

# VARSITY MTB CHALLENGE 2016

## Race Rules

Mountain bike events are conducted in the spirit of self-contained, self-reliant backcountry cycling. Riders participate in Varsity MTB Challenge 2016 with an understanding and acceptance of this ethos. The final version of the Varsity MTB Challenge 2016 rules will be communicated at the race briefing before the event.

Rule Index			
1. Riders	2. Medical	3. Bicycles	4. Helmets and Clothing
5. Separation Time Penalties (STP's)	6. Rider Identification	7. Obligatory Equipment	8. Start
9. Route and Stages	10. Individual and Team Times	11. Finish	12. Traffic Regulations
13. Checkpoints	14. Registration and Briefing	15. Nutrition and Hydration	16. Seconding / Support
17. Withdrawals / New Teams	18. Ethical / Environmental	19. Protests	20. Doping
21. Disqualification and Penalties	22. Basic MTB Racing Rules and Etiquette	23. Discretion of the Chief Commissaire	

### 1. Riders

- 1.1. Minimum age of participation is 16 years on first day of the event.
- 1.2. Riders must be in good health and well trained.

### 2. Medical

- 2.1. During the race, the VARSITY MTB CHALLENGE 2016 Medical Officer reserves the right to withdraw a rider who is not deemed physically capable of continuing VARSITY MTB CHALLENGE 2016.
- 2.2. Any medical expenses incurred will be for the competitors account and will be claimed from their medical aid.
- 2.3. All competitors need comprehensive medical aid which will cover any medical expense which may be incurred whilst participating in VARSITY MTB CHALLENGE 2016 which is conducted in the spirit of self-contained, self-reliant backcountry cycling.

### 3. Bicycles

- 3.1. Only Mountain Bikes in good working order will be allowed to start the race.
- 3.2. No more than one bike per rider is allowed. Riders must start and finish the event on the same bike.
- 3.3. Bike Marking:
  - 3.3.1. Bikes must be marked with official VARSITY MTB CHALLENGE 2016 number board.
  - 3.3.2. It is each rider's responsibility to ensure that their bike is appropriately marked.
  - 3.3.3. Riders whose bikes do not display a batch sticker will not be allowed to start the race.
- 3.4. Bikes must be race-ready at the start of each stage, and during the race. Race ready will mean the following:
  - 3.4.1. The bike is correctly marked
  - 3.4.2. The front number board is securely fitted and visible from the front
  - 3.4.3. The bike is in safe working order
- 3.5. Maintenance of bicycles during the race is the responsibility of each rider.
- 3.6. Other basic bike repair services will be provided by the VARSITY MTB CHALLENGE 2016 at stage finishes
- 3.7. In all cases of maintenance and repair, riders are required to complete the full distance of the stage with their bikes and within the time allowed.

### 4. Helmets and Clothing

- 4.1. A rider not wearing a helmet at any stage of the race will be disqualified immediately.
- 4.2. All helmets must comply with international "ANSI" standards.
- 4.3. Appropriate riding attire, including a shirt, must be worn at all times.

- 4.4. Eye protection is strongly recommended.
- 4.5. It is recommended that fully enclosed footwear be worn.

## **5. Separation Time Penalties (STP's)**

- 5.1. Riders must ride with his/her team partner at all times.
- 5.2. Riders who are separated by more than 2 minutes from their team partner at any point in the stage will receive a Separation Time Penalty (STP) of 1 hour.
- 5.3. Team rider separation will be measured at the Start, Finish and Check Points, but can also be enforced at any point in the stage.
- 5.4. More than 1 STP per day can be enforced.
- 5.5. 3 STP's will result in the disqualification of the team.
- 5.6. STP's will be applied to both stage results and to overall results.

## **6. Rider Identification**

- 6.1. Both riders in a team must display their entire race numbers at all times.
- 6.2. Bike numbers must be firmly fixed on the front of the bike, and must not be obscured by cables or any other item.
- 6.3. Race numbers must not be modified or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming.
- 6.4. Race leaders and Stage Winners are obliged to wear the leader jerseys/boards.
- 6.5. A rider's sponsor badge/logo fixed on any leader jersey must not cover or obscure the existing VARSITY MTB CHALLENGE 2016 branding and sponsors logos.

