



CYCLING SA
MOUNTAIN BIKE REGULATIONS
January 2018
|

Chapter 4 –Cycling SA Mountain Bike Regulations

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0.0 General Regulations : Mountain Bike

These regulations are based mainly on the UCI Mountain Bike Regulations. Revision of the regulations is the responsibility of the Technical Commissioner in collaboration with the Commissaire Panel. These Regulations are the property of Cycling SA MTB and any race organiser applying them must state in event information that Cycling SA MTB Regulations are applicable. These rules are also applicable to all associate members and affiliates of Cycling SA, and for all MTB disciplines covered in these regulations.

Where these rules may be inconsistent with UCI regulations for whatever reason, the UCI rules will hold precedence.

01 Racing License and Identification

- 01.01 A valid Cycling South Africa **membership**/ license or foreign license is required for participation in all Cycling SA MTB sanctioned events, including, but not limited to Cross Country, MTB Marathons, Enduro, Downhill, Time Trial, Observed Trials, 4X, Stage Races, MTB relays and endurance events. The licensing requirements for all cycling events are determined by Cycling South Africa and may vary from season to season.
- 01.02 All sanctioned MTB events require the participant to carry a **membership**/license. Exemptions may be granted, after due application to Cycling SA, AND to the relevant Cycling SA commission, and are therefore never implied. Cycling SA reserves the right to query and revoke such status at any time prior to such an event.
- 01.03 A rider must present his/her **membership**/license at registration in order to compete. Any rider who cannot present an annual **membership**/licence must purchase a Day Licence for each day of that event. Lost licenses may be replaced on payment of the required fee to the licensing department of Cycling South Africa. For the National Series and National Championships, riders are **not** permitted to ride with a day licence.
- 01.04 Events will be sanctioned by the governing body of the sport and licensed riders may not compete in non-sanctioned events.
- 01.05 **Day licences allows the participation in any event, win prize money and event medal. However not eligible for SA series or provincial series points or provincial colours.**
- 01.06 **Membership allows riders to enter an event (classics, marathon, endure, stage races without the purchase of a day licence.**
- 01.07 **Domestic racing licence is required by all Elite and Juniors participating in National events (SA XCO & SA DHI)**
- 01.08 **National and SA Championships – Junior and Elite required Domestic racing licence all other categories only require a membership.**

02 Age and Racing Categories

Each rider is classified according to his or her age on **December 31st** of the current year. The age class and category to which a rider belongs is identified on the Cycling SA license.

NOTE: No rider younger than 8 years may compete in a mountain bike event in excess of 10 Km or DHI.

Tandems age classification is based on the age of the youngest rider. Normal age/distance restriction apply. See rule 2:05

Any rider who holds an Elite Racing License, can only participate in the Elite/Senior Category, and cannot switch between Elite and Age Groups during that year. (Modified January 2016)

XCO: Riders holding an Elite Racing License can only participate in the Pro Elite/Elite Category, at XCO events (Including provincial events). (Modified January 2016)

Ultra Marathons: There is only one official category for the Ultra Marathon, Namely Elite and any rider wishing to participate in an Ultra Marathon, is required to hold such a license. (Modified January 2016)

Marathons: In the event that there is no Ultra Marathon at an event, and the event specifies that there is an Elite Category, holders of an Elite Racing License can only participate in the Elite Category and not their Age Category. (Modified January 2016)

Other Events: Elite licensed riders are free to compete in all sanctioned events, and can only participate as an Elite/Senior, in the Elite Category; if the event does not have a specified Elite Category, Elites can only compete for Overall and Senior and not age categories by virtue of their age. (Modified January 2016)

02.01 National Championship Series XCO

The following age and racing classes may be run in the National Championship series if at least 5 riders register in a category: [Masters categories will be split into 10 year age groups] **(Modified January 2016)**

Code	Category	Age yrs	Code	Category	Age yrs
<i>National entry level:</i>					
NG	Nipper Girls	8 – 10	NB	Nipper Boys	8 – 10
SG	Sprog Girls	11 -12	SB	Sprog Boys	11 – 12
JG	Sub Junior Girls	13 -14	JB	Sub Junior Boys	13 -14
YW	Youth Women	15 – 16	YM	Youth Men	15 – 16
<i>UCI Categories:</i>					
JW	Junior Women	17 – 18	JM	Junior Men	17 – 18
UW	Under 23 Women	19 – 22	UM	Under 23 Men	19 – 22
EW	Elite Women	23+	EM	Elite Men	23+
<i>UCI Masters Categories:</i>					
SX	Sub Vet Women	30 – 39	SV	Sub Vet Men	30 – 39
VW	Veteran Women	40 – 49	VM	Veteran Men	40 – 49
MW	Masters Women	50 – 59	MM	Masters Men	50 – 59
GW	Grand Masters Women	60+	GM	Grand Masters Men	60+

02.02 Provincial, Regional and Schools level XCO

At Provincial, Regional and Schools level, age category winners may also be recognised in the following age classes, if at least 5 riders register in each age group:

Code	Category	Age yrs	Notes
NG	Nipper Girls	8 – 10	Girls and Boys may race together
NB	Nipper Boys	8 – 10	Girls and Boys may race together
SG	Sprog Girls	11 – 12	Girls only
SB	Sprog Boys	11 – 12	Boys only
JG	Sub Junior Girls	13 – 14	Girls only
JB	Sub Junior Boys	13 – 14	Boys only

