

Trans Xhariep MTB Challenge Rules and Regulations

Welcome Note:

As organizers of the annual Trans Xhariep Ultra, Light and Mini MTB challenge, we would like to welcome each and every rider to the event. We hope and believe that your experience this year will be something to talk about for all the right reasons when you have a "braai" with your friends.

For those who have done the race before, you will notice a few subtle changes which were made to make your experience a better one. We want to assure you that we have done everything in our power to make this event as memorable and safe as possible for you.

Although this race is Cycling South Africa sanctioned, and it will be run within the rules and regulations of UCI and CSA, this is not a normal event. As such we have to clarify and highlight certain rules and regulations that is specific to this race.

If a participant is not certain about anything, the onus is on him or her to clarify the issue with the Chief Commissaire or the Race organizer, BEFORE the race starts. It is the participant's responsibility to understand all the rules and regulations and the implications there of.

We sincerely hope you will enjoy the event and that you will arrive safely back home.

George Stroebebel(Race director)

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2. **Overview:**

- 2.1. The rules in this document is applicable to this race and are complimentary to the UCI and CSA rules.
- 2.2. The rules are not the complete set of rules, but only a sub-set to clarify certain key issues. These rules must be read together with the UCI rules on MTB races.
- 2.3. If a rider fails to adhere to any of these rules it may result in a warning, penalty or disqualification altogether, based on the discretion of the Race organizer and Cycling South Africa Chief Commissaire officiating the race.
- 2.4. It is the Race organizer's prerogative to amend and update the rules as and when deemed necessary, specifically if it is deemed in the interest and safety of the participants. The rules in force at the beginning of the race will be applicable to the participants for the duration of the race.
- 2.5. Interpretation of any rule by the Chief Commissaire appointed by the Cycling South Africa and the Race organizer acting together, will be final and binding on all participants.

3. **Race Categories:**

5 Different categories exist in this race.

- 3.1. Category 1 – Ultra Open Teams.
These teams can consist of 2 or 3 riders and they compete for the same prize money. The members of these teams can be of any gender. There is no gender specific category for teams.
- 3.2. Category 2 – Ultra Solo Male
- 3.3. Category 3 – Ultra Solo Female
- 3.4. Category 4 – Lite Solo
- 3.5. Category 5 – Mini Solo

4. **Prize money:**

Providing that participants adhered to all rules and regulations and that they finished within the prescribed cut-off times, the prize

money will be shared as follows:

4.1. Category 1 – Ultra Open Teams:

- First - R 8000.00 (eight thousand Rand)
- Second - R 4000.00 (four thousand Rand)
- Third - R 3000.00 (three thousand Rand).

4.2. Category 2 – Ultra Solo Male:

- First - R 1500.00 (one thousand five hundred Rand)
- Second - R 1000.00 (one thousand Rand).

4.3. Category 3 – Ultra Solo Female:

- First - R 1500.00 (one thousand five hundred Rand)
- Second - R 1000.00 (one thousand Rand).

4.4. Category 4 – Lite Solo:

Currently there is no prize money for this category.

4.5. Category 5 – Mini Solo:

Currently there is no prize money for this category.

4.6. Where Teams or Solo Riders in a specific category cross the line exactly at the same time, competing for the same prize money, the Chief Commissaire will decide the final positioning. This decision will be final and not subject to challenge.

4.7. The prize money rewarded to the participants as well as the positioning of the prize winners will be determined by the Race organizer and the Cycling South Africa Chief Commissaire. This decision will be final and is not subject to challenge in any form or by any person whatsoever.

4.8. For prize money to be awarded in a category there need to be three or more competitors in that particular category.

4.9. If one member of a team abandon the race, the other member of the race can complete the race, but will not qualify for any prize money.

5. **Riders and Teams:**

5.1. All riders that participate in the race agree to be bound by the rules and the Terms and Conditions of the race. Riders who do not

agree to the aforesaid may not participate in the race. If a rider chooses to not participate, he or she is not entitled to a refund of any sorts.