## **7. Obligatory Equipment**

These items must be considered the bare minimum, and it is strongly recommended that riders ensure that they are fully prepared to deal with emergencies they may encounter. The following items must, however, be carried by the team during the race:

- 7.1. First Aid Kit – consisting of a minimum of:

- 7.1.1. Foil survival blanket
- 7.1.2. First Aid Dressings x 3 (Sizes 2, 3 and 4 recommended)
- 7.1.3. Adhesive first aid plasters x 5
- 7.1.4. Sun-block with a minimum SPF factor of 15

- 7.2. Any riders on specific personal medications are responsible for supplying and carrying such medication.
- 7.3. At least 3 litres liquid capacity per rider.
- 7.4. Multi-tool or bike repair tools.
- 7.5. Mobile telephone (South Africa uses Dual Band GSM 900/1800 - this is the same as in Europe. We do not specifically provide an area in the Race Village for you to charge your phone. Please keep your phone off to conserve battery life).

## **8. Start**

- 8.1. The batch pounds open early and the stage start times will be announced at race briefing and supplied in the race guide.
- 8.2. Differential start zones will be allocated according to overall ranking in the race.
- 8.3. The top 3 teams in each category will have the option to start from the first row, if present at the start line in time.
- 8.4. The seeded starting batches will close strictly 10 minutes before the stage start.
- 8.5. Any riders and/or teams who are not in their start zones 10 minutes before the start maybe required to start in the last start batch.

## **9. Route and Stages**

- 9.1. Riders must complete the full designated route and distance of all stages.
- 9.2. Only riders who complete all 2 stages will be considered VARSITY MTB CHALLENGE 2016 finishers.

## **10. Individual and Team Times**

- 10.1. Only Team Times will be advertised, but individual rider times will be recorded for the allocation STP's.

- 10.2. The team time is determined by the time at which the second team member passes the stage finish line.
- 10.3. Timing will start with the start gun at the announced time each morning.
- 10.4. The start line will remain open for 15 minutes after the start gun.
- 10.5. Riders who start later will not be credited with a late start.
- 10.6. Any rider who cannot make the start deadline must report to the organisers.
- 10.7. The finish cut-off time will not be adjusted for riders who are permitted a late start.

## 11. Finish

- 11.1. The finish line closes at 15h00 daily, except for the last stage which closes at 15h00.
- 11.2. Teams which are deemed by the Race Organisers to arrive at the finish line after the cut-off time will be swept off the route by the sweep vehicle. These teams may continue riding the race, but will not qualify as stage or race finishers.
- 11.3. Stage winners and overall category leaders must be present at the daily awards ceremony, including the final ceremony. Absence will result in a severe thrashing.

## 12. Traffic Regulations

- 12.1. VARSITY MTB CHALLENGE 2016 will not have exclusive use of any public roads during the race.
- 12.2. All regular traffic regulations must be observed at all times during the race. (In South Africa we drive/ride on the **left hand side** of the road!)

## 13. Checkpoints

- 13.1. In each stage, there will be mandatory checkpoints, where STP's will be enforced.
- 13.2. Teams, which do not pass the checkpoints, will be disqualified.
- 13.3. The exact location of the checkpoints will not be published, and hidden checkpoints are not excluded.
- 13.4. The exact locations of watering and feed stations will be published.

## 14. Registration and Briefing

- 14.1. Race Registration will be open as noted above.
- 14.2. A complete Race Briefing will take place as noted above.

## 15. Nutrition and Hydration

- 15.1. VARSITY MTB CHALLENGE 2016 will pass through very dry/wet and very hot/cold areas of South Africa:
  - 15.1.1. Riders retain the ultimate responsibility to carry enough water and nutrition with them.
  - 15.1.2. VARSITY MTB CHALLENGE 2016 Race Organisation will provide water and fruit at Feed Stations on the route.

