



- RACE RULES -

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A INTRODUCTION

The Ladismith Cheese 7Weekspoor MTB Challenge is a one day mountain bike race with three distance categories. This event starts in Amalienstein and ends in Ladismith, Western Cape. The following race rules are divided into 3 sections, namely **B. Entries, Substitutions & Cancellations**; **C. Race Rules** and **D. Additional UCI Rules**.

Please read through the below sections thoroughly and remember that the rules are subject to change.

B ENTRIES, SUBSTITUTIONS & CANCELLATIONS

1 Categories

- 1.1 The categories are: nipper boys & girls (8-10 years), sprog boys & girls (11-12), sub-junior boys & girls (13-14) and junior men & women (15-18) in the 29km distance race; men & women in the 43km race and men & women in the 85km race – minimum age of 19 years as on 31/12/2018.

2. Cut-offs

- 2.1 The official cut-off times will be announced on the event website, where applicable.
- 2.2 You will have 2 months post-race to claim any lost-and-found items.

3. Doping

- 3.1 The race organisers reserve the right to test all riders for doping and/or the use of any illegal substances.
- 3.2 Any person who is under provisional or final sanction by an Anti-Doping Organisation with jurisdiction under the WADA Code (a "person under sanction") is prohibited from participating or being involved in the race, whether as a rider, team manager or official or in any other capacity whatsoever. Where any such sanction has been made final for an offence committed after 01 January 2016, such prohibition shall apply for the life of the person under sanction (irrespective of the duration of the sanction imposed by the relevant Anti-Doping Organisation).
- 3.3 Should the race organisers only become aware that any rider, team manager or official is a person under sanction after having accepted such rider's entry and/or team manager or official's participation in the race, such entry or right of participation shall immediately be cancelled.
- 3.4 The organisers also reserve the right to refuse any athlete (professional or amateur), which was under sanction from their federation or national anti-doping authority before 01 January 2016, to compete in the race.

4. Prize Money

- 4.1 No prize money will be paid to any winners until an official notice has been issued by SAIDS (South African institute for drug free Sport) clearing athletes concerned.
- 4.2 Please note that the win is provisional until all winning criteria are met which includes compliance to the event and UCI rules and regulations. To be in contention for the stage prize money, the team has to finish the race. The final decision lies with the race commissaire panel.
- 4.3 Riders and teams must be present at prize giving to receive prize money. If they do not comply, they will forfeit their prize money.

5. Substitutions

- 5.1 Rider substitutions will be allowed until online entries close but the new rider will receive the apparel order from the previous rider if the substitution was done after the apparel date (please refer to website for dates).
- 5.2 Seeding will be done on fully paid entries one month prior to race start date, any new rider substitutions after this date will have to start in the previous participants seeded batch.
- 5.3 Any rider changes will carry an admin fee.
- 5.4 There will be no substitutions once entries have closed, thereafter substitutions will only be allowed on registration day at the full price listed on the website and will only take place under the adherence of the policies stated here.

6. Cancellations

- 6.1 Cancellation refund of 50% of full entry paid will be given till three months prior to the race start date. No cancellation refunds will be allowed after this date.
- 6.2 No transfers allowed.

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7. Registration & Briefing

- 7.1 Online registration will be on a first come first served basis.
- 7.2 Your entry is only guaranteed once full payment is received.
- 7.3 Entries close one month prior to the event start date or when the allocated spots are sold out.
- 7.4 Please note if your entry should not be paid by the promotional deadline date your entry will be removed from the system.
- 7.5 Electronic transfers takes up to three days to be allocated – should you register one or two days before the promotional deadline please pay via credit card to ensure that your entry is marked as paid immediately.
- 7.6 Team entries changed to solo entries at a later stage will be dealt with as a new entry and the applicable date rate will apply.
- 7.7 Please note that only fully paid entries before or on the apparel deadline will receive apparel – refer to our race website for the deadline date.
- 7.8 Race registration venue(s) and time(s) will be indicated on the website.
- 7.9 All riders must report to registration, whether participating as a solo rider or a team, and bring any form of ID with a photograph and a valid CSA license or license from their national federation.
- 7.10 Riders need to register by the deadline indicated on the website.
- 7.11 Pre-race briefing venue and time will be indicated on the website.

