

# RACE RULES

All participants must comply with the following rules, terms and conditions. Disregard for any of them will be deemed sufficient grounds for disqualification.

## SAFETY RULES

Every participant must:

1. Wear a bicycle helmet, with the strap securely fastened tightly under his/her chin. **NO HELMET, NO RIDE.**
2. Ride carefully and with due regard to the safety of other cyclists and road users.
3. Ride as close to the left-hand side of the road surface as is safe to do, keeping in mind that motor vehicles may also be on the route. Participants must not cross the centre of the road, except as directed by a race marshal or traffic officer.
4. Obey all traffic regulations and comply instantly with instructions from race and/or traffic officials.
5. Make way for emergency vehicles.
6. Ride in a predictable and responsible manner.
7. Pull off the road to obtain refreshments or to do repairs, clearly signalling your intention to do so.
8. In the interest of safety there will be compulsory 'bike push' areas. You will be required to dismount your bike and push it in these areas until the signage indicated that you can mount your bike again. Failure to do so will result in disqualification.

## GENERAL RULES

1. The organisers reserve the right to cancel the event at any stage should they consider that it is not in the best interests of the participants to continue.
2. All participants must ensure that they hand in their original Entry and Indemnity form at registration. **NO INDEMNITY, NO RIDE.**
3. The judges' decisions will be final.
4. All decisions by timekeepers and race officials will also be deemed final. Any objections must be logged with the Race Director within thirty minutes of the participant finishing his/her race.
5. Only conventional MTB bicycles may compete.
6. **All participants must:**
  - o Be in their respective holding areas at least 15 minutes before the start of their race. Once in the area, participants may not leave.
  - o Complete the course under their own power.
  - o Provide reasonable assistance to any other participant involved in an accident.
  - o Accept responsibility for the proper control of his/her bicycle.
  - o Familiarise themselves with the route.
7. **Participants must not:**
  - o Use personal music devices nor mobile telephones whilst riding.
  - o Ride with another participant's timing chip or number.
  - o Give his/her participant number or timing chip to another participant.
  - o Use foul or offensive language or make offensive, indecent or inappropriate gestures.
  - o Wear clothing which is inappropriate for a family event.
  - o Dispose of litter along the route, except in designated receptacles.
  - o Smoke along the route.
  - o Start or attempt to start before his/her designated start group.
  - o Ride in the reverse direction, even after finishing.
  - o Ride the route more than once.
  - o Participate whilst under the influence of alcohol or any other drug or medication which prevents proper control of his/her bicycle
  - o no use of GO-Pros or Drones is allowed while competing
8. No racing must take place in the neutral zone.
9. Seconding is not permitted.
10. Entry fees are not refundable.
11. Entry and Indemnity forms must be clearly printed and completed in full.
12. An additional late entry fee of R50 will be charged for late entries
13. Late entries will not be accepted after 8 am on the day of the event.
14. Children who are 9 years old, must be accompanied by an adult who will be directly responsible for them.
15. Participants retiring from the race must hand their number to the Back Marker.