

100 KM MOUNTAINBIKE MARATHON

RULES AND REGULATIONS

1. Eligibility

- 1.1 Nationality and Membership. All Participants may be of any nationality and need not be a member licensed by any cycling federation.
- 1.2 Fitness. All Participants must be sufficiently fit physically to compete safely and not advised otherwise by a qualified medical professional.
- 1.3 Skills. All Participants must have reasonably good bike handling skills. Mountain bike racing over 100km is not necessarily a beginner sport. Although the rules don't state "No beginner level riders" please make a good choice and assess your skills carefully.
- 1.4 Refusal. The Race Director reserves the right to refuse entry to any Participant who does not comply with the above eligibility requirements.

2. Categories

- 2.1 Main XC Categories. Participants may join the following categories in the main cross country race :-

Category	Criteria	Distance and Number of Laps
Mens Solo	Individual Male	10 laps of 10 km each
Womens Solo	Individual Female	10 laps of 10 km each
Mens Duo	Team of 2 men in relay	10 laps of 10 km each
Mixed Duo	Team of 1 man and 1 woman in relay	10 laps of 10 km each
Mens Quad	Team of 4 men in relay	10 laps of 10 km each
Mixed Quad	Team of 4 in relay (with at	10 laps of 10 km each

	least one member of the opposite gender)	
Schools Challenge Quad	<ul style="list-style-type: none"> * Team of 4 in relay * Must be 14 – 18 yrs as at 1 January 2009 * Must be in school as at 1 January 2009 * No gender restriction 	10 laps of 10 km each

All Participants must be 14 years and above on 1 January 2009 (pls note special age requirement for Schools Challenge Quad Participants).

- 2.2 One Category. Each Participant may participate in one category only.
- 2.3 Maximum and Minimum Number of Teams. The Race Director reserves the right to set a maximum and minimum number so as to accommodate the number of Participants on the trail and/or to ensure there are sufficient participants for a category to start.
- 2.4 Team Captain. Each TEAM must designate a TEAM Captain to handle all official matters and represent the team in all official correspondence and communications before, during and after the race including the pre-race meeting, picking up registration kits, making sure all TEAM Participants have completed their appropriate paperwork, etc. Only the TEAM captain may file protests.
- 2.5 Change / Substitution of Team Participants. Once registered, TEAMS may not change or substitute the Participants registered for that TEAM. However, the Race Director reserves the right to entertain any request for changes after registration, provided that good reason is furnished.

3. **Equipment**

- 3.1 Mandatory Equipment. All Participants must have the following equipment during the Race at all times from start to finish :-
 - (a) One human powered bicycle in good working condition.
 - (b) Wheels with diameter not exceeding 29 inches.
 - (c) One bike helmet approved by the Race Director.
 - (d) One front bike light or head light.
 - (e) One back light.
 - (f) One timing chip per SOLO Participant and per TEAM.
- 3.2 One TEAM Rider, One Bike. For each TEAM, only one TEAM Participant and one bicycle shall be allowed on the race course at any one time during the Race.

- 3.3 More than One Bike. Each SOLO Participant and each TEAM may have more than one bike, provided that any change of bikes shall only take place within the designated PIT STOP. For each TEAM, the number tag of that TEAM shall be displayed on the bike which is being ridden at any one time during the Race, and that TEAM member riding shall carry the timing chip.
- 3.4 Number Tags. All Participants must comply with the following relating to number plates / tags :-
- (a) Each Participant while racing must display his/her numberplate and wear his/her race number.
 - (b) Each number plate should be visibly displayed in the front of the bikes during the Race at all times from start to finish.
 - (c) Number plates should be secured to the bike with cable-ties or any other form of attachment provided or approved by the Race Director.
 - (d) Bending, cutting or modifying of the number plates is strictly prohibited.
 - (e) If any cloth number tags are provided, it must be placed on the lower back of the jersey.
 - (f) No replacement of number plates will be made available. Any failure to meet the rules above will result in immediate disqualification without inquiry.
 - (g) In the event of a bike swap, the Participant must swap the number tag to the new bike prior to continuing with the Race at the designated PIT STOP.
- 3.5 Timing Chip. Each SOLO and each TEAM shall collect their timing chop at race collection and return their chip after their race. Each SOLO and each TEAM shall pay a SGD 50 deposit for the timing chip, which shall be refunded to them after the timing chip is returned. The deposit will be forfeited if the timing chip is lost.
- 3.6 Lights. For the safety of all Participants, each Participant shall ensure that their lights are turned on by 6.30 pm (subject to change). It is the responsibility of each Participant to ensure that the lights are in working order and to carry sufficient spare batteries throughout the race. If the lights die while a Participant is riding his/her lap, he/she should change the batteries on the spot so as not to endanger him/herself or others on the trail. In any case, no Participant shall start any lap without their lights on. All lights shall not be on "flash" mode.