- 5.2. In order for a rider to be classified as a finisher of the race, he or she must complete the full distance and cross the finish line within the cut-off time.

There are 4 cut-off periods:

- a) All **Mini** riders must complete the race by **14:00pm** on Saturday afternoon in Gariep.
- b) All **Lite** riders must complete the race by **22:00pm** on Saturday evening in Gariep.
- c) All **Ultra** riders must complete the race by **07:00am** on Sunday morning in Gariep.
- d) There is an additional cut-off for the **Ultra** riders at **17:00pm** in Van der Kloof. If a rider did not pass the check-point in time, they cannot continue with the event. **In the event of this happening, the rider must arrange for his/her second to fetch him/her in Van der Kloof.**

Only riders that finish the respective races in time are eligible for medals and prize money where applicable.

- 5.3. A rider will be deemed a finisher if he or she crosses the finish line with their complete bicycle.
- 5.4. Riders are not allowed to receive any outside assistance during the entire duration of the race, except for race related food at the designated 7 check/water points. For all other needs, assistance will only be allowed if organized by the organizers.
- 5.5. Riders will receive crates at registration which will be available to them at certain check/water points. Riders may use these crates to store any extra clothing, bicycle equipment, sports products and nutrition, provided it is legal and within the UCI rules.
- 5.6. E-Bikes are allowed only in the Lite and Mini Solo categories as none of these riders are competing for prize money.
- 5.7. No other motorized form of power is allowed to move a rider

forward along the race route. (No holding on to vehicles or lifts in vehicles etc...)

- 5.8. No drafting of any form is allowed if your bike deviates from the standard UCI specification. (E.g. If your handlebars are non-standard, you are not allowed to draft. If you ride an E-Bike you are not allowed to draft.)
- 5.9. Riders may not exchange bicycles. Teams cannot support each other by exchanging bicycles to assist a rider in trouble.
- 5.10. Riders can stop for as long as they choose at the check/water points.
- 5.11. **If a rider decides to abort the race, his or her transport to the finish is for their own cost. The race organizers do not provide such a service.**
- 5.12. The minimum age of a rider is eighteen years for the Ultra and Lite distances, on the date on which the Race starts.

6. **Registration:**

- 6.1. Race registration will only take place at the start venue in Gariep at the Forever Resort.
- 6.2. Riders will receive crates at registration. These crates will be available at certain designated water points, during the Race. The crates must be handed in before 20:00 on Friday night at the registration.

7. **Timing:**

The different categories will start at different times in Gariep.

- 7.1. Category 1, 2, 3 and 4 will all start at 05:00am on Saturday morning. (Ultra and Lite)
- 7.2. Category 5 will start at 07:00am on Saturday morning. (Mini)
- 7.3. Participants must report 15 minutes prior to the actual start time at the designated starting point.
- 7.4. Once the race starts the clock will not stop until the final Cut-off Time is reached at 7:00am on Sunday morning.
- 7.5. Any rider that misses the race start can start later but no later

than one hour after the official start time and only with approval of the Race organizer. Their starting time will not be adjusted.

8. **Race route:**

- 8.1. The race route is available on the website www.transxhariep.co.za. All riders have to follow the race route as indicated. The route will be marked but it is the responsibility of the rider to ensure that they know the route.
- 8.2. If a rider happens to leave the race route, he or she has to re-enter the race route at the same point it was left.
- 8.3. No rider is allowed to trespass on private land.
- 8.4. The race route and distance may vary from the published distance or route. No rider shall have any claim against the Race organizer arising therefrom.
- 8.5. No shortcuts are permitted.
- 8.6. The Race organizer has the right to change the route at any time if it is deemed necessary.
- 8.7. Parts of the race will take place on public roads. **It is very important to notice that roads will NOT be closed to normal traffic. All traffic rules must be followed at all times.**
- 8.8. The instructions of traffic officials and event marshals along the route must be adhered to. Failure to follow instruction will result in a warning and possible disqualification.

