

CROSS COUNTRY (XC)

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.
- 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 One Category. Each Participant may participate in one category only.
- 2.2 Placement. The Organisers have discretion to place applicants in the relevant categories according to their experience levels for a more level playing field.

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.

3.2 **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.

3.3 **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 Format and Race Course**

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 complete each run within the designated 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. Since this is a high-speed event, he/she shall not enter the course until it is clear of other Participants.

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

5. **Race Start and Finish**

5.1 **No Pre-Race Briefing.** There will be NO pre-race briefing. All Participants shall be deemed to have read and understood all the rules and regulations. Ignorance of any of these rules (or

any changes to these rules communicated to Participants on the event website) is not an excuse. Any Participant who has any queries on these rules may contact the Organisers directly.

- 5.2 Race Kit Collection. Participants must collect their race kit on the race kit collection date(s) for this race at the RACE SECRETARIAT. Other than that, he/she need not sign-in nor sign-out at the RACE SECRETARIAT on race day.
- 5.3 Start Line. Each Participant shall be present at the start line during his/her designated start time with his/her bike. Failure to do so will result in he/she not receiving an official classification and timing, and he/she will be deemed not to have started (i.e. DNS – Did Not Start).
- 5.4 The following series of announcements will be given prior to each flag off :-
- (a) 1st announcement - 15 minute countdown;
 - (b) 2nd announcement - 10 minute countdown;
 - (c) 3rd and final announcement - 5 minute (competitors to move to START line); 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 Timing. Each Participant shall complete each lap when he/she crosses the FINISH line.
- 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 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 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 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).

6. Feeding, Technical Assistance and Support

6.1 Feeding and Technical Assistance. Participants are allowed to be assisted by a feeder/mechanic/teammate during the race, provided that physical contact between that Participant and his/her feeders/mechanics/teammates and technical assistance is permitted and provided in the designated feeding/technical assistance zone.

6.2 Only the following is allowed in the feeding/technical assistance zones :-

- a) The feeder may hand water bottles and food to the Participant, but shall NOT run alongside the Participant while doing so.
- b) Water may be poured onto the Participants.
- c) Protective sunglasses may be changed.
- d) Authorised technical assistance consisting of repairs to or the replacement of any part of the bicycle other than the frame. Bike changes are not permitted. Each Participant must cross the finish line with the same handlebar bearing the number plate that was affixed to it at the start line. Repairs and equipment changes may be carried out by the Participant himself or with the help of a teammate or team mechanic.
- e) All spare equipment and tools for repairs and replacement must be kept in this zone, provided that Participants may carry tools and spare parts if they do not pose any danger to the Participant or the other Participants.

6.3 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.

6.4 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.

6.5 Respect Nature. All Participants and their supporters must respect nature and shall not pollute the Race Course or the course venue.

7. Race Etiquette and Cheating

7.1 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.

7.2 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.

7.3 Warning and Disqualification. Any negative behaviour displayed are grounds for warning and/or disqualification of a Participant.

7.4 Short-Cut. Short cutting the Race Course can be grounds for automatic disqualification of the Participant.

8. **Protest**

8.1 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. Official protest forms are available at the RACE SECRETARIAT. No verbal protest will be entertained.

8.2 Deposit. The deposit will be returned if the Participant's protest is successful, and forfeited if the protest is unsuccessful.

8.3 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 the Race Director. Once a decision is made, the decision is final.

9. **Race Rules**

9.1 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.

9.2 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.

9.3 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. The first and foremost objective is to keep Participants and spectators reasonably safe while at the event.