3.7 Safety. All Participants must be mindful of the safety aspect of the Race and shall be responsible for their own safety during the Race.

4. **Race Course and Number of Laps**

4.1 Race Course. It is the responsibility of each Participant to know the race course, and a map of the race course has been posted on the event website. The course will also be marked and/or signposted. All Participants must start and complete each lap within the designated race course and in the marked-out direction of the race course. If a Participant exits the race course for any reason, he/she must return to the race course at the exact same point from which he/she exited.

4.2 Number of Laps. All Participants must complete the number of laps assigned to the relevant category. Any SOLO Participant or TEAM Participant which has completed a lap before 1:00 am on Sunday, 1 March 2009 may go out for one more lap. This last lap will be counted if it is completed by 2:00 am. In the event that last completed lap adds up to less than 10 laps, that SOLO Participant or TEAM will be considered a finisher only if he/she/that TEAM has completed at least 8 laps, but with the number of incomplete laps shall be deducted from the overall time e.g. If that TEAM has 2 more laps to go, the timing will show 9 hours (2 laps down).

4.3 Number of Laps / Timing. It is each SOLO Participant and each TEAM's responsibility to keep track of his/her/their own times, the number of laps and verify what is being written or displayed by race officials. This means making sure your log out name, time, and number tag and plate are written down correctly.

4.4 TEAM Participants. TEAM Participants may take turns to complete each lap of the race course, and each TEAM Participant must complete each lap which he/she has started, unless his/her TEAM wishes to withdraw from the race.

4.5 Ride, Push, Carry. Each Participant may ride, push or carry his/her bike the entire course.

5. **Race Start and Finish**

5.1 Pre-Race Briefing. All SOLO Participants and TEAM Captains shall attend the pre-race briefing. Any SOLO Participant or TEAM Captain who is unable to attend the pre-race briefing may send someone to attend on his/her behalf. All Participants shall be deemed to have attended the pre-race briefing and read and understood all the rules and regulations. Ignorance of any of these rules (or any changes to these rules communicated to Participants at the Pre-Race Briefing) is not an excuse.