## 16. Seconding and Support

- 16.1. Competitors may receive assistance from a fellow competitor. (See 16.4).
- 16.2. Outside seconding, assistance or feeding is permitted in designated areas only.
- 16.3. Outside assistance includes assisting with bike maintenance, water and nutrition support and physically assisting riders. (This implies that team members may receive physical assistance from their team partner like towing up a hill).
- 16.4. Bike repairs may be performed on the route but without obstructing other riders.
- 16.5. Neutral feeding, watering and medical assistance will be supplied by the Race Organisation at the feed stations.
- 16.6. Riders are not allowed to draft behind other riders who are not participating in the VARSITY MTB CHALLENGE 2016, but may draft their own team partner or other riders taking part in the VARSITY MTB CHALLENGE 2016.
- 16.7. No other form of drafting is permitted whatsoever including, but not limited to, tractors, donkey carts, postmen, private vehicles, motor cycles and trucks.
- 16.8. Specific escort or seconding vehicles not provided by the VARSITY MTB CHALLENGE 2016 Race Organisers are not permitted to follow the race route. However, supporters may drive their own vehicles along public roads to reach vantage points to vocally support riders. Some sections of the course will be closed to all non-event traffic including some public roads. Their closure must be respected by all.

## **17. Withdrawals and the Formation of New Teams**

- 17.1. Teams that cannot continue the race, for whatever reason, must immediately inform the Race Office. This can be done at the Race Start, the Finish, at Checkpoints.
- 17.2. In the event of a search and rescue operation being initiated for a rider or team which has withdrawn, but has not informed the Race Office, the cost of the search and rescue operation will be transferred to the rider or team.
- 17.3. In the event of one team member being incapable of completing the race, The Race Office will assist to form a new team in which the single rider can participate. The formation of a new team, however, remains the rider's responsibility.

## **18. Ethical and Environmental**

- 18.1. No littering or unnecessary damage to the environment will be tolerated.
- 18.2. Litter, relating to sports nutrition and feeding stations, will be tolerated within the direct area of the feed stations.

## **19. Protests**

- 19.1. Any protests must be submitted in writing, to the Chief Commissaire after the rider has crossed the finish line, within the allocated time period.
- 19.2. Race Protests must be submitted within 15 minutes of the rider crossing the finish line.

## **20. Doping**

- 20.1. VARSITY MTB CHALLENGE 2016 reserves the right to take doping tests on all riders.
- 20.2. Positive results will lead to disqualification from VARSITY MTB CHALLENGE 2016, and those results will be forwarded to the national cycling federations.

## **21. Disqualification and Penalties**

- 21.1. Teams may be disqualified at the discretion of Chief Commissaire / Race Office for any one or more of the following reasons including, but not limited to:
  - 21.1.1. Riding at any point on any stage without a helmet.
  - 21.1.2. Excessive littering.
  - 21.1.3. Disrespect or damage to the environment.
  - 21.1.4. Bad sportsmanship.
  - 21.1.5. Abuse of Race Officials.
  - 21.1.6. Traffic Rule violations.
  - 21.1.7. Breaking of VARSITY MTB CHALLENGE 2016 Race Rules as described above
  - 21.1.8. Time penalties will be applied to Stage results, as well as to Overall Race results or General Classification

## **22. Basic Mountain Bike Racing Rules and Etiquette**

- 22.1. Riders must complete the entire distance of the race, and the responsibility for following the official route lies with the rider.
- 22.2. A rider is not permitted to take any shortcuts or to omit a circuit, or take other advantage of a similar nature against opponents.
- 22.3. Riders, who exit the route of the course for any reason, must return to the course at the exact same point from which they exited.
- 22.4. Any walking, running or riding by a rider, which is carried out without the intention of directly re-joining the course, or other activity in breach of the regulations, which takes place outside of the marked course area, can result in disqualification.
- 22.5. A rider can not receive any technical assistance along the course from anybody, other than from their own VARSITY MTB CHALLENGE 2016 team partner or another official VARSITY MTB CHALLENGE 2016 rider.
- 22.6. Riders must act in a polite manner at all times, and permit any faster rider to overtake without obstructing.
- 22.7. Riders must respect the countryside and ride only on the official route. Riders must avoid polluting the area, and not leave any waste or litter.
- 22.8. No glass containers of any kind are permitted on or near the course.
- 22.9. Riders must not use offensive or abusive language during the race, act in an unsporting manner, be disrespectful to the officials, or ignore the race regulations.