02.03 National Championship Series DHI

The following age and racing classes may be run if at least 5 riders register in a category:

Code	Category	Age yrs	Code	Category	Age yrs
<i>National entry level:</i>					
NG	Nipper Girls	8 – 10	NB	Nipper Boys	8 – 10
SG	Sprog Girls	11 -12	SB	Sprog Boys	11 – 12
JG	Sub Junior Girls	13 -14	JB	Sub Junior Boys	13 -14
YW	Youth Women	15 – 16	YM	Youth Men	15 – 16

<i>UCI Categories:</i>					
JW	Junior Women	17 – 18	JM	Junior Men	17 – 18
EW	Elite Women	19 +	EM	Elite Men	19 +

Note: The UCI recognizes DHI “Elite” as being from age 17 yrs. +, other than at World Championships, where Juniors 17 – 18 are recognized. Please refer to the UCI rules regarding DHI age categories.

02.04 Masters Categories

<i>UCI Masters Categories</i>					
SX	Sub Vet Women	30 – 39	SV	Sub Vet Men	30 – 39
VW	Veteran Women	40 – 49	VM	Veteran Men	40 – 49
MW	Masters Women	50 – 59	MM	Masters Men	50 – 59
GW	Grand Master Women	60+	GM	Grand Masters Men	60+

02.05 Cross Country Marathon XCM

02.05.001 Ultra Marathon

Distance: 81+
 Target Race Time: 04:00 +
 Age Restriction: Both Male and Female 19+

02.05.002 Marathon

Distance: 61 - 80km
 Target Race Time: 03:00 – 04:00
 Age Restriction: Both Male and Female 19+

02.05.003 Half Marathon Short

Distance: 11 – 25km
 Target Race Time: 00:30 – 01:15
 Age Restriction: Both Male and Female 8 – 12 (Modified 24/11/2016)

02.05.004 Half Marathon Short

Distance: 11 – 35km
 Target Race Time: 00:30 – 01:30
 Age Restriction: Both Male and Female 13 – 14 (Modified 24/11/2016)

02.05.005 Half Marathon Long

Distance: 36 – 60km
 Target Race Time: 02:00 – 02:30
 Age Restriction: Both Male and Female 15+

02.05.006 Team Events

Age category is based on the age of the youngest rider and age distance rules apply. (Modified 24/11/2016)

02.05.007 Tandems

Age category is based on the age of the youngest rider and age distance rules apply. (Modified 24/11/2016)

02.06 Enduro

Distance: 15 – 35km
 Target Race Time: 01:00 – 01:30
 Age Restriction: Both Male and Female 13+
 11 – 25Km Both male and Female 8 - 12

Half Marathon age restrictions apply to the overall course distance for Enduro.

02.07 Stage Races

02.07.001 Stage Race - Mini
Distance: 35 – 60km per day
Days: 3 days or less
Age Restriction: Both Male and Female 15+

02.07.002 Stage Race – Full
Distance: >60km per day
Days: 2 days or more
Age Restriction: Both Male and Female 19+

02.07.003 Racing outside of age categories
Riders under 19 years may not compete in categories outside their age class. Riders of 19 years and older may only compete in categories outside their age class with written permission from Cycling SA MTB.

02.08 South African National MTB Team Age Categories

The South African National MTB team will be chosen according to the UCI age and racing categories as follows, on condition that the riders meet the specified selection and qualifying criteria, which are published from time to time. Both Women and Men in the following ages:

02.08.001 **XCO**
Junior: 17 – 18 years
U-23: 19 – 22 years
Elite: 23+ years

02.08.002 **DHI**
In accordance with UCI rules for the MTB World Championships, for the SA MTB Team, Juniors 17 – 18 will be recognized.

02.08.003 **Marathon:**
Riders 19yrs and older are eligible for MTB Marathon Team selection.

NOTE: See information published on www.cyclingsa.com for further detailed information regarding age categories and championship categories, and any revisions.

03 Mountain Bike Competition Types

03.01 **Cross Country Olympic: XCO [circuit lap racing]**
A course should be between 4km and 6km around. The duration of the race, and thus the number of laps, varies from category to category [see 2.1.2 for optimum times per category].

03.02 **Cross Country Point to point racing: XCP**
The course should be between 25km and 60km and have appreciable height variations. Group or single (time trial) starts are possible. The course will normally start in one location and finish in another, though the same start and finish area of a large loop will be permitted.

03.03 **Cross Country Short Course racing: XCC**
The course should be a maximum of 2 kilometres per lap. The start and finish should be in the same area. Natural and/or artificial obstacles will only be allowed if they are safe. Depending on the course, a maximum of 80 riders should be on it at one time.

03.04 **Cross Country Marathon: XCM**
The course shall be a minimum distance of 60 Kilometres and no more than 120 kilometres, optimal distance is 75km but depends on terrain. It must provide a challenge to the athletic performance and skill of each participant. The course must include an adequate number of sections where competitors can pass each other. The use of repeated circuits is forbidden for national level events.