8. Riders

- 8.1 All South African residents participating in the race will be required to produce a valid Cycling South Africa (CSA) license at race registration, or will be charged the applicable fee levied by CSA. All international riders will be required to produce a valid license from their national federation or pay the applicable fee levied by CSA.
- 8.2 The minimum age of participation is 19 years on 31 December of the year in which the race takes place.

9. Medical

- 9.1 All riders need to be in good health and well-trained.
- 9.2 Riders need to complete the online medical form before participating in the race, if applicable.
- 9.3 If the race organisers receive advice from the official race medic/doctor regarding any rider, the decision to prevent the rider from continuing/participating lies with the race organizer and will be final.

10. Bicycles

- 10.1 Please ensure that your mountain bike is in safe working condition at the start of the race/start of each stage otherwise you will not be allowed to start.
- 10.2 Tandem bikes and E-bikes will only be allowed if the race organisers are contacted for permission prior to the race, if such categories can be created.
- 10.3 Each rider is responsible for the maintenance of his/her own bike for the duration of the race.
- 10.4 In all cases of maintenance and repairs, riders are required to complete the full distance of the stage. Time spent on maintenance and repairs will not affect the cut-off times of the race.

11. Helmets and Clothing

- 11.1 Each rider must wear a helmet at all times while riding during the race.
- 11.2 All helmets must comply with international 'SNELL' & 'ANSI' standards.
- 11.3 Appropriate riding attire, including a shirt, must be worn at all times.
- 11.4 No rider may wear any original or replica version of a leader jersey from a previous staging of the race.
- 11.5 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 or team clothing being manufactured.

12. Team Riding

- 12.1 Riders must ride with their team partner at all times, and must remain within the maximum allowable separation time, namely 2 minutes.
- 12.2 Rider separation may be measured at the start and finish of each stage and at various designated check points during the stage, but can also be enforced at any point during the race.
- 12.3 Rider separation may be measured more than once during any stage, and penalties may be applied to each occurrence of rider separation outside the allowable limit during a stage.
- 12.4 Any rider may receive physical assistance from his/her team partner or from a fellow competitor. For purposes hereof, "physical assistance" shall mean the sharing of water and nutrition, sharing of bike parts and accessories (including the swopping of bike frames), assistance with maintenance and repair, and pushing/towing by physical contact only.
- 12.5 In the case of a withdrawal or a rider, a new team cannot be formed.

- 12.6 It remains the responsibility of the rider to inform the race organiser of his team's change in status.
- 12.7 The remaining team member will complete the race in the Out of Category section. He/she will receive a Finisher's medal and official result, but no Prize money. He/she will be seeded in last batch for the remaining stages.
- 12.8 The rider that withdrew can join us again for one of the remaining stages, but will not be seeded for this stage, receive no result and no Finisher's medal.

13. Identification

- 13.1 Riders must display their race numbers at all times.
- 13.2 Bike numbers must remain firmly fixed on the front of the bike, and may not be obscured by cables or any other item.
- 13.3 Race numbers may not be modified or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming.
- 13.4 No official race sponsor logos may be removed from race numbers and/or be obscured in any way.
- 13.5 Bike number boards remain the property of Dryland Event Management, thus it should be returned, unless a rider prefers to purchase it for R 50-00 at the race office.
- 13.6 Race and category leaders are obliged to wear the leader jerseys supplied by the race organisers.
- 13.7 Podium finishers and overall category leaders must be present at the finish line awards ceremony (if applicable) and the evening awards ceremony as advertised in the event programme, including the final ceremony.

14. Route and Stages

- 14.1 Only riders who complete each of the stages before the race cut-off time(s) will qualify as official race finishers.
- 14.2 All distances/route information may vary from the advertised information and the applicable information given through at race briefing.
- 14.3 Riders who exit the route for any reason must return at the same point from which they exited.

