

## Race Rules

The rules and regulations pertaining to The Darling Corporate MTB Challenge 2015 may change slightly in the weeks leading up to the race. The final version will be communicated at the race briefing on 07 November 2015. Mountain Bike racing is by nature self-reliant and often held in remote areas. All Darling Corporate MTB Challenge competitors must participate with an understanding and acceptance of this ethos.

### 1. Riders

1. All riders must be at least 19 years or older on 31 Dec 2015 unless permission is granted by the Chief Commissaire prior to the event.
2. All riders must be healthy, and in a very fit state of training.
3. All riders must have good technical bike skills for off-road conditions.

### 2. Medical Condition

1. Participants may only start any stage of this race if they are in good physical and medical condition.
2. During The Darling Corporate MTB Challenge the Senior Medical Officer reserves the right to withdraw any participant who he may deem physically or psychologically incapable of continuing with the race.

### 3. Registration

1. It is NOT required that bikes be brought to registration.
2. No rider will be allocated their race number until the race organizers are in possession of an indemnity form signed by the rider.
3. No late registrations will be accepted, unless arranged with the Race Office.

### 4. Race Briefings

1. A full race briefing will take place at half an hour before the advertised start time.
2. Riders are expected to attend these as important information related to possible changes and particular hazards could be announced.
3. Riders who do not attend the race briefings and are not aware of changes made will not be accommodated if they miss their start time, or any similar issue related to their not attending the race briefing.

### 5. Prize Giving and Award Ceremonies

1. An award ceremony will be held to present the riders with awards.
2. All riders receiving an award are required to attend.

### 6. Bicycles

1. Only mountain bikes in good, safe working order, at the discretion of the Chief Commissaire, will be allowed to start the stage each day. Unprotected sharp bar ends, in-operative brakes, etc will not be permitted.
2. Maintenance of the bicycles used in the race is the responsibility of each participant and the Chief Commissaire reserves the right to insist that a participant repair or attend to a bicycle should the Commissaire be of the opinion that it is unsafe or dangerous.
3. The participants must start and finish the event with the same bike.
4. Riders may not change their bike or frame of their bicycle during the race without the permission of the Chief Commissaire. Change of a frame will only be allowed in the case of a warranty breakage.
5. Rims, spokes, tubes, tyres, wheels, gears, hangers, sprockets, cables, brakes, forks and shocks may be replaced.

6. *Limited bike maintenance and spares will be provided by various local bike shops on registration day and after each of the stages.*
7. *No outside assistance for bicycle repairs will be allowed during the stages. Participants may only accept assistance from their partner or another competitor in the same race.*
8. *Riders are expected to complete the full distance within the time allowed. Repairs to bicycles during the stage must be carried out within this time limit.*

#### **7. Helmets and Riding Attire**

1. *Only recognised hard shell cycling helmets complying with recognised standards will be acceptable. The Chief Commissaire will rule on the permitted use of any questionable helmets.*
2. *Any riders not wearing their helmets, with the retention strap properly fastened, at any time during the race will be disqualified.*
3. *Generally accepted cycling clothing, including a shirt, must be worn at all times during the race.*
4. *Proper, fully enclosed cycling shoes, or at least running shoes must be worn.*
5. *It is strongly recommended that protective eyewear be worn.*

#### **8. Compulsory Equipment**

*Although paramedic and medical services will be provided during the race and for a period after the completion of the race, the self-reliant and remote nature of a mountain bike race requires that each rider carries the following items to be prepared to deal with emergencies they may experience:*

1. *A multi-tool per team to effect repairs to bikes.*
2. *At least 1 spare tube per rider.*
3. *At least one good pump and a puncture repair kit per team.*
4. *At least 1.5 litres of hydration liquid per rider at the beginning of each stage. (2 x water bottles)*
5. *At least one cell phone per team.*

#### **Optional Recommended Equipment**

6. *Windbreaker or preferably a lightweight rain jacket.*
7. *Sterile First Aid dressings.*
8. *Adhesive plasters.*
9. *Sun block with a minimum factor of 15.*
10. *Foil survival blanket.*
11. *Lip Balm*
12. *Whistle*

#### **9. The Race**

*The race will range in distance from 10km/ 30km as advertised.*

6. *Three feed stations will be provided.*
7. *All Team Riders must complete the full distance of the race of the race to be classified as an "Official Finishers" and record an official result.*
8. *The cut-off time for the race will be 4 hours. [Unless advised otherwise by the Chief Commissaire]*

#### **The Start**

0. *The start chute will open 30min before the advertised start.*
1. *The start zone closes 10 minutes before the start.*
2. *Any riders not in the start zone 10 minutes before the start will be required to start at the back. It is also the riders' responsibility to ensure that they are at the start on time even if the start is delayed for whatever reason.*
3. *The start will remain open for 10 minutes after the start for any late starters. Late starters must advise the Chief Commissaire of the late start so that official sweep and other vehicles can be advised accordingly.*

#### **Timing**

0. *Timing will start with the start siren.*
1. *Riders who start later than 10 minutes after the designated start time will not be included in the stage results and will be responsible to follow the route on their own and to catch up with the sweep vehicle.*

2. Any rider not able to make the start deadline must report to the Chief Commissaire or contact the race organiser 45 minutes before the start for permission to make a late start.
3. The cut-off time will not be adjusted for any rider permitted to make a late start.
4. The finish time for the team will be taken on the time of the last rider in the team.
5. If the team does not finish with all 2 riders they will not be awarded with an official result.