9. **Equipment:**

- 9.1. Riders may use any type of off-road bicycle. The only condition is that it must be in a good working order. **All equipment must be serviceable and working prior to the start of the race.**
- 9.2. Riders may only use one bicycle. The bicycle on which the rider starts the race is the same bicycle on which the rider must finish the race. For purposes of the race, a bicycle constitutes the frame.
- 9.3. Riders may use any form of GPS or bicycle computer.
- 9.4. All bicycles must at all times be marked with official race boards.
- 9.5. Each rider is responsible for the maintenance and repair of his own bicycle for the duration of the race but is allowed to make use of

the organized assistance (if available) at the designated check/water points.

10. **Apparel:**

- 10.1. Riders must wear a helmet at all times while on the bicycle.
- 10.2. A helmet must comply with the UCI rules & standards.
- 10.3. Helmets must be securely fastened with a chin strap.

11. **Additional equipment:**

- 11.1. Every rider must have the capacity to carry at least 1.5 litres of water at all times.
- 11.2. Every rider must carry a fully charged mobile phone at the start of the race.
- 11.3. After sunset every rider must carry a working light on the front as well as the rear of his bicycle. Failing to do so, the rider can be disqualified.

12. **Water points/Check Points:**

- 12.1. There are seven (7) manned check/water points along the route. There will also be several unmanned water points along the route.
- 12.2. It is compulsory for all riders to report at every manned check/water point.
- 12.3. If a rider does not plan to stop at a check/water point, he or she must still report before continuing.
- 12.4. There will be enough food and drinks available at each check/water point.
- 12.5. The water points will be approximately 25km apart.
- 12.6. The Race organizer reserves the right to change the location and distance of the water points.
- 12.7. Only liquids and race type snacks will be available at these points. No excessive use of water other than for drinking will be permitted at these points. (No washing of personal belongings or bikes).
- 12.8. It is the rider's responsibility to ensure they carry enough food and water between these check/water points.

12.9. The only pre-arranged assistance a rider can get at the check/water points, is whatever the rider packed in his or her crate before the start of the event. **No other pre-arranged support will be allowed. No following of riders will be allowed on the route.**

Following or assisting rider/s on the route will result in the immediate disqualification of that rider/s.

12.10. Riders may carry any mechanical spares needed to carry out their own repairs on route outside of the check/water points.

12.11. Riders may not receive any physical help or support from friends or family anywhere during the race.

12.12. Riders may receive emotional and psychological support in the form of encouragement from friends and family at the designated water points on route.

12.13. Apart from receiving a new bike frame, riders may receive any form of assistance from another rider anywhere on the route.

13. **Licensing:**

13.1. This event is a Cycling South Africa sanctioned event. As such, all riders must be a member of CSA for the calendar year in which the Race takes place.

13.2. Riders had the option to purchase day licenses online for this event. If you are not a licensed rider and you did not do this, you can still pay the day license fee during registration. Please make 100% sure you have proof of your license available at registration as an agent of Free State Cycling or Cycling South Africa might be present to verify that. The cost for a day license will be R 35.00 for the event.

13.3. For the Cycling South Africa rules and regulations regarding licensing, please see <http://csams.cyclingsa.com/about.aspx> .

14. **Medical:**

14.1. The Trans Xhariep is not a normal 1-day MTB cycling event. Popular believe is that the Free State is flat and therefore it should

be an easy ride. People do not take into account the heat and the wind that they would normally encounter this time of year.

- 14.2. As such, the race medical team reserves the right to withdraw any rider from the race if, in their opinion, it is deemed necessary.
- 14.3. A rider who is withdrawn from the race will have no claim whatsoever against the Race organizer, its affiliates or any of its sub-contractors arising therefrom.
- 14.4. It is the rider's responsibility to make sure he is in good health and adequately trained before starting the race.