- 03.05 Cross Country Eliminator: XCE**
Cross-country Eliminator events are open to all riders aged 17 or over. No Separate results must be submitted for the junior, Under 23 or elite categories.
- 03.06 Enduro: END**
An enduro course comprises varied terrain. Uphill pedalling sections are acceptable. The emphasis should be on the rider enjoyment, technical and physical ability.
- 03.07 Cross Country Time Trial: XCT**
A point to point course. Group or single (time trial) starts are possible. The course can start and finish at the same location, or at different locations.
- 03.08 Downhill: DHI**
A downhill course will contain a maximum of 3% paved and/or tarred/asphalt surface and should be all downhill. The course should be a mixture of single track, jeep road, field tracks, forest tracks, and rocky tracks. There should be a mixture of rapid and slower technical sections. There should be little emphasis on pedalling, but rather the technical skills of the riders should be tested.
- 03.09 Observed Trials: OT**
- 03.10 Four Cross: 4X**
Four cross is an elimination event where three or four riders (called a heat) compete side by side on the same downhill course. The nature of this competition is such that there may be some unintentional contact between the riders. This is tolerated if the president of the Commissaires' panel considers that it remains within the spirit of the event, fair play and a sporting attitude to other competitors.
- 03.11 Stage Race or XCS**
An event judged on total time/points resulting from several races of the same or differing disciplines of racing over two or more days.
- 03.11.001 Major Stage Races
Major Stage Races will be a minimum of 5 days and a maximum of 8 days duration including one rest day (and including any prologue).
- 03.11.002 Minor Stage Races
Minor Stage Races will be a minimum of 2 days and a maximum of 4 days (including any prologue).
- 04 Event Categories**
- 04.01 UCI Events**
Events on the official UCI Calendar are categorised by the UCI. Events will carry UCI category status, if such an event is registered on the UCI calendar.
- 04.02 National Events**
For purposes of these rules, the National Cup Series & the National Championship will be regarded as Category A events, and other National races as A.
- 04.03 Regional and Local Events**
Local one day events and multi day events (stage races) are sanctioned by the provincial commission.
- 05 The Venue**
- 05.01 Start and Finish**
- 05.02.001 Start/Finish Banners and Inflatable arches
The start and/or finish banners must be placed immediately above the start and riding surface. **Inflatable arches** crossing or straddling the circuit are **not** permitted unless held up by a solid structure. (Modified January 2106)
- 05.02.002 Width of start area: Cross-Country (XCO)
The riding area at the **start** for events where riders start in groups must be:
XCO: At least 6 meters wide for a minimum distance of 30 meters before the line. **(8 meters for UCI events)**
XCO: At least 6 meters wide for a minimum of 100 meters after the line. **(8 meters for UCI events)**

XCO: Either on the flat or climbing for a minimum of 750m, or 3 minutes after which the riding area may narrow.

05.02.003 Width of start area: Marathon (XCM)
Course must be at least 6 metres wide for at least one kilometre when it can then narrow but must not cause a bottleneck.
The start line shall be at least 6 metres wide. The first few kilometres must allow the field to stretch out and allow easy passing. A wave or group start may be permitted if passing is difficult. There must be 5 to 15 minutes between the group start times. The time for each competitor will be calculated on the exact start time of his or her group start. (Modified January 2106)
Finish area will be the same as for the XCO

05.02.004 Width of finish area: XCO and XCM
The riding area at the **finish** for events where riders may finish in groups must be:
At least 4 meters wide for a minimum distance of 50 meters before the finish line.
At least 4 meters wide for a minimum distance of 20 meters after the finish line
Either on the flat or climbing.

05.02.005 Width of start and finish area: Downhill
For Downhill events the start area must be at least 2 meters wide and the finish area must be at least 6 meters wide. For Downhill events, there must be an additional braking area of a minimum 50m after the finish line. This area must be free of bumps.

05.02.006 Barriers
Barriers must be erected for a minimum of 50 metres before and 50 metres after the start and finish line on both sides of the course. There must not be any obstacles that might cause a crash or any chance of collision between the riders in the start and finish areas.

06 The Course

06.01 General

06.01.001 The course for a mountain bike race should include, where possible, forest roads and tracks, fields, earth or gravel paths.

06.01.002 Paved or tarred/asphalt roads should not exceed 15% of the total course.

06.01.003 The course must be free of all significant obstacles which have not been planned and/or notified to the riders.

06.01.004 Extended single-track sections must also have periodic passing sections.

06.01.005 Most of the course should be wide enough for a skilled rider to squeeze past.

06.02 XCO and DHI courses

06.02.001 Individual Cross Country and Downhill courses must be apart and should not have common trail. If, however, they do share common trail, exclusive training periods must be allocated on each course.

06.02.002 Distance marking: XCO
The **XCO** course must be marked every kilometre by a sign indicating the distance yet to be raced. Furthermore, the last kilometre must be marked with a sign clearly indicating that only one kilometre of the course remains.

06.02.003 Distance marking: XCM
The **Marathon** course must be marked every 10 kilometre by a sign indicating the distance yet to be raced. Furthermore, the last kilometre must be marked with a sign clearly indicating that only one kilometre of the course remains.

07 Facilities

07.01 Rider area

The race organiser must set aside an area near the course where riders may prepare themselves for the event.

- 07.02 Commissaires' facility**
The Commissaires must be provided with suitable facilities for their work, close to the start line and the finish line.
- 07.03 Race Office**
The race organisation and the secretariat will be situated in a closed and covered office.
- 07.04 Safety system**
A safety system will be installed in order to give assistance to all riders at all points of the course with the least possible delay.
- 07.05 Vehicle access to course**
Only essential vehicles of the organisation, security, safety and the media are permitted access to the course.
- 07.06 Spectator control**
Spectators, including those on bikes, must be kept off the course at all official training and racing times.
- 07.07 Communication facilities**
The race organisation must provide radios for the Commissaires Panel. At least 6 two-way radios are necessary to facilitate communication among the Commissaires. These radios must have one channel available for the exclusive use of the Commissaires Panel. The Commissaires must be able to reach the Race Director using a different channel on the same radio.