## 23. Discretion of the Chief Commissaire

23.1. Where any additional rule interpretation is required, or where specific provision for any incident has not been made in these rules, the decision of the Chief Commissaire will be final.

### 23.2. Rule and/or Offence

- 23.2.1. First Offence
- 23.2.2. Second Offence
- 23.2.3. Third Offence
- 23.2.4. Remarks and Equipment
- 23.2.5. Disqualification

### 23.3. Not wearing helmet

- 23.3.1. Disqualification

### 23.4. Separation Time Penalties

- 23.4.1. 1 Hour TP
- 23.4.2. Additional 1 Hour Time Penalty
- 23.4.3. Disqualification

### 23.5. Rider Identification

- 23.5.1. Verbal Warning
- 23.5.2. 10 Minute TP
- 23.5.3. 30 Minute TP

### 23.6. Repeat offenders can receive harsher sanction or DQ

- 23.6.1. Obligatory Equipment
- 23.6.2. Verbal Warning
- 23.6.3. 20 Minute TP
- 23.6.4. 1 Hour TP

### 23.7. Repeat offenders can receive harsher sanction or DQ

- 23.7.1. Route and Stages
- 23.7.2. Disqualification

### 23.8. Traffic Regulations

- 23.8.1. Verbal Warning
- 23.8.2. 30 Minute TP
- 23.8.3. 1 Hour TP

### 23.9. Repeat offenders can receive harsher sanction or DQ

- 23.9.1. Seconding and Support
- 23.9.2. 1 Hour TP and warning
- 23.9.3. Disqualification

### 23.10. Ethical and Environmental

- 23.10.1. 1 Hour TP
- 23.10.2. Additional 1 Hour TP
- 23.10.3. Disqualification A serious first offence can also result in Disqualification

### 23.11. Doping

- 23.11.1. Disqualification
- 23.11.2. Disqualification Categories
- 23.11.3. Minimum Verbal Warning
- 23.11.4. Minimum 1 Hour TP
- 23.11.5. Minimum additional 1 Hour TP
- 23.11.6. Repeat or Serious Offences can result in Disqualification

## 24. Sanctioning

The Stage Race is sanctioned By CSA ( Cycling South Africa) and Supported by the Limpopo Cycling Federation in conjunction with the Waterberg Bios-Sphere

## 25. Substitutions

- Substitutions can be done on line as follows:

- Log in to the race portal with existing participants ID No.
- Click on "Substitution" button and you will be guided through the process.
- The administrative cost of a substitution is R 300; and the substitution will not reflect until such payment has been made.
- Once you have made the substitution payment, you will receive a new email confirming the new rider. If you have not received the mail, contact the entry office.
- Cyclists who have entered and paid, but cannot participate in the **VARISITY MTB CHALLENGE 2016** event, for whatever reason, must inform the Entry Office. No cyclist is allowed to participate under the name of another participant. Such action will lead to immediate disqualification.
- Please note that all team participants, including the race organiser, will be notified of substitutions.
- Please note that once a substitution is completed, the person substituted's details will not be kept for future events.
- Please note that substituted team participants will receive the clothing size of the initial participant, unless this is changed before 1<sup>st</sup> May
- Online Substitutions will open on the 1<sup>st</sup> May

#### 26. Cancellation Policy

- 75% of entry fee is refunded if cancellation is done in April and earlier
- 50% of entry fee is refunded if cancellation is done in May
- 0% of entry fee is refunded if cancellation is done in June / July
- (if at this late stage your partner cannot participate anymore, you will be allowed to do a late substitution, or partake as a single rider. You will be allowed to collect your partners' race pack. PLEASE hand in unused bike board. Inform the entry office if you will be a single rider!)
- Under no circumstances will an entry be rolled over