### **Rider Identification and Timing**

0. No timing chips (e.g. or Champion chip) are required for the event.
1. All riders must display their Darling Corporate MTB Challenge race number at all times during a stage. Riders not displaying official race numbers will be regarded as non-participants, and prevented from continuing on the route by marshals.
2. Race numbers must be properly attached to the handlebars of the bike with cable ties provided, and must be placed in front of cables etc. so as not to be obscured in any way. Riders will be required to remove and reattach numbers if they are found to be obscured.
3. Riders must not cut, modify or mutilate their race numbers in any way. No stickers may be added or removed.
4. It is each rider's responsibility to keep their race numbers relatively clean and legible at all times, and no rider may start a stage with a dirty number.

### **Nutrition and Hydration**

0. Riders must ensure that they keep themselves properly hydrated and carry sufficient nutrition for at least 30km of riding.
1. The Darling Corporate MTB Challenge will provide water, limited volumes of energy drinks and sweets, at appropriate refreshment stations on the route.

### **Seconding and Support**

0. Riders may not receive outside assistance or help, other than from their team partners or fellow competitors, at any point along route.
1. No outside seconding, assistance or feeding other than that provided by The Darling Corporate MTB Challenge at an official refreshment station is permitted.
2. Bike repairs may be carried out on the route without outside assistance, but care must be taken not to obstruct other riders.
3. No towing between riders is allowed, in line with international rules.
4. Riders are not permitted to draft behind cycles not participating in The Darling Corporate MTB Challenge, but may however draft behind other participating riders.
5. No drafting is permitted behind any vehicles on the route, including private motorcycles and race support vehicles.
6. Supporters are not permitted to follow or drive ahead of riders or be on any section of the course, while the race is in progress, on any of the stages, but may access a number of vantage points and public road crossings to vocally support the teams. These points will be demarcated on maps and explained at the stage briefings.
7. Cyclists that are not entered in the event are not permitted to ride on the course or any sections of the course. Refer to Rule 15.2. If such riders are found to be on the course and they can be linked to a participating team, that team will be penalised at the discretion of the Chief Commissaire.

### **Withdrawals**

0. Any rider not able to continue the race, for whatever reason, must inform the Race Office immediately. This can be done at the start, the finish, at a feed zone, or preferably by mobile phone (082 775 4879).
1. In the event of a search and rescue operation being launched for a rider who has withdrawn, but has not informed the Race Office, the cost of such an operation will be for the team concerned.

### **Protests**

0. Any protests must be submitted in writing, on official protest forms available from the Chief Commissaire, by the team/rider concerned within the allocated time period after crossing the finish line.
1. If the protest is upheld, the deposit will be refunded. If it is not upheld, it will be donated to The Darling Corporate MTB Challenge Development Fund.
2. Race protests must be submitted within 15 minutes of the team crossing the line or within 30 minutes of the results being posted respectively. Race results will be posted no later than 13h00.

### **Ethical and Environmental Considerations**

0. *Littering on the routes, damage to property, lighting of fires or damage to the environment will not be tolerated.*
1. *Physical and/or abuse of Darling Corporate MTB Challenge Crew and Officials, or fellow competitors will not be permitted.*
2. *Infringements of the above rules will result in disciplinary action and possible disqualification.*
3. *Littering by riders even at feed zones will not be allowed, and riders are requested to kindly use litter receptacles provided.*
4. *If a rider is reported for littering at any time in the race, it will lead to immediate disqualification of the rider.*

### **Traffic Regulations**

0. *The Darling Corporate MTB Challenge will not have exclusive use of any public or private roads during the race. Owing to the fact that we are guests of the various farmers in the region, we are to respect their wishes to allow them to continue operating their businesses with minimum interruption. For safety reasons, all riders are expected to stop or give way to machines, transport vehicles, until the road is clear and an official or marshal waves the riders on.*
1. *Riders must ride with due regard for other road users, and all traffic signs and regulations must be adhered to unless a traffic officer instructs him/her to do otherwise.*
2. *Riders are not permitted to ride on the opposite (right) side of the centerline on a public road.*
3. *Care must be taken when negotiating "blind corners" on farm and district roads where vehicles and machines may be operating.*
4. *Infringements of traffic regulations may result in disqualification.*

### **Basic Race Rules and Etiquette**

0. *All riders must complete the entire distance of the race.*
1. *While utmost care will be taken to mark and marshal the route, the responsibility for following the official route lies with the rider.*
2. *No rider is permitted to take any shortcuts, or take advantage of any similar nature over other participants.*
3. *Riders who leave the race for any reason whatsoever must return into the race at the same place from where they exited it.*
4. *Any walking, running, or riding by any rider, with the intention of not directly rejoining the course, or any other activity in breach of the regulations, which takes place outside the demarcated race area, can result in disqualification.*
5. *A rider may not receive any outside technical assistance from anybody, other than a fellow competitor.*
6. *Riders must act in a polite manner and permit any faster rider to pass unhindered as soon as conditions allow.*
7. *Riders must respect the environment, and ride only on the official demarcated route.*
8. *No pollution of any kind is permitted.*
9. *No glass containers are permitted.*
10. *Riders must not: use abusive language, act in an unsporting manner, and be disrespectful to The Darling Corporate MTB Challenge officials, crew, marshals, medical attendants, supporters, the media or the traffic officials.*
11. *Riders are expected to administer basic first aid to injured team partners and other competitors, and if required, take necessary steps to summon assistance in the case of a serious injury.*