08 Officials and Description of Official Duties

08.01 The Technical Delegate

- 08.01.001 For Category A events this person will be appointed by Cycling SA MTB.
- 08.01.002 All other events will be appointed by the host province.
- 08.01.003 Currently in most cases the Chief Commissaire will effectively perform the function of Technical Delegate.
- 08.01.004 He/she is responsible for the technical aspects of the event and is the liaison between Cycling SA MTB, and/or the province, and the organizers.
- 08.01.005 Must make an advance inspection of the site, meet with the organizers, and immediately make a site inspection report to Cycling SA MTB for Category A events, and to the host province for all other events. A copy must be provided to the organizer.
- 08.01.006 Oversee and follow up with the organizer in the lead up to the event to ensure the recommendations from the site inspection report have been implemented as appropriate.
- 08.01.007 Be on site prior to the first official training session and carry out an inspection of the venue and courses in conjunction with the Chief Commissaire and the organizer. The final determination for the course and any changes will be the responsibility of the Technical Delegate.

09 The Commissaires Panel

The Commissaires Panel will be managed and chaired by the CSA MTB Technical Commissioner, who will be elected by the Commissaire Panel.

09.01 Chief Commissaire

- 09.01.001 For Category A events the Chief Commissaire will be appointed by the CSA MTB Technical Commissioner and must be at least a National Commissaire.
- 09.01.002 For all other events the appointment is made by the provincial Commissaire Coordinator.
- 09.01.003 He/she is responsible for the overall competition.
- 09.01.004 Supervises the start arrangements, the officials, the Commissaires and the results service.

- 09.01.005 Ensures the application and respect of the regulations in all circumstances and collaborates with the Race Director in the completion of his/her duties.
- 09.01.006 Will discuss any penalties with the appropriate officials. Receives complaints from competitors.
- 09.01.007 Oversee the work of the Commissaires Panel and make a confidential report back to Cycling SA MTB or the province depending on the event category.
- 09.01.008 Once the first official training session has commenced, allocate the responsibility for the conduct of the competition to the Commissaire Panel.

09.02 Assistant Chief Commissaire

- 09.02.001 For Category A events the appointment will be made by the CSA MTB Technical Commissioner and must be at least a National Commissaire.
- 09.02.002 For all other events the appointed is made by the provincial Commissaire Coordinator. (Modified 24/11/2016)
- 09.02.003 He/she is directly responsible to the Chief Commissaire and will act as the Chief Commissaire's representative when he/she is not available
- 09.02.004 Will assist the Chief Commissaire in the completion of his/her duties.

09.03 Secretary Commissaire

- 09.03.001 Must be at least a Provincial Commissaire and will note the name, age, category, and country, validity of the licence, licence number and race number of competitors who have entered the race.
- 09.03.002 After signing-on formalities are completed, the start order will be announced in the riders' quarters and one copy supplied to the Race Announcer and one copy supplied for the purpose of the call to the start line.
- 09.03.003 The Secretary Commissaire collaborates with the Race Director or his/her representative in the completion of his/her duties.

09.04 Finish Commissaire

- 09.04.001 Must be at least a Provincial Commissaire and will decide the order of finish of the riders at the end of the race.
- 09.04.002 The finish will be judged by a perpendicular line drawn from the front of the tyre of the front wheel to the finish line.

09.05 Start Commissaire

- 09.05.001 The Start Commissaire must be at least a Provincial Commissaire
- 09.05.002 Will check that the competitors are present, that event number boards are fitted to their bikes and that they wear appropriate, and authorised clothing.

09.06 Marathon Commissaire

- 09.06.001 Sanctioned XCM events should have at least one National Commissaire and an additional assistant Commissaire.
- 09.06.002 Their duties include liaison with event organisers, a review of the start and finish areas, the course (if possible, physical inspection of at least sections of the course to access course, markings and terrain).
- 09.06.003 Oversee the results and verify the accuracy of such results.
- 09.06.004 Address any protests or penalties and assist with queries regarding the results.

10 Race Officials [Organizing]

10.01 Race Director

- 10.01.001 Co-ordinates the organisation of the race and ensures that adequate personnel for each duty are available.
- 10.01.002 Ensure that training and competition can be safely held.
- 10.01.003 Must be available at all times during the event, and may not participate in the event themselves.

10.02 Marshals

- 10.02.001 The race organisation must provide enough marshals to ensure the safety of the riders and spectators.
- 10.02.002 Marshals must be properly briefed and issued with course maps which provide simple reference points for locating accidents. They should be instructed carefully regarding the race format, course and possible problems that may occur.
- 10.02.003 Marshals must be positioned to provide sufficient radio control points along the course.
- 10.02.004 Marshalls should each have food, drink, appropriate clothing, a whistle, a radio.
- 10.02.005 Marshalls should be easily identifiable with a distinct mark or uniform.
- 10.02.006 All spectator crossings must have at least two marshals - one on each side of the course – to ensure that spectators can safely cross the course.

10.03 Timekeepers

- 10.03.001 Will time each competitor and collaborate with the Commissaires at the start and the finish in the completion of their duties.
- 10.03.002 The Commissaries must liaise closely with the timing crews at all times.

11 Identification of Riders during Competition

11.01 Affixing of Race Numbers

Competitors must fasten numbers supplied by the Race Organisation as follows. These numbers are applicable to all forms of Mountain Bike Competition.

