

Race Rules & Regulations

Riders participate in the Darling Hills MTB Stage Race with an understanding and acceptance of this ethos. The final version of the Darling Hills MTB Stage Race rules will be communicated at the race briefing on and before 1 March 2019.

The following however, outline the regulations and requirements:

□ 1. RIDERS:

- 1.1 Minimum age of **participation is 18 years** on or before 31 December 2018.
- 1.2 Riders must be in good health and well trained.

□ 2. MEDICAL:

- 2.1 During the ride, the Darling Hills MTB Medical Officer reserves the right to withdraw a rider who is not deemed physically capable of continuing the Darling Hills MTB Stage Race..
- 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 the Darling Hills MTB Stage Race which is conducted in the spirit of self-contained, self-reliant back country cycling.

□ 3. BICYCLES:

- 3.1 Only Mountain Bikes in good working order will be allowed to start the ride.
- 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 the Darling Hills MTB number board.
 - 3.3.2 Appropriately marking of bikes is the responsibility of each rider.
 - 3.3.3 Riders whose bikes do not display a number board will not be allowed to start the ride.
- 3.4 Bikes must be ride-ready at the start of each stage, and during the ride. Ride 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 ride is the responsibility of each rider.
- 3.6 Other basic bike repair services will be provided by the Darling Hills MTB organizers at stage finish.
- 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 ride 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 when competing in the team competition.
- 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 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 Riders must display their entire ride number 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 Ride numbers must not be modified or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming.

6.4 A rider's sponsor badge/logo fixed on any leader jersey must not cover or obscure the existing the Darling Hills MTB branding and sponsors logos. (If any)

7. RECOMMENDED RACE EQUIPMENT:

7.1.1 First Aid Kit for an emergency

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 1,5 litres liquid capacity per rider.

7.4 Multi-tool or bike repair tools.

7.5 Cell phones: Your phone must be I.C.E.'d , the number will be communicated prior to event.

These items are recommended, and riders are encouraged to ensure that they are fully prepared to deal with emergencies they may encounter.

8. START:

8.1 The batch pounds (if any) open early and the stage start times are listed and will be announced at ride briefing.

8.2 Differential start batches (if any) will be allocated according to overall ranking in the ride (if applicable).

8.3 The top 3 teams in each category (if any) 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 (if applicable)

8.5 Any riders and/or teams who are not in their start batch 10 minutes before will forfeit their place in the group and will have to start at the back.

9. ROUTE AND STAGES:

9.1 Riders must complete the full designated route and distance of all stages as per the category they entered to be entitled for prizes.

9.2 Only riders who complete all 3 stages will be considered Darling Hills MTB finishers.

10. INDIVIDUAL AND TEAM TIMES:

10.1 Team & Individual times will be advertised separately after each stage, as well as overall positions for the two categories.

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 10 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 organizers.

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 for stage 1, except for the stage 2 which closes at 13h00.

11.2 Teams which are deemed by the Darling Hills MTB Organizers 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 event but will not qualify as stage or ride finishers.

11.3 Stage winners and overall category leaders must be present at the daily awards ceremonies, including the final ceremony. Absence may result in the loss of prizes.

12. TRAFFIC REGULATIONS:

12.1 The Darling Hills MTB will not have exclusive use of any public roads during the ride.

12.2 All regular traffic regulations must be observed at all times during the ride. (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 in the race information menu.

14.2 A complete Race Briefing will take place as noted.

□ 15. NUTRITION AND HYDRATION:

The Darling Hills MTB may pass through very dry and very hot areas of South Africa:

15.1 Riders retain the ultimate responsibility to carry enough water and nutrition with them.

15.2 The Darling Hills MTB Organizers will provide water, food 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. No attachments between bikes will be permitted.

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 Organizers at the feed stations.

16.6 Riders are not allowed to draft behind other riders who are not participating in the Darling Hills MTB, but may draft their own team partner or other riders taking part in the Darling Hills MTB .

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 Darling Hills MTB Organizers are not permitted to follow the ride route. However, supporters may drive their own vehicles along public roads to reach spectator 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 ride, 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 ride, the Race Office will assist to form a new team in which the single rider can ride, however will not be recognised as an official team for result purposes.

17.4 The formation of new teams can only be done at the end of a stage.

17.6 Newly formed teams will not qualify for team ranking, but individual riders will qualify as ride finishers.

□ 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 commissaires/race director after the rider has crossed the finish line, within the allocated time period.

19.2 Ride Protests must be submitted within 15 minutes of the rider crossing the finish line.

□ 20. DOPING:

20.1 The Darling Hills MTB reserves the right to take doping tests on all riders.

20.2 Positive results will lead to disqualification from the Darling Hills MTB, and those results will be forwarded to the national cycling federations.

□ 21. DISQUALIFICATION AND PENALTIES:

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 Riding at any point on any stage without a helmet.

21.2 Excessive littering.

21.3 Disrespect or damage to the environment.

21.4 Bad sportsmanship.

21.5 Abuse of ride officials.

21.6 Traffic Rule violations.

21.7 Breaking of the Darling Hills MTB race rules as described above.

21.8 Time penalties will be applied to stage results, as well as to overall ride results or General Classification.

□ 22. BASIC MOUNTAIN BIKE RACING RULES AND ETIQUETTE:

22.1 Riders must complete the entire distance of the ride, 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 Riders must act in a polite manner at all times, and permit any faster rider to overtake without obstructing.

22.6 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.

22.7 No glass containers of any kind are permitted on or near the course.

22.8 Riders must not use offensive or abusive language during the ride, act in an unsporting manner, be disrespectful to the officials, or ignore the ride regulations.

□ 23. DISCRETION OF THE CHIEF COMMISSARIES/RACE DIRECTOR:

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 Commissaries will be final.