

DIRTY DUATHLON

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 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 and/or off-road running skills. Offroad duathlon racing is not necessarily a beginner sport. Although the rules don't state "No beginner level duathletes" 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 Dirty Duathlon Main Categories. Participants may join the following categories in the Dirty Duathlon Race :-

Category	Criteria	Approximate Distance
Mens Solo	Individual Male	5km run – 15 km bike – 5 km run
Womens Solo	Individual Female	5km run – 15 km bike – 5 km run
Mens Relay	Team of 2 or 3 men in relay	5km run – 15 km bike – 5 km run
Mixed Relay	Team of 2 or 3 in relay (with at least one member of the opposite gender)	5km run – 15 km bike – 5 km run

All Participants must be 14 years and above on 1 January 2009.

- 2.2 Dirty Duathlon Sprint Main Categories. Participants may join the following categories in the Dirty Duathlon Race :-

Category	Criteria	Approximate Distance
Mens Solo	Individual Male	2.5km run – 5 km bike – 2.5 km run
Womens Solo	Individual Female	2.5km run – 5 km bike – 2.5 km run
Mens Relay	Team of 2 or 3 men in relay	2.5km run – 5 km bike – 2.5 km run
Mixed Relay	Team of 2 or 3 in relay (with at least one member of the opposite gender)	2.5km run – 5 km bike – 2.5 km run

All Participants must be 14 years and above on 1 January 2009.

- 2.3 One Category. Each Participant may participate in one category only.
- 2.4 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.
- 2.5 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.
- 2.6 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 SOLO Participants and the biking member of each TEAM must have the following equipment during the biking segment of the Race, except that all SOLO Participants and each TEAM shall have a timing chip at all times from start to finish :-
- (a) One human powered mountain bike in good working condition.
 - (b) Wheels with diameter not exceeding 29 inches.
 - (c) One bike helmet approved by the Race Director.
 - (d) One timing chip per SOLO Participant and per TEAM.
- 3.2 Only One Bike. Each SOLO Participant and each TEAM may only have one bike. If there is a mechanical failure, the bike has to be repaired as there will be no change of bikes allowed.

- 3.3 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.
- 3.4 Timing Chip. Each SOLO and each TEAM shall collect their timing chop at race kit collection and return their timing chip immediately after their race. Each SOLO Participant 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.
- 3.5 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 Distance**

- 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 Distance. All Participants must complete the distance assigned to the relevant category.
- 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 to make up the distance and verify what is being written or displayed by race officials.
- 4.4 TEAM Participants. TEAM Participants may take turns to complete either the running or biking segment of the race, and each TEAM Participant must complete each such segment which he/she has started.
- 4.5 Run, Walk. Each Participant may run or walk the entire running section of the course.
- 4.6 Ride, Push, Carry. Each Participant may ride, push or carry his/her bike the entire biking section of the 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 Bike Placement. All SOLO Participants and the TEAM Participant doing the biking segment shall be responsible for ensuring that their bikes are placed on the bike racks located at the TRANSITION AREA prior to the race start within the designated time.
- 5.3 Pre-Race Holding Area. All SOLO Participants and the first runner of each TEAM shall be present at the START/FINISH HOLDING AREA 15 minutes before the designated start time. 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).
- 5.4 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.
- 5.5 Post-Race Bike Collection. All Participants shall be responsible for ensuring that their bikes are collected from the bike racks located at the TRANSITION AREA after their race within the designated time.
- 5.6 Sign-Out. All SOLO / TEAM Participants who finish the race are immediately required to “sign out” (and return their timing chip) 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).
- 5.7 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.
- 5.8 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.
- 5.9 Incomplete Lap. If a TEAM Participant cannot complete his/her lap, that TEAM may not start the lap over with a new TEAM Participant and the team shall be deemed to not have finished the race (i.e. DNF or Did Not Finish). He/she shall approach the nearest marshall and the race marshall may require that Participant to hand over one of his number tags to indicate that he/she is no longer in the race.
- 5.10 Cut-Off Time. The Race Director reserves the right to change the cut-off time(s) to allow a more efficient running of the event.
- 5.11 Placement. Each SOLO Participant's and TEAM's placing will be determined by the SOLO Participant / TEAM to have completed the requisite distance in the fastest time.
6. **TRANSITION AREA , Feeding and Technical Assistance**
- 6.1 TRANSITION AREA. The TRANSITION AREA is the only designated area within the Race course where Participants are allowed to do the following :-

- (a) Change of TEAM Participants.
 - (b) Change of timing chip.
 - (c) Place their racing needs e.g. helmet, shoes, tools.
- 6.2 No riding. All Participants are to dismount their bikes before entering the designated TRANSITION AREA and shall only mount their bikes after exiting the TRANSITION AREA. Participants wishing to stop at the TRANSITION AREA shall not obstruct and shall give way to Participants who do not wish to stop at the TRANSITION AREA. A penalty may be imposed by the Race Director if bikes are ridden within the TRANSITION AREA 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 TRANSITION AREA. 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 running or biking lap when he/she crosses the timing mat. There may be more than one lap for the running or biking segment of the Dirty Duathlon race. Each TEAM Participant shall hand over the timing chip to his/her teammate after he/she crosses the timing mat, and only within the TRANSITION AREA.
- 6.4 Assistance inside and outside TRANSITION AREA. No external assistance is allowed, whether inside or outside the TRANSITION AREA area. Participants may however approach the neutral support located within the TRANSITION AREA for technical assistance. All Participants may carry his own tools during the race or place them within the TRANSITION AREA.
- 6.5 Water and Aid Station. Given the short length of each lap within the course, there is only one water and aid station located within or near the TRANSITION AREA.
7. **Support, Tentage and Advertising Material**
- 7.1 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.
- 7.2 Riding or Running on Race Course. Only Participants officially entered in the Race or persons designated as "Officials" may run and/or ride on the Race Course. No support crew

members, friends, or family members may run or ride on any portion of the Race Course. Violation of this rule is grounds for disqualification.

7.3 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 runner or rider to overtake without obstructing. Participants running shall have the right of way over Participants walking. Likewise, Participants riding bicycles have the right of way over Participants pushing bicycles. When practical, Participants pushing a bike 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 Participants.

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 TRANSITION AREA. 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 SGD 100 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.