- 11.01.001 Front number Plate
One number to be placed on the front of the bike - the Front Number Plate.
- 11.01.002 Body number
A body Number may be supplied - to be placed on the central lower back.

11.02 Number Plate and Body Number specifications

11.02.001 Outside dimensions of numbers

The outside dimensions of all number plates and body numbers must conform to the following minimum dimensions
Front Number Plate: 148mm high x 210mm wide [A5]
Body Number: 148mm high x 210mm wide [A5]

11.02.002 Dimensions and colour of digits and letters

- 11.02.003 The digits and any letters for the Front Number Plate and Body Numbers must meet the following minimum dimensions:
Height: 60mm
Width: 40mm
Thickness: 10mm

11.02.004 Digits and letters on number plates must be in black. Background colour-coding may be used to denote different categories and start groups, but must not affect the visibility of the number.

11.02.005 The minimum space that must be available for the number must be 80mm high x 210mm wide.

11.03 Advertising and damage on Number plates

- 11.03.001 Only the organisation may place advertising on the Front Number Plate and the Body Number.
- 11.03.002 No advertising is permitted within the space reserved for the number.
- 11.03.003 Race numbers must be waterproof.

11.03.004 Riders may not cut, fold or mutilate race numbers.

12 Running the Competition

12.01 Preliminaries

12.01.001 Course inspection

One of the race Commissaires will check that the course is correctly marked and safe. A report of this check will be made to the Chief Commissaire and the Race Director (and the Technical Delegate if applicable).

12.01.002 License check

The checking and control of licenses and registration will take place in an office at the race venue.

12.01.003 Training

Riders may have access to the route with the permission of the Race Director during signing on and if the rider wears a race number. However, no training is permitted on the route while a race is in progress.

12.01.004 Start Lists

The list of competitors must be finalised before the race starts and will ensure the nation, team, category, type of race, distance, start time and, if appropriate, the start order.

12.01.005 Route maps and pre-race briefing

The race route is fixed before the start and riders must have access to a map of the route when at registration at the event. Riders or bonafide Team Managers must also attend a pre-race briefing, or will be briefed on the start line, which will contain any specific regulation changes.

12.01.006 Changes to race procedure

Any last minute changes to race procedures must be made known to the riders at the start line before the start of their race.

12.02 Start Procedure

12.02.001 Call up and Zoning

12.02.002 In mass start events, staging of the riders must commence no earlier than 20 minutes before the scheduled start of the race. At 5 minutes prior to staging an announcement over the public address system must be made to advise when staging will begin, and again at 3 minutes prior to staging.

12.02.003 Prior to the start of a mass start race a tape or ribbon will be held across the start line, behind which the riders will line up as they are called.

12.02.004 In mass start events, the tape or ribbon used at the start must be raised at the 30 seconds start announcement.

12.03 Seeding: Marathons

12.03.001 The riders will be seeded according to their rankings in the National MTB Seeding System and in the specific discipline in which they are competing.

12.04 The Start

12.04.001 The Start Commissaire is in control of the public address system from three minutes prior to the start, until the start has been completed.

12.04.002 The start briefing will be given in English and, where necessary and appropriate, in any other official South African language.

12.04.003 As a minimum for mass start events, start announcements will be made at 5, 4, 3, 2 minutes before the start, 1 minute, 30 seconds and 15 seconds. The Start Commissaire will then start the race somewhere between 15 seconds and 0 seconds. No countdown announcement can be given when there is less than 15 seconds remaining.

- 12.04.004 Mass start competitions will be started by a starter's pistol or gun which will be fired by the Start Commissaire. Where a pistol is not available a whistle, siren or hooter can be used.
- 12.04.005 False starts: The Start Commissaire can declare a false start if one or more riders will have been placed at a disadvantage. At 75m after the start line, course marshals with special identification will be standing on the side of the course and will be ready to stop the race by waving red flags if the Start Commissaire declares a false start.
- 12.04.006 In mass start events the Start Commissaire will declare a false start with the firing of the starter's pistol with a double shot. This must be immediately followed by an announcement by the Start Commissaire that a false start has been declared.
- 12.04.007 Riders who jump the start may receive a time penalty or be disqualified.
- 12.04.008 Riders must start stationary with one foot on the ground. (Modified 01/01/2016)
- 12.04.009 The Start line should be clearly marked (Modified 24/11/2016)

12.05 The Finish

- 12.05.001 The finish line shall comprise a black line 4cm in width, painted in the centre of a white 20cm wide strip thus leaving 8cm of white on each side of the black line. (Modified 01/01/2016)
- Unless otherwise specified, the finish may also be observed using any appropriate technical means that is accepted by the commissaires panel. (Modified 21/05/2016)
- 12.05.002 The finish occurs at the instant that the tyre of the front wheel meets the vertical plane rising from the starting edge of the finish line. To this end, the verdict of the photo-finish shall be final. (Modified 21/05/2016)
- 12.05.003 Riders may finish on foot provided that they have their "bicycle" with them.. (Modified 21/05/2016)

13 The Race

13.01 Completion of the full route

- 13.01.001 Riders must complete the entire distance of the race and the responsibility for following the official route lies with the rider.
- 13.01.002 A rider is not permitted to take any shortcuts or to omit a circuit or take other advantage of a similar nature against opponents.
- 13.01.003 If a rider exits the route of the course for any reason, he/she must return to the course at the exact same point from which he/she exited.
- 13.01.004 Any walking, running or riding by a rider which is carried out without the intention of directly re-joining the course, or other activity in breach of the regulations, which takes place outside of the marked course area, will result in disqualification.

