



Race Rules – Fedhealth MTB Challenge

General:

I understand that by entering the event I will be added to the event communication database to receive communication about the event and other events.

1. Riders and Categories

1.1 The Fedhealth MTB Challenge event is sanctioned by Cycling South Africa (CSA) and all Riders participating in the race will be required to produce a valid CSA licence at race registration, or will be charged the applicable fee levied by CSA

1.2 The age of participation is determined on 31 December of the year in which the race takes place

1.3 Riders must be in good health and well trained.

2. Medical

2.1 During the race, the Medical Officer reserves the right to withdraw a rider who is not deemed physically capable of continuing.

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 Fedhealth MTB Challenge 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 Only 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 Fedhealth MTB Challenge number board.

3.3.2 It is each rider's responsibility to ensure that their bike is appropriately marked.

3.4 Bikes must be race-ready at the start and during the race;

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 Bike repair services will be provided by outsourced service providers 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.

3.8 bicycles may be propelled only through a chainset and by the rider's leg action, without any form of assistance

(electrical or otherwise)

3.9 Tandem bikes are allowed. Kindly notify the race office if you wish via entries@stillwatersports.com

4. Helmets and Clothing

4.1 A rider not wearing a helmet at any stage of the race will be disqualified and removed from the course 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.

4.6 No rider may display or reproduce the official event logo or any derivative thereof on any riding attire and/or team clothing without the written approval of the race organisers, which should be obtained prior to any such riding attire being manufactured.

5. Rider Identification

5.1 Riders must display their entire race numbers at all times.

5.2 Bike numbers must be firmly fixed on the front of the bike, and must not be obscured by cables or any other item.

5.3 Race numbers must not be modified or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming.

6. Route

6.1 Riders must complete the full designated route and distance.

7. Traffic Regulations

7.1 The Fedhealth MTB Challenge will not have exclusive use of any public roads during the race.

7.2 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!)

8. Nutrition and Hydration

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

8.2 The Race Organisation will provide water and fruit at Feed Stations on the route.

9. Seconding and Support

9.1 Competitors may receive assistance from a fellow competitor. (See 9.4).

9.2 Outside seconding, assistance or feeding is permitted in designated areas only.

9.3 Outside assistance includes assisting with bike maintenance, water and nutrition support and physically assisting riders.

9.4 Bike repairs may be performed on the route but without obstructing other riders.

9.5 Neutral feeding, watering and medical assistance will be supplied by the Race Organisation at the feed stations.

9.6 Specific escort or seconding vehicles not provided by the 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.

10. Withdrawals

10.1 Riders that cannot continue the race, for whatever reason, must immediately inform the Race Office. This can be done at the Race Start, the Finish or at Water points. Withdrawals' will only be official once you have handed in your bike board.

10.2 18.4 Any rider who withdraws from the race before it is officially abandoned or who does not reach the designated cut-off point for abandoning the stage will be classified as a DNF.

10.3 In the event of a search and rescue operation being initiated for a rider which has withdrawn, but has not informed the Race Office, the cost of the search and rescue operation will be transferred to the rider.

11. Ethical and Environmental

11.1 No littering or unnecessary damage to the environment will be tolerated.

11.2 Litter, relating to sports nutrition and feeding stations, will be tolerated within the direct area of the feed stations.

12. Protests

12.1 Any protests must be submitted in writing within 15 minutes of the rider crossing the finish line, to the Chief Commissaire. R350 cash is payable immediately to the chief commissaire upon protest.

13. Doping

13.1 The Race organisers reserves the right to take doping tests on all riders.

13.2 Positive results will lead to disqualification from the event, and those results will be forwarded to the national cycling federations, any prize monies earned will also be forfeited.

14. 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:

14.1 Riding at any point on any stage without a helmet.

14.2 Littering.

14.3 Disrespect or damage to the environment.

14.4 Bad sportsmanship.

14.5 Abuse of Race Officials.

14.6 Traffic Rule violations.

14.7 Breaking of Fedhealth MTB Challenge rules as described above

15. Basic Mountain Bike Racing Rules and Etiquette

15.1 Riders must complete the entire distance of the race, and the responsibility for following the official route lies with the rider.

15.2 A rider is not permitted to take any shortcuts or to omit a circuit, or take other advantage of a similar nature against opponents.

15.3 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.

15.4 Riders must act in a polite manner at all times, and permit any faster rider to overtake without obstructing.

15.5 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.

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

15.7 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.

16. Discretion of the Chief Commissaire

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.

Rule and/or Offence

- First Offence
- Second Offence
- Third Offence
- Remarks

Bicycles and Equipment

- Disqualification

Not wearing helmet

- Disqualification

Rider Identification

- Verbal Warning
- 10 Minute TP
- 30 Minute TP

Traffic Regulations

- Verbal Warning
- 30 Minute TP
- 1 Hour TP

17. Registration and Briefing

17.1 Race registration takes place at the venue and at the time and place indicated on the race website.

17.2 Riders must report to registration and bring any form of ID with a photograph on it and their valid CSA license.

17.3 All riders must have registered by the cut-off time indicated on the race website. No category changes will be permitted after race registration closes.

17.4 A pre-race briefing will take place at the time and place indicated on the race website.

18. Cancellation / Substitution Policy

18.1 No refunds will be given for cancellation of entries.

18.2 Substitutions must be done online and an administration fee of R50 per substitution is applicable. Substitutions will only be allowed until 14 days prior to the event.