- 5.2 Pre-Race Holding Area. All SOLO Participants and the first Participant of each TEAM shall be present at the START/FINISH HOLDING AREA 15 minutes before the designated start time with their bikes. Failure to do so will result in his/her/that TEAM not receiving an official classification and timing, and he/she/that TEAM will be deemed not to have started (i.e. DNS – Did Not Start).
- 5.3 Flag-Off Announcements. The following series of announcements will be given prior to each flag off :-
- (a) 1st announcement - 15 minute countdown; (competitors to move to START line)
 - (b) 2nd announcement - 10 minute countdown;
 - (c) 3rd and final announcement - 5 minute ; and
 - (d) subsequently, announcements will be made 3 minutes, 2 minutes, 1 minute, 30 seconds and 15 seconds to flag off. The air horn/whistle/start pistol may sound off at any time after the last 15 second announcement.
- 5.4 Timing. Each SOLO and TEAM Participant shall complete each lap when he/she crosses the START/FINISH line.
- 5.5 Sign-Out. All SOLO / TEAM Participants who finish the race are immediately required to “sign out” at the RACE SECRETARIAT. Failure to do so will result in the SOLO Participant / TEAM not receiving an official classification and timing, and he/she/that TEAM will be deemed to have not finished (i.e. DNF – Did Not Finish).
- 5.6 Withdrawal prior to Race start. Any Participant wishing to withdraw from the Race before the Race starts shall immediately inform the Race Director and the Chief Timekeeper.
- 5.7 Withdrawal during Race. Any SOLO / TEAM Participant wishing to withdraw from the Race during the Race shall inform the nearest marshall and shall inform the Chief Timekeeper upon reaching the finish line. For safety reasons, there will be no reverse riding allowed on the course! He/she shall take a route other than the race course (if any) back to the START/ FINISH LINE so as not to obstruct other Participants. If there is no alternative route, he/she shall stay as far as possible out of the way of the other Participants who are still continuing the race.
- 5.8 Incomplete Lap. If a TEAM Participant cannot complete his/her lap, the TEAM has the option of starting the lap over with a new TEAM Participant and therefore any portion of a lap ridden will be canceled. They will, however, lose the distance and time of the incomplete

lap. The replacement TEAM Participant must check-in with the PIT STOP official prior to beginning the lap.

5.9 Cut-Off Time. The cut-off time for starting the last lap shall be 1:00 am on Sunday 1 March 2009. All final laps must be completed by 2:00 am on Sun 1 March 2009. The Race Director reserves the right to change the cut-off time(s) to allow a more efficient running of the event.

5.10 Placement. Each SOLO Participant's and TEAM's placing will be determined by the SOLO Participant / TEAM to have completed all 10 laps in the fastest time, after taking into account any adjustment of time as a result of providing assistance or suffering time penalties in accordance with these rules.

6. PIT STOP , Feeding and Technical Assistance

6.1 PIT STOP. The PIT STOP is the only designated area within the Race course where Participants are allowed to do the following :-

- (a) Be assisted by a feeder/mechanic/teammate who is providing technical or other assistance and feeding.
- (b) Change of bikes.
- (c) Change of TEAM Participants.
- (d) Change of timing chip.

6.2 No riding. All Participants are to dismount before entering the designated PIT STOP and shall only mount their bikes after exiting the PIT STOP. Participants wishing to stop at the PIT STOP shall not obstruct and shall give way to Participants who do not wish to stop at the PIT STOP. A penalty may be imposed by the Race Director if bikes are ridden within the PIT STOP by any Participant.

6.3 Timing and Timing Chip. Each SOLO and each TEAM Participant shall have one timing chip at all times during the race. The timing mat is located at the entrance to the PIT STOP. Each Participant must ensure that he/she steps over the timing mat which captures each of his/her lap times. Failure to do so will result in his/her time not being captured, and he/she will be deemed to be unranked, even if he/she finishes the race. Each Participant shall complete each lap when he/she crosses the timing mat. Each TEAM Participant shall hand over the timing chip to his/her teammate after he/she crosses the timing mat, and only within the PIT STOP.

6.4 Turning Back. SOLO Participants who have passed the PIT STOP may NOT turn back on the Race course to reach the PIT STOP.



- 6.5 Assistance inside and outside PIT STOP. Participants may approach the neutral support located within the PIT STOP for technical assistance. All Participants may carry their own tools during the race or place them within the designated TEAM TENTS. Support crew can only help within the PIT STOP. Technical assistance and support is allowed OUTSIDE the PIT STOP only by other Participants.
- 6.6 Water and Aid Station. There is only one water and aid station located within or near the PITSTOP.

