



XTERRA South Africa Race Rules

Where XTERRA rules are not clear on a particular element, the rules of ITU will apply. These rules may be modified up to the start of the event.

Race Entries

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.

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.

Mixed teams shall be defined as two members of one sex and one member of the other sex, (eg 2 males and 1 female; or 2 females and 1 male)

Ages will apply as at 31 December of the year of competition.

1. Swim

1.1. Wetsuits: are allowed based on water temperature measured the day prior to the event and confirmed on the day of the event. Final decision will be made one hour before the start of the first swim.

Pro/Elite Athletes: Wetsuits are allowed for pro athletes if the water temperature is below (20 degrees C).

Age Group Athletes: Wetsuits are allowed for age group athletes if the water temperature is below (22 degrees C)

All Athletes: Wetsuits are mandatory below degrees (15,9 degrees C)

Challenged Athletes: Wetsuits is allowed when water temperature below (28 degrees C) but mandatory below (18 degrees C).

Note: XTERRA follows the Swim Rules for Wetsuit Use established by the ITU at all NXCS events. See Section 4.12, 4.13 and 4.14 in the ITU Competition Rules for specific details.

Note: Skinsuits/swimskins are permitted, but cannot be removed after the swim.

1.2. Swim Caps: Event swim caps, when provided, are compulsory to be worn by all athletes during the entire duration of the swim. If none are provided, athletes must wear their own for the entire duration of the swim. Penalty for not wearing will be disqualification.

1.3. Buoys: Any athlete confirmed cutting a buoy will be assessed a minimum 2 minute penalty or longer at the discretion of the race director.

1.4. General Swim: No propulsion devices eg. fins, swimming aids, snorkels, etc. are allowed.

2. Bike

2.1. Equipment: Only mountain bikes are legal for competition.

- Cyclo-cross bikes are not allowed.
- No drop handlebars are allowed. No aero bars are allowed.
- All bikes must have 26" or 29" wheels.
- Bar extensions or grips off the handlebars may not exceed five inches (5")
- Any/all bar ends must be capped

All bicycles will be checked by the organisers before racking and any bikes not considered safe will not be allowed to be used.

2.2. Helmets: Helmets that meet or exceed the safety standards of the Consumer Product Safety Commission (SPSC) must be worn, with chin strap buckle securely fastened, at all times while the bicycle is being ridden. Both feet must be on the ground before the chin strap is unbuckled. Participation may be denied if helmet is considered damaged or unsafe.

- Warning: Two (2) minute penalty.
- Refusal to wear helmet: Disqualification. Helmets: ANSI Certified helmets must be worn, with buckles securely fastened, at all times while the athlete in possession of bicycle.

2.3 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.

2.4 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.

2.5 Cutting the course: Short-cutting and/or cutting trail switchbacks or course is not permitted and may result in disqualification. A rider is required to stay on the designated trail that is marked and or specified as the racecourse. It is the rider's responsibility to know the designated racecourse. Lack of tape or barrier on the course will not constitute as an excuse for cutting course violations.

2.6 Passing: Slower riders must yield to overtaking riders. Riders should voice the command "Track!" or "On your right," when overtaking another. 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 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.

2.7 Drafting: Drafting is allowed

2.8 Bike Numbers: Bike numbers must be mounted on the handlebars facing forward. Cutting of numbers or altering with sponsor stickers is not allowed. There 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

2.9 It is not necessary to wear your run number during the bike segment. Mountain Bike numbers are large and obvious; therefore it is not mandatory to wear a run number for identification purposes.

3. Run

3.1. 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.

3.2. 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.

3.3. Cutting the course: Short-cutting and/or cutting trail switchbacks or course is not permitted and may result in disqualification. A runner is required to stay on the designated trail that is marked and or specified as the racecourse. It is the runner's responsibility to know the designated racecourse.

Lack of tape or barrier on the course will not be constituted as an excuse for cutting course.

4. Transition:

4.1 You may not mount your bicycle before the exit of the transition area at the designated marked line. You must dismount your bicycle before entering the transition area, before the designated marked line. Therefor – no riding of your bike in the transition. Riding your bicycle in transition will result in a 2 minute penalty.

4.2 Helmets in transition: You must have your helmet on and buckled when you are in possession of your bike. Therefor on head before you take bike from rack till racked again after bike section. There will be a 2 minute penalty for helmet violations.

4.3 Athletes or the athlete's representative must present a race number to the transition personnel to remove bikes and race gear after the event

4.4 Bicycles must be returned to the same location on the bike rack. Bicycles must be securely placed on the bike rack – not left on the ground.

5. Event General Rules:

5.1 Ignorance of the rules is not admitted as an excuse for violations.

5.2 It is the racer's responsibility to maintain adequate hydration. Organizer will provide hydration stations on the bike and run.

5.3 Outside assistance:

- Limited outside assistance is allowed from another athlete competing in the same event.
- 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.
- 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.

- **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 athlete cannot exchange bikes with another competitor so that the competitor with the broken bike can simply continue without fixing the break. The donor athlete must be able to complete his race as well after donating equipment.

- **Challenged Athletes:** 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.

5.5 Conduct: Foul riding or running, unsportsmanlike behavior or the use of profane or abusive language is grounds for warning, relegation, disqualification or fine.

5.6 Protests: Protests of any nature must be submitted within 20(15 min after notification of intention to protest) minutes of the finish time of the person lodging the protest BUT intention to protest need to be communicated to Race Referee within 5 min of finishing the race. Protests must be submitted in writing and signed by the accuser. Saying somebody cut the course is not good enough – it must be written and described as accurately as possible. All protests will be investigated. Because of the nature of XTERRA, it is not always possible to see infractions. XTERRA is 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 “hear-say” argument.

5.7 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.

5.8 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. Where there are wave starts, the 4 hours will be measured from the last start of the race.

- In some cases the head official may alter the cutoff time.
- Each of these events will publicize a cut off time if one will be enforced

5. Withdrawal / Substitution Policy

5.1 NO refunds will be given for cancellation of entries.

5.2 Substitutions must be done online and an administration fee of R100 per substitution is applicable. Substitutions will only be allowed until 15 February 2014, 1 week prior to the event.