15. Prohibited Equipment

- 15.1 The use of Tri-bars is prohibited, but handlebar ends are allowed.
- 15.2 Note that the race organisers may at any time prohibit any other item of equipment at their discretion.

16. Race Timing

- 16.1 The race start time will be announced on the website. If any start time has to be changed, notice hereof will be conveyed at the compulsory race briefing or via sms.
- 16.2 The team time is determined as the time at which the second team member passes the stage finish line.
- 16.3 No rider may carry more than 1 timing transponder at any time, and no rider may pass their transponder on to another rider at any time.
- 16.4 Riders will not be allowed to start late.
- 16.5 The race cut off remains the same even in case of a late start.
- 16.6 It is the rider's responsibility to return the numberboard and timing transponder, failing to do so will lead to a non-completion status and a penalty fee will apply.

17. Traffic Regulations

- 17.1 There will be no road closures, private or public, unless otherwise stated.
- 17.2 All general traffic regulations must be adhered to at all times during the race.
- 17.3 South African regulations require everyone to drive/ride on the left hand side of the road.

18. Nutrition and Hydration

- 18.1 Riders retain the ultimate responsibility to carry enough water and nutrition with them.
- 18.2 The race organisers will provide water, energy drinks and supplements at official water points on the route.

19. Support

- 19.1 Spectator and technical zones will be indicated on route maps/website before the start of the race.
- 19.2 Any non-official support vehicles will not be allowed on the route and all official support vehicles will be allowed at the designated points.
- 19.3 If any non-official support vehicle can be linked to a specific rider, it will result in a time penalty, with a second offence resulting in immediate disqualification.
- 19.4 Supporters may drive their own vehicles along public roads to reach vantage points to vocally support riders.

20. Medical Assistance

- 20.1 Medical assistance will be supplied en route in the form of medics and at the finish venue(s) in the form of medics and a doctor.

20.2 The race doctor and his medical team reserves the right to prevent any rider from continuing the race if it deems necessary. Their decision is final.

21. Withdrawals

- 21.1 Teams or 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, water points or by calling the Dryland emergency number (072 045 4307).
- 21.2 Should any rider or team fail to inform the race office of his/her/its withdrawal, and should a search and rescue operation be initiated for such rider or team, the cost of the search and rescue will be for the account of that rider or team.
- 21.3 Should any member of a team be incapable of finishing the race, his or her team partner will be entitled to continue riding in the race and may qualify as a finisher, but will not qualify for any rankings.
- 21.4 A rider that withdraws during the race must please convey his/her intentions to the nearest marshal.
- 21.5 A sweep vehicle will transport all withdrawals and their bicycles to the stage finish venue.

22. Equipment

- 22.1 Always carry a mobile phone, fully charged, and programmed with all the emergency numbers supplied at race registration. Please ensure that both riders carry a phone.
- 22.2 We recommend that each rider carry a first aid kit consisting of the following:
 - 1 x stretch bandage
 - 2 x dressings
 - Adhesive plasters
 - Foil survival blanket
 - Sun block with a minimum SPF factor of 20
- 22.3 Each rider is responsible for his own personal medication as prescribed by his physician. Please consult the race medical team if doubt about the legality thereof.
- 22.4 We cover areas populated by honey bees, if you are in any way allergic to bee stings it is of paramount importance that you at all times carry your prescribed medication on you person. If you are not sure about your allergy status, please consult our race medical team at registration.
- 22.5 A minimum of 2.5 liter of fluid to be carried by each rider.
- 22.6 Bike repair tools:
 - Spare tubes
 - Multi tool
 - Replacement derailleur hanger
 - Inflation device (pump etc)

23. Code of Conduct

We urge all riders to display good sportsmanship throughout the duration of the race by keeping to the following guidelines: Not use offensive or abusive language during the race; act in an unsporting manner; be disrespectful to the officials; or ignore the race regulations.