7. **Support, Tentage and Advertising Material**

- 7.1 Tentage Area. SOLO and TEAM tentage shall only be placed in the designated Team Tentage Area. Pls see the rules on placement on Team Tentage on the event website.
- 7.2 Support within Tentage Area. Participants may receive support from anyone within the PIT STOP and within their Tentage Area only.
- 7.3 Support from other parts of Race Course. Participants may bring as many supporters as they would like, however their support is limited to the areas specified above. Supporters may cheer alongside the Race Course without causing any obstruction to the Participants, and certain designated areas of the Race Course are out of bounds to supporters as they may compromise the safety of the Participants.
- 7.4 Riding on Race Course. Only Participants officially entered in the Race or riders designated as "Officials" may ride on the Race Course. No support crew members, friends, or family members may ride on any portion of the Race Course. Violation of this rule is grounds for disqualification.
- 7.5 Respect Nature. All Participants and their supporters must respect nature and shall not pollute the Race Course or the course venue.

8. **Race Etiquette and Cheating**

- 8.1 Sportsmanship. Each Participant must act in a sporting manner at all times and shall permit any faster rider to overtake without obstructing. Participants riding bicycles have the right of way over Participants pushing bicycles. When practical, Participants pushing should stay on the least rideable portion of the path when being passed. Participants should say pleasantly, "Coming on your left" or "Coming on your right" when passing other riders.
- 8.2 Negative Behaviour. Participants must :-
- (a) not display any unsportsmanlike behavior;
 - (b) not use offensive or abusive language;
 - (c) not act in a threatening or unbecoming manner;
 - (d) not be disrespectful to the officials; and
 - (e) not ignore race regulations.

- 8.3 Warning and Disqualification. Any negative behaviour displayed are grounds for warning and/or disqualification of a SOLO Participant or TEAM.
- 8.4 Short-Cut. Short cutting the Race Course can be grounds for automatic disqualification of the SOLO Participant or the entire TEAM. If a Participant makes a mistake, and he/she reports it to the officials before it is discovered, a time adjustment will be made rather than a DQ.
- 8.5 Injured Rider or Potentially Unsafe Situation. Safety on the Race Course is our primary concern. If any Participant comes across an injured rider or a potentially unsafe situation, that Participant is encouraged to stop and assist. If the Participant stops to give assistance for a health or safety-related reason, that Participant may report his/her race number to the nearest marshall or any passing Participant who should turn it in to the relevant officials at the START/FINISH area or the PIT-STOP. If the assisting Participant is part of a TEAM, the Race Director reserves the right to allow the next rider of that TEAM to begin his/her lap before the assisting Participant completes his/her lap. However, the assisting Participant must still complete his/her lap and report to an official the nature of the assistance he/she provided and the approximate time and duration of his/her assistance stop. He/she will be assigned a lap time in accord with his/her average lap time, depending on the time of day he/she stops to assist. All decisions regarding time adjustment will be made by the Race Director and will be final. NOTE: This rule applies ONLY to health and safety concerns. It does NOT apply to assistance with mechanical problems or repairs!
9. **Protest**
- 9.1 Protest. Any Participant wishing to make a protest must fill and file an official protest form at the RACE SECRETARIAT within 15 minutes of crossing the line, accompanied with a SGD100 deposit. Only the TEAM Captain shall do the same for any TEAM. Official protest forms are available at the RACE SECRETARIAT . No verbal protest will be entertained.
- 9.2 Deposit. The deposit will be returned if the Participant's protest is successful, and forfeited if the protest is unsuccessful.
- 9.3 Decision. A decision will be made within 30 minutes of the filing of the protest or such later time once all supporting evidence is made available to to the Race Director. Once a decision is made, the decision is final.
10. **Race Rules**



- 10.1 Race Rules. Participants shall abide by these race rules and the Race Director reserves the right to bar any Participant from the race for any infringement of these rules.
- 10.2 Race Director's Discretion and Decision. The Race Director shall have the right to exercise discretion on a case-to-case basis and he/she will be given the final decision regarding any occurrence at the event including those not addressed in these rules.
- 10.3 Weather or other catastrophic circumstances. In the case of a catastrophic event due to weather or any other extenuating circumstances, the Race Director has the right to make decisions as to whether the Race continues, including as a last resort calling the race as at a certain time with final results being calculated based on each SOLO or Team Participants placement at the call time as determined by his/her/its last completed lap. The first and foremost objective is to keep Participants and spectators reasonably safe while at the event.