15. **Terminating the race:**

- 15.1. If a rider elects to withdraw from the race for whatever reasons, the rider must notify either the Race organizer or the Chief Commissaire.
- 15.2. **Riders withdrawing from the race, due to non-medical reasons or missing a cut-off, will not be transported by an ambulance, nor will the Race organizer take responsibility for the riders transport to the finish line.**
- 15.3. If a rider wishes to withdraw from the race for reasons other than medical, he or she can only make this decision at a manned check/water point.
- 15.4. If a rider has to abandon the race due to medical reasons, the rider will be transported either by ambulance or by the Race organizers to the nearest medical facility, or a vehicle will be dispatched to take him or her to the nearest check/water point. **If the rider is not in immediate medical danger they have to make their own transport arrangement from there.**

16. **Appeals and complaints:**

- 16.1. If a rider has any reason for appeal or complaint, he or she must submit the appeal or complaint after he or she crossed the finish line, provided that he or she is not in breach of any of the race rules.
- 16.2. Riders have one hour to submit a complaint or to lodge an appeal after the final Cut-off time. This has to be done in writing.

16.3. In all matters relating to the race rules, complaints or appeals, or interpreting any of the above-mentioned aspects, the chief Commissaire's decision is final and binding.

17. Disqualification:

17.1. A rider may at any time (during or after the race) be disqualified for any of the following reasons:

- 17.1.1. a rider using any power other than his own physical power to move his bicycle forward along the route with the exception of e-Bikes;
- 17.1.2. a rider climbing into a vehicle and at some point, continuing to race;
- 17.1.3. a rider failing to report at one of the five water points;
- 17.1.4. a rider physically towing another rider;
- 17.1.5. a rider being younger than the minimum stipulated race age;
- 17.1.6. a rider failing to adequately display his race number;
- 17.1.7. a rider found off the race route and behaving in a manner that the Race organizer deems to be contrary to the spirit of the race;
- 17.1.8. a rider found taking a short cut;
- 17.1.9. a rider found taking down or defacing route markings;
- 17.1.10. a rider found to be ignoring or contravening the traffic regulations on public roads;
- 17.1.11. a rider found to be using a different bicycle frame to that on which he started the race;
- 17.1.12. a rider found without a helmet outside one of the five water points on their bicycle;
- 17.1.13. a rider found without one of the compulsory pieces of equipment;
- 17.1.14. a rider who starts the race later than one hour after the official race started or without approval to do so;
- 17.1.15. a rider receiving pre-arranged support anywhere along

- the route or at the water points, other than race related food and drinks;
- 17.1.16. a rider found littering;
- 17.1.17. a rider behaving in a way that the Race organizer and/or Chief Commissaire deem to be inappropriate, contrary to the spirit of the race or otherwise in bad faith.

18. **Environmental considerations**

In the spirit of mountain biking it is very important for every participant to respect the environment. As such, each rider must also adhere to the following rules:

- 18.1. No littering of any form will be tolerated, including but not limited to dropping food packaging, bottles and mountain bicycle spares;
- 18.2. Smoking is not allowed anywhere along the route;
- 18.3. No rider is allowed to wilfully damage any plant or bush;
- 18.4. No rider is allowed to harm any animal encountered along the route.

19. **Doping:**

- 19.1. The Trans Xhariep is run under the rules and regulations of UCI and CSA and for that reason we will follow a zero-tolerance policy towards any form of doping. It is the responsibility of each rider to ensure that all substances they use during the race fall within the rules of the World Anti-Doping Agency.
- 19.2. If you are unsure please follow this link: <https://www.wada-ama.org/en/resources/the-code/2009-world-anti-doping-code#.VAAoj7ySz18>
- 19.3. Since the Trans Xhariep is a CSA sanctioned event, any rider can be subjected to dope testing and no rider shall object thereto.
- 19.4. Any Rider caught doping, will be banned from the Trans Xhariep race for life.