13.02 Technical assistance

- 13.02.001 A rider may receive technical assistance along the course from a fellow competitor but not from anyone outside of the course. **(see 18.04 and 18.05 for additional details)**
- 13.02.002 A rider may only change his/her bike or receive any technical assistance between races or stages.

13.03 Code of conduct for riders

- 13.03.001 A rider must act in a polite manner at all times and permit any faster rider to overtake without obstructing.

- 13.03.002 Riders must respect the countryside and ride only on the official route. The rider must avoid polluting the area and not leave any waste or litter.
- 13.03.003 No glass containers of any kind are permitted on or near the course.
- 13.03.004 A rider must not use offensive or abusive language during the race, act in an anti-sporting manner, be disrespectful to the officials or ignore the race regulations.

14 Equipment – Clothing – Protective Gear

14.01 Bicycle

The bicycle is a vehicle with two wheels of equal diameter. The front wheel shall be steerable, the rear wheel shall be driven through a system comprising pedals and a chain. (Modified 21/05/2016)

- 14.01.001 It is forbidden to use metal screws or spikes in the tyres of the bicycle.
- 14.01.002 Bicycles must use a wheel on both front and back of the same size for all disciplines of Mountain Bike competition.
- 14.01.003 Bicycles shall have at least two brakes which are in good working condition.
- 14.01.004 Handlebar ends and Handlebar extensions shall be plugged and must not have sharp or jagged edges.
- 14.01.005 The use of Tri bars, or Time Trial handlebars, is not permitted.
- 14.01.006 The use of drop-type handle bars is not permitted, and only traditional MTB bars may be used.
- 14.01.007 All bicycles used in all forms of mountain bike competition/events must be powered by human power alone.
- 14.01.008 Uni Cycles are not permitted. (Modified 01/01/2016)
- 14.01.009 Tandems do not form part of mountain bike competition and cannot be included in prize categories unless a specific category is provided by the race organizer. (Modified 01/01/2016)
- 14.01.010 The use of electronic (E- Bikes are not permitted in any form of mountain bike events). **Which are run on the same course at the same time. (Modified 01/10/2017)**

14.02 Clothing

- 14.02.001 Footwear shall be fully enclosed
- 14.02.002 A competitor must wear appropriate riding attire, including a shirt with sleeves of a minimum short sleeve standard which reaches half way from shoulder to elbow.
- 14.02.003 Eye protection is strongly recommended.
- 14.02.004 Wearing of a helmet which meets minimum ANSI/European standards is mandatory during training and racing, and should be able to absorb severe shock.

14.03 Forbidden devices

In all forms of mountain bike competition:

- 14.03.001 Radio links: The use of radio links or other remote means of communication with riders during a race is forbidden.
- 14.03.002 Music players: The use by any rider of any form of music player, audio device or other similar device (e.g. iPod, MP3 Player, walkman, mobile phone) is forbidden during all events and competition as these devices restrict hearing and are considered dangerous to the rider and other riders.
- 14.03.003 Cameras: No form of camera may be mounted or worn by the rider on any part of the body, and may also not be mounted on the helmet of a rider.

15 Penalties

15.01 Types of Penalties

Penalties can be imposed according to the nature of the offence and one or more of the following can be used:

- 15.01.001 Verbal warning.
- 15.01.002 Fine (Minimum R 200-00)
- 15.01.003 Relegation of position (by one or more positions)
- 15.01.004 Time or points penalty.
- 15.01.005 Disqualification.
- 15.01.006 Suspension.

15.02 Forms and Procedures

- 15.02.001 The Cycling SA MTB penalty form will be used by Commissaires for all penalties.
- 15.02.002 When an offence is committed, the Chief Commissaire will inform the rider of the penalty. If he cannot inform the rider he will inform an official representative of his/her Province or team.

15.03 Anti-doping infringement

The penalties applicable to anti-doping infractions are dealt with in the Anti-Doping Regulations.

15.04 Outside technical assistance

Illegal repairs to the bike, change to the bike, unauthorised feeding or any assistance received from any external source or receiving seconding from some-one illegally or not in accordance with the Technical Assistance rules detailed in these regulations - **will result in disqualification.**

15.05 Unsporting Behaviour

Jersey pulling, pushing or pulling another competitor [whether given or received], leaning on another competitor, object or structure, irregular assistance between riders of different teams, -may lead to relegation in the results and repeated occurrences **may result in disqualification. (Modified 01/01/2016)**

15.06 Obstruction

Obstruction of any rider in the final sprint, unsporting conduct towards another rider with the intention of restricting movement, taking a short cut, substitution for another rider, taking both hands off the handlebars in the final sprint, - may result in **relegation or disqualification.**

15.07 Indecency

Indecent conduct or foul language, disrespect to officials and/or to the public will be penalised. **Repeated occurrences may lead to disqualification and a severe offence may justify a recommendation for suspension.**

15.08 Fighting

Fighting between competitors or with an official or member of the organisation or public will be penalised by **disqualification and exclusion from the result. Severe offence can justify a recommendation for suspension.**

15.09 Littering

Pollution or discarding of wrappers packaging or containers. **Warning followed by a fine for repeated offences. Recommended that disqualification be considered.**

15.10 Suspensions

Affiliated Federations, Provinces and Clubs are obliged to respect suspensions imposed on riders by other affiliated Federations, Provinces or Clubs.

15.11 Ignorance of the regulations is not admitted as an excuse.

16 Protests

- 16.01 Any rider who considers he/she has been prejudiced by any action during the competition may submit a protest to the Chief Commissaire after he/she has crossed the finish line. The rider must submit his protest in writing and it

must be signed and presented within 15 minutes of the end of his/her race along with the minimum fee of R200.00 to the chief Commissaire. The Chief Commissaire will send any funds collected in the form of fines and protests to the CSA MTB Office together with their race report.

- 16.02 A protest against results must be submitted in writing and it must be signed and presented within 15 minutes of posting the results along with a fee of R200.00 to the chief commissaire.
- 16.03 Any appeals against penalties imposed by the Commissaire panel must be received within 15 minutes of the communication of the penalty by the Commissaire Panel. A fee of R200.00 must accompany the appeal.
- 16.04 If a protest/appeal involves one of the top five finishers: the awards ceremony will be delayed until a decision is reached.
- 16.05 The Commissaries Panel, in conjunction with the Technical Delegate, or, in his absence any other National Commissaire will deliberate. Any decision made will be final.

17 Appeals [to be added later, in line with general CSA policy]

18 GENERAL REGULATIONS APPLICABLE TO CROSS COUNTRY COMPETITION

18.01 Course Design Parameters

18.01.001 100% ride-able course
The course must be 100% ride-able regardless of the terrain and weather conditions. Brief and unavoidable dismounts may be approved by the Technical Delegate or in the absence of a Technical Delegate, the Chief Commissaire.

18.01.002 Optimum winning time: The optimum winning time for a Cross Country Circuit race should be within the following range (in hours and minutes):

Category	Females			Males		
	Min	Optimum	Max	Min	Optimum	Max
Nippers	00:25	00:33	00:40	00:25	00:33	00:40
Sprogs	00:40	00:48	00:55	00:40	00:48	00:55
Sub Junior	00:55	01:03	01:10	00:55	01:03	01:10
Youth	01:00	01:08	01:15	01:00	01:08	01:15
Junior	01:00	01:08	01:15	01:00	01:08	01:15
Under-23 Women	01:15	01:23	01:30	01:15	01:23	01:30
Elite	01:20	01:30	01:40	01:20	01:30	01:40
Sub Veteran	01:15	01:23	01:30	01:15	01:23	01:30
Veteran	01:15	01:23	01:30	01:15	01:23	01:30
Master	01:15	01:23	01:30	01:15	01:23	01:30
Grand Master	00:50	00(:58	01:05	01:15	01:23	01:30

(Modified 12/2016)

Above times may vary in line with UCI regulations

The quantity of laps to be ridden in each category, must be determined by the predicted fastest lap time in that specific category. This implies that the quantity of laps will be dependent on which riders have entered the race. If this is not known, it is advisable to ask some top riders to provide their approximate lap times at race-pace, and insert those into the lap-calculator table to assist in determining the number of laps to be ridden

18.01.003 DNF Riders

Riders who withdraw from their event prior to being verified by the Commissaires as a lapped rider or an official finisher, are classed as "Did Not Finish", and will lose all benefits, such as a placing, competition points and ranking points.

18.02 Course Marking

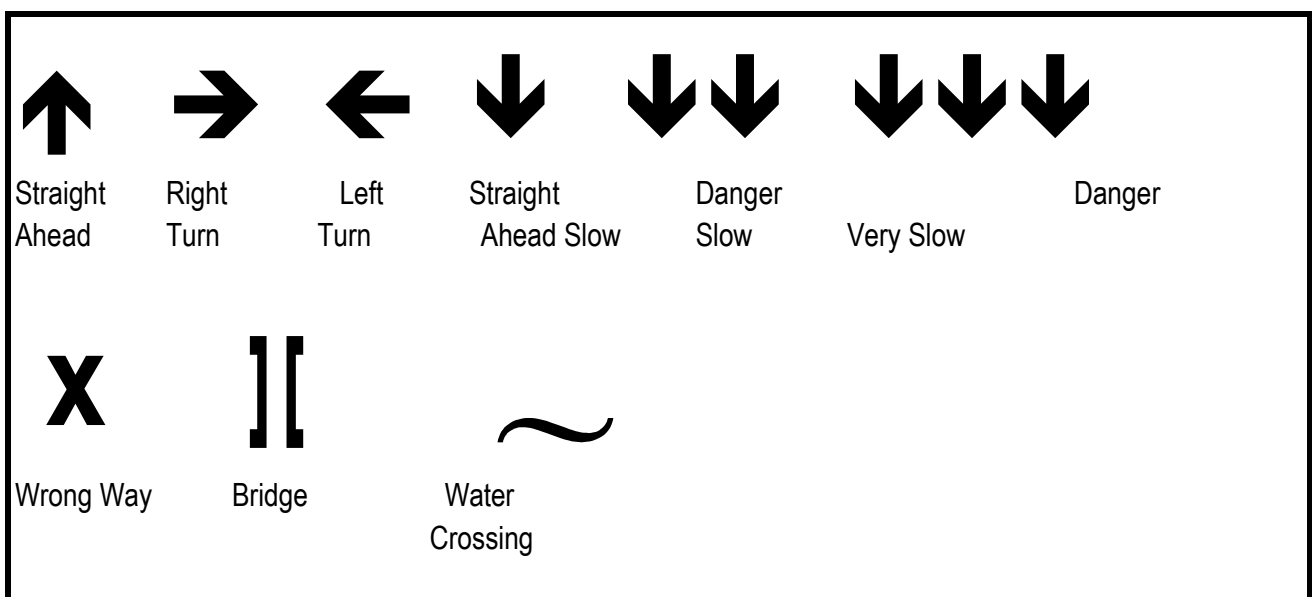
The course must be marked and indicated according to the following system:

- 18.02.001 Directional Arrows: The course direction arrows will be printed in a contrasting colour (black, blue, red) on a white or yellow or distinctive background.
- 18.02.002 Minimum standard: A4 size with the Arrow covering 80% of the sign.
Material: any durable, weatherproof, firm, yet safe substance such as Corex, PVC, laminated paper/cardboard.
- 18.02.003 NO METAL signs allowed
- 18.02.004 Arrows will indicate the route to be followed showing changes of course, intersections, and all potentially dangerous situations.
- 18.02.005 Arrows must be placed at frequent intervals along the course to confirm to the rider that he/she is following the correct course.
- 18.02.006 Arrows and other markers used should be placed on the riders' **left hand side** of the course in all instances where practical.
- 18.02.007 Each intersection will be marked by an arrow placed 30 meters before the intersection.
- 18.02.008 Another arrow will be placed at the intersection.
- 18.02.009 Another arrow will be placed 30 meters after the intersection to confirm the correct route.
- 18.02.010 A sign "X" will be positioned within easy eyesight to mark the wrong direction.

18.02.011 **Danger Arrows:**

In all potentially dangerous situations, 1 or more arrows will be placed upside down 30 meters before the obstacle, and also at the obstacle; Two or more upside down arrows mean a more dangerous situation; Three or more upside down arrows means a most dangerous situation, proceed with caution.

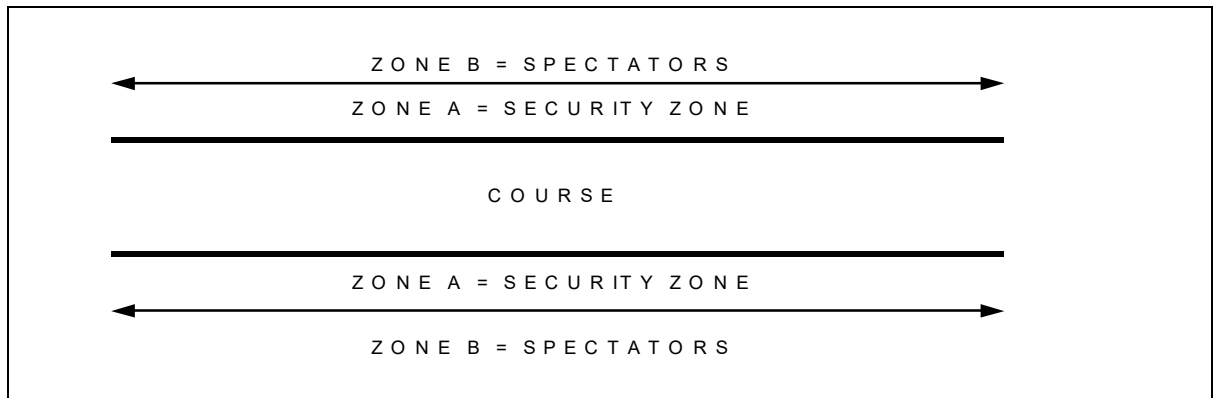
18.02.012 Replicas of the following signs must be used:



18.02.013 Additional marking
In areas where there are steep and/or potentially dangerous downhill sections cross country courses must be additionally marked as follows:
With bamboo or ski slalom gates (PVC piping) with a height between 1.5 and 2 metres.

18.02.014 **NO exposed steel pegs or droppers are allowed**

18.02.015 In high speed sections of the course, as deemed appropriate by the Technical Delegate and the Chief Commissaire: The course should be taped off as below. (The tape should be positioned on the ski gates/piping at a height which does not interfere with television shots - usually at 50cm from the ground.) Zone A sections must be a minimum 2m in width.



18.02.016 In appropriate areas, such as walls, on course tree stumps, on course tree trunks: Hay bales or padding adequate to protect the riders must be used. Such protective measures must not restrict the ride-ability of the course.

18.02.017 In appropriate areas, such as along the edge of steep drops: Catch nets which comply with ski federation norms must be used.

18.02.018 Any wooden bridges or ramps must be covered with non-slip surface (carpet, chicken wire, or special anti-slip paint)

18.02.019 Visual course reference
Fluorescent paint: Where possible, roots, stumps, protruding rocks, etc. should be sprayed with fluorescent paint to give increased rider reference at speed. Only bio-degradable paint should be used; if this is not available, then no paint must be used.

Day-glo stickers: The use of day-glo type stickers to confirm course is recommended

18.03 Feed Zones – Technical Assistance Areas

Feeding or technical assistance is only allowed in designated feeding areas or zones.

18.03.001 **Number of zones:** There must be at least one, but there may be two, Feed Zone / Technical Assistance Area on a XCO course. The number is dependent on the layout of the course and accessibility to the zones. No driving or walking on the course is permitted to access the Zones.

18.03.002 **Eyewear Zone:** Eye wear exchange will only be permitted in feed zones and a designated Eyewear Zone for credentialed eyewear company representatives, if provided.

18.03.003 **Final layout and setup:** The Technical Delegate and/or Chief Commissaire will determine with the collaboration of the Race Director the final layout and set