Master to 39	1987 and later	
Master 40 to 49	1986 – 1977	
Master 50+	1976 and before	

Women:

Category	Year of birth	Remark
U17 Girls	2011 – 2010	
Junior women U 19	2009 – 2008	UCI category
Elite women (including U23 & Amateurs)	2007 and before 2009 and before (Netherlands)	UCI category

2.3 Not license holder

Each organizer is free to choose whether a competition for non-licensees should be added to the program. Participants must be insured according to the regulations of the area in which the competition is taking place.

3 Applicable regulations - Technical guide

All UCI categories in the competitions mentioned under 2.2 are organized according to the UCI rules. National regulations apply to the other categories under 2.2.

Furthermore, the route classification in connection with safety information for riders, trainers and the jury have to be mentioned. This can be found on the homepage of the 3 Nations Cup at the individual organizers under Track Classification.

The "Final Technical Guide" will be published no later than 2 months before the competition.

4 Classification of the races

All races belonging to the 3 Nations Cup 2026 must be registered in one of the following categories:

- HC;
- Class 1;
- Class 2;

- Class 3; (limited)

5 Points

5.1 Rating

See Appendix 1. The number of points differs depending on the UCI category.

5.2 The general classification

The general classification is based on the diagram "Score 3 Nations Cup 2026", as can be seen in Appendix 1. The points are awarded according to this chart, the nationality of the riders is not relevant. This shows that the 3 Nations Cup can also be won by a riders from a country other than the Netherlands, Belgium or Germany. All results of the competitions will be included. As a result, there are no discounted results.

6 Registration / Log In

The correct registration module is referred to on the website www.3nationscup.eu

In 2026 the registration for all races of the 3 Nations Cup in Belgium, the Netherlands and Germany, will take place only via the website of Time & Voice:

<https://time-and-voice.com/cups/mtb-3-nations-cup-2026>

Important is to fulfil the full cycle of subscription and payment.

Only if the full cycle (including payment) is done a confirmation will be displayed on your screen and a confirmation mail will be sent to you shortly after.

Only with this confirmation of the subscription you are allowed to start.

Payment will be done by SEPA direct debit which will occur shortly prior to the race.

Registration is only valid after online registration and payment of the registration fee. In case of non-participation, the riders will not be compensated.

Late-registration on the day of the event is only possible if the late registration fee has been paid in the amount specified on the organizer's website. This additional fee goes to the organizer.

Pre-registration ends Tuesday evening before the race at 11:59 p.m.

You can conform your registration to 1 hour before the start of the respective racing category.

Riders who register later will always be placed in the back. This rule does not apply to riders with UCI points who start in a UCI category.

7 Requirements for participation

Riders licensed by the Royal Dutch Cycling Union (KNWU) do not need to obtain permission from the association to take part in the 3 Nations Cup in Belgium and Germany.

Riders with a license from the Belgian Cycling, the FCWB (Fédération Cyclisme, Wallonie Bruxelles) and CV (Cycling Vlaanderen) do not need a permit to

participate in the races of the 3 Nations Cup.

Riders with a license from the German Cyclists Association (BDR) do not need an entitlement to participate in the races of the 3 Nations Cup.

8 Registration fee in Euros

Competition	UCI Category	Other Category	Citizen race	
HC	35	32,50	*	
Classe1	32,50	27,50	*	
Classe2	27,50	22,50	*	
Classe3	25,00	20,00	*	

* Free choice for the organizer.

The above amounts are maximum rates, an organizer is allowed to reduce them.

9 Starting position in the first race

1. The last published UCI MTB ranking (2025)
2. The 10 best places in the overall ranking of last year's 3-Nations Cup.
For those who place U 17 and U 19, the following applies: the five best in the age group and the five best in the younger age group, the have changed due to their age.
Example: the best 5 from the U 19s of 2025 who will still drive U 19s in 2026, and the best 5 from the U17 of 2025, who will switch to U19 in 2026 due to age.
3. According to a draw
4. The jury chairman may provide a privileged starting position for up to five drivers (not for races in UCI categories). These riders will start from 11th to 15th position.

10 Starting position after the first race

After the first race of the 3 Nations Cup 2026, the starting positions will be determined based on the following guidelines:

1. The last published interim ranking in the UCI MTB ranking
2. The overall ranking in the 3 Nations Cup. In the races in Germany, the overall ranking in the 3 Nations Cup alternating between the overall ranking of the Bundesliga and NRW Cup.
3. According to a draw
4. The jury chairman may provide a privileged starting position for up to five drivers (not for races in UCI categories). These riders will start from 11th to 15th position.

11 Signing the start list

All riders are obliged to sign the start list at the inscription

This list will be used by the call up at the start. Riders who have not signed will not be called and will be lined up behind the starting field.

The signing of the start lists, and the registration of the daily entries can take place at least one hour before the start of the race. With daily entries, these participants always start in the back

in all races (with the exception of the riders in the UCI categories with UCI points).
The drawing list is also the starting order. The start list will be used effectively in drawing up the riders at the start grid.

This list is not used in German races.

All participants must register for every race in Germany at the starting number issue/office; those who have a license must provide proof of this there! Anyone who does not register will be placed at the back of the starting grid.

12 Prize money & award ceremony

The organizer is obliged to pay at least the prices according to the prize money schedule published by the UCI and the national associations.

The prize money for the races in Belgium in the Elite and Women Elite categories is paid by the national association by paying into the riders bank account. It is therefore mandatory for the award winners to fill out a form (in the competition office after the race). This can be done up to 60 minutes after the arrival.

The first 3 riders of each category will be honored by a award ceremony. The organizer will announce the time of the award ceremony after the race.

Uncollected prices go back to the organizer and cannot be collected anymore

Overview of the prices per race (may vary if the mandatory prize money for the UCI categories changes, for example due to regulations of the national association):

	Men /Women Elite HC /C1 /C2 /C3	Junior men / junior women HC/C1/C2/C3	Boys U17/ Girls U17	Master to 40 Master 41 to 49 Master 50+	Amateurs/ Elite 3 Belgium
1	1000/600/250/200	200/130/80/65	65	60	50
2	800/500/200/150	130/100/65/50	50	40	40
3	600/400/150/100	100/80/50/30	30	25	25
4	500/300/125/75	80/65/30/25	25	20	20
5	400/250/100/50	65/55/25/20	20	15	15
6	300/200/90/XX	50/45/XX/XX			
7	250/150/80/XX	45/40/XX/XX			
8	200/125/70/XX	30/30/XX/XX			
9	150/100/60/XX	25/25/XX/XX			
10	100/50/50/XX	20/20/XX/XX			
	4300 /2675/1175/575	745/590/250/190	2x190	3x 160	2x150

In Belgium U17 will have prizes in nature, other countries organizer can decide.

The prize money is the minimum prize money. An organizer is allowed to increase the prize money.

13 Race numbers

13.1 Start numbers and shirt number Germany

The start numbers and shirt numbers are supplied by Time & Voice in Germany.

All racers must purchase the starting number for a one-time fee of €5. This start number is valid for the races in Remscheid and Winterberg in 2026 (and also for all races of the German XCO-NRW Cup). If lost, a new number can be purchased at the start number issue.

13.2 Start numbers and shirt number Belgium and the Netherlands

In Belgium and the Netherlands, the start numbers are issued by the KNWU, and riders buy a race number and a back number the first time they participate for € 5, -.

This number applies to the entire 3-Nations Cup. The rider is responsible for the correct use of the handlebars and back number.

When lost or broken a reproduction can be issued at cost of 10 Euros.

14 Transponder

14.1 Time recording Germany

Time recording is done via Time & Voice. The time is recorded by measuring the handlebar number.

14.2 Time recording Belgium and The Netherlands

Time recording is done via MyLaps. The time is recorded by measuring the MyLaps tag. Spare tags will be available at permanence.

Please check before the race if the transponder is there and is still working.

15 Prize money (for general classification)

The total prize money is divided as follows:

	Men Elite	Women Elite	Junior men Junior women	Amateurs (Elite 3)	Master to 40 Master 41 to 49 Master50+
1	290	290	90	60	30
2	232	232	72	48	24
3	174	174	54	36	18
4	116	116	36	24	12
5	58	58	18	12	6
Sub	870	870	270	180	90
Total	870	870	540	180	270

Note: U17 will have prizes in natura

16 Final provisions

In all cases that are not covered by these provisions, the coordinator will decide on the 3 Nations Cup 2026 in consultation with the organization. Changes must be communicated with the participants as soon as possible and published in various media.

17 Appendix 1: Scoring

The points to be scored depend on the UCI rating of the competition.

Place	C1	C2	C3
1	110	105	100
2	103	98	93
3	97	92	87
4	92	87	82
5	88	83	78
6	85	80	75
7	82	77	72
8	80	75	70
9	78	73	68
10	76	71	66
11	75	70	65
12	74	69	64
13	73	68	63
14	72	67	62
15	71	66	61
16	70	65	60
17	69	64	59
18	68	63	58
19	67	62	57
20	66	61	56
21	65	60	55
22	64	59	54
23	63	58	53
24	62	57	52
25	61	56	51

Place	C1	C2	C3
26	60	55	50
27	59	54	49
28	58	53	48
29	57	52	47
30	56	51	46
31	55	50	45
32	54	49	44
33	53	48	43
34	52	47	42
35	51	46	41
36	50	45	40
37	49	44	39
38	48	43	38
39	47	42	37
40	46	41	36
41	45	40	35
42	44	39	34
43	43	38	33
44	42	37	32
45	41	36	31
46	40	35	30
47	39	34	29
48	38	33	28
49	37	32	27
50	36	31	26

Place	C1	C2	C3
51	35	30	25
52	34	29	24
53	33	28	23
54	32	27	22
55	31	26	21
56	30	25	20
57	29	24	19
58	28	23	18
59	27	22	17
60	26	21	16
61	25	20	15
62	24	19	14
63	23	18	13
64	22	17	12
65	21	16	11
66	20	15	10
67	19	14	9
68	18	13	8
69	17	12	7
70	16	11	6
71	15	10	5
72	14	9	4
73	13	8	3
74	12	7	2
75	11	6	1
76 and more	10	5	1