



SOUTH  
AFRICA

**XTERRA rules are event specific; if any occurrence is not covered by these rules, ITU Rules will apply. These rules may be modified up to the start of the event**

## 1. Race Entries

- 1.1. Competitors must confirm during Registration which category they will compete in (Pro or Age Group). Changes to their classification will NOT be made after the event has started.
- 1.2. Teams must consist of three persons. Individuals may not compete for more than one team and may not do more than one leg of the event.
- 1.3. Mixed teams shall be defined as two members of one sex and one member of the other sex, (e.g. 2 males and 1 female; or 2 females and 1 male)
- 1.4. Ages will apply as at 31 December of the year of competition.
- 1.5. The age categories that will be used are as follows:

<b>XTERRA Grabouw</b>	
<b>FULL (TOP 3)</b>	
<b>Male</b>	<b>Female</b>
19-24 years	19-24 years
25-29 years	25-29 years
30-34 years	30-34 years
35-39 years	35-39 years
40-44 years	40-44 years
45-49 years	45-49 years
50-54 years	50-54 years
55-59 years	55-59 years
60-64 years	60-64 years
65-69 years	65-69 years
70+	70+
Top 3 male teams	
Top 3 female teams	
Top 3 mixed teams	



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LITE	
Top 3 male	
Top 3 female	

## 2. Swim

- 2.1. Wetsuits: Are allowed based on water temperature measured the day prior to the event and confirmed an hour before race start on the day of the event.
- 2.2. Pro/Elite Athletes: Wetsuits are allowed for pro athletes if the water temperature is below 20 degrees C (68 degrees F)
- 2.3. Age Group Athletes: Wetsuits are allowed for age group athletes if the water temperature is below 22 degrees C (72 degrees F)
- 2.4. All Athletes: Wetsuits are mandatory at 15,9 degrees C and below ( 61 degrees F)
- 2.5. Challenged Athletes (Paratri): Wetsuits are allowed but not compulsory at any water temperature above 15,9 degrees C (61degreesF)
- 2.6. Note: XTERRA follows the Swim Rules for Wetsuit Use established by the ITU at all NXCS events. See Section 4.2 in the ITU Competition Rules for specific details.
- 2.7. Note: Skinsuits are permitted, as per the approved skinsuit list. It is allowed to be taken off after swim. Please note that NO FULL LENGTH skinsuits will be permitted.



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- 2.8. Swim Caps: Event swim caps, when provided, are compulsory to be worn by all athletes during the entire duration of the swim. If not provided, athletes must wear their own for the entire duration of the swim.
- 2.9. Buoys marking swim course: Any athlete confirmed cutting a buoy will be assessed and a minimum 2 minute penalty or longer or disqualification will be imposed at the discretion of the Race Referee.
- 2.10. General Swim rules: No fins, swimming aids, snorkels, etc. are allowed.

### **3. Bike**

- 3.1. Equipment: Only mountain bikes are legal for competition.
- 3.2. Cyclo-cross bikes are not allowed.
- 3.3. No drop handlebars are allowed. No aero bars are allowed.
- 3.4. All bikes must have 26", 27,5" or 29" wheels.
- 3.5. Bar extensions or grips off the handlebars may not exceed five inches (5")
- 3.6. All handle bars and all bar ends must be capped
- 3.7. All bicycles will be visually checked by the Technical Officials before racking and any bikes not considered safe will not be allowed to be used.
- 3.2 Helmets: Helmets that meet or exceed the safety standards of the Consumer Product Safety Commission (SPSC) must be worn, ANSI certified. The chin strap buckle must be securely fastened, at all times while the athlete is in possession of his/her bicycle. Bicycle must be placed on rack before the chin strap is unbuckled. Participation may be denied if helmet is considered damaged or unsafe.



- 3.2.1 Warning: Two (2) minute penalty
- 3.2.2 Refusal to wear helmet: Disqualification.
- 3.3 Personal Audio/Music Devices: No type of sound/music device is allowed during competition. Examples: NO headsets, tape players, CD players, MP3 players or 2-way radios may be worn. Cameras may be used as long as it is attached to handlebars (Approved by Race Referee) Race organizer can lay claim on footage if required. No cameras will be allowed on body or helmet.
- 3.4 One Bike: Racers shall complete the entire event on the same bicycle upon which the event was begun. Athletes must return to the Bike/Run transition with that bicycle to be allowed to continue. No bicycle parts may be left on the course.
- 3.5 Passing: Slower riders must yield to overtaking riders. Riders should voice the command "Track!" or "On your right," when overtaking another. Passing should take place on the right of rider being overtaken. It is the responsibility of faster rider to overtake safely. Slower riders must yield to the passing rider on the first command. In the event where two riders are racing for position, the leading rider does not have to yield his position to the challenging rider. However, a rider may not bodily interfere with or impede another rider's progress.
- 3.6 Drafting: Drafting is allowed
- 3.7 Bike Numbers: Bike numbers must be mounted on the handlebars facing forward. Cutting of numbers or altering with sponsor stickers is not allowed. here will be a warning for not having your number on the front of your bike; second infraction will be a 2 minute penalty. A 2-minute penalty will be assessed for losing your bike number



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3.8 It is not required necessary to wear your run number during the bike segment. Mountain Bike numbers are large and obvious; therefore it is not required mandatory to wear your run number on the bike segment of race.

### 4 Run

- 4.1 Numbers: Numbers must be worn on the front of the body. Cutting numbers or altering with sponsor stickers is not allowed. There will be a warning for not having your number on the front of your body; second infraction will be a 2 minute penalty. A 2-minute penalty will be assessed for losing your run number.
- 4.2 Personal Audio/Music Devices: No type of sound/music device is allowed during competition. Examples: no headsets, tape players, CD players, MP3 players or 2-way radios may be worn.
- 4.3 Transition:
- 4.4 You may not mount your bicycle before the designated place at exit of the transition area. You must dismount your bicycle at designated place before entering the transition area. No riding of your bike in transition. Riding your bicycle in transition will result in a 2 minute penalty.
- 4.5 Athletes or the athlete's representative must present a race number to the transition personnel to remove bikes and race gear after the event
- 4.6 Bicycles must be returned to the same location on the bike rack as before bike segment. If specific racks are allocated for Pro athletes, it must be used. Bicycles must be securely placed on the bike rack – not left on the ground



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## 5 Event General Rules

- 5.1 Ignorance of the rules is not admitted as an excuse for violations. The race organizer and Technical officials accept that participating athletes have familiarized themselves with the race rules.
- 5.2 It is the racer's responsibility to maintain adequate hydration. Organizer will provide hydration stations on the bike and run.
- 5.3 Cutting the course: Short-cutting and/or cutting switchbacks on course is not permitted and will result in disqualification. A swimmer/rider/runner is required to stay on the designated course that is marked and or specified as the racecourse. It is the swimmer/ rider's/runner's responsibility to know the designated racecourse. Lack of tape/ barrier/signage on the course will not be constituted as an excuse for cutting the course.
- 5.4 Littering will not be tolerated on bike or run courses. We are using mostly privately owned land and cannot afford littering on these areas. Athletes find guilty of littering will be disqualified.
- 5.5 Outside assistance:
  - 5.5.1 Limited outside assistance is allowed from another athlete competing in the same event.
  - 5.5.2 No outside assistance is allowed from any person not competing or working in the same event. These include but are not limited to spectators, friends, family, photographers, police or marshals.
  - 5.5.3 Assistance is limited to tools, tubes or any item that would be used to repair a faulty part or damaged bicycle or water, food, or first aid. Changing bikes is not allowed.
    - 5.5.3.1 Example: A competing athlete is allowed to give another athlete a chain tool or link or a complete chain. A competing athlete can give another athlete a tire patch, tube or complete wheel. But an



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athlete cannot exchange bikes with another competitor in order for the competitor with the broken bike to continue without fixing the break.

- 5.5.3.2 Challenged Athletes (Paratri): Challenged Athletes may be permitted a handler during the event. The athlete must identify their handler(s) to officials prior to the race start and describe their duties. These duties include helping with prosthetic devices, lifting athletes in/out of wheelchairs, removing wetsuits/clothing, repairing flats and other equipment.
- 5.6 Athlete Conduct: Foul riding or running, unsportsmanlike behavior or the use of profane or abusive language is grounds for warning, relegation, disqualification or fine. Indecent exposure is not allowed.
- 5.7 Protests: The Race Referee must be notified of a protest within 5 min of finishing the race by protesting athlete. The protester then has 15 minutes to complete the Protest form supplied by Race Referee. A fee is payable when submitting protest form. Saying somebody cut the course is not good enough – it must be written and described as accurately as possible with witnesses if possible. All protests will be investigated. Because of the nature of XTERRA events, it is not always possible to see infractions. XTERRA events are in the woods, out of sight and marshaled only where necessary. In every case there will need to be verification of the infraction. Officials will not be drawn into a “hearsay” argument.
- 5.8 Penalties: Penalties will be determined by the severity of the infraction. The minimum penalty will always be 2 minutes. The maximum penalty will be disqualification from the results of the event and/or a loss of prize money and possible suspension from future races.
- 5.9 Cut-Off Times: There will be a cut-off time enforced at every XTERRA Regional Championship (XRC) Race. Cutoff will be at T2; the bike to run transition. All athletes must make entry to T2 within 4 hours of the start of the race (Full). Where there are wave starts, the 4 hours will be



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measured from the last wave start.

- In some cases the Race Referee/Organizer may alter the cutoff time.
- Each of these events will publicize a cut off time if one will be enforced

#### 5.10 Withdrawal / Substitution Policy

3.7.1. 5.10.1 NO refunds will be given for cancellation of entries.

3.7.2. 5.10.2 Substitutions must be done online and an administration fee of R100 per substitution is applicable. Substitutions will only be allowed until, 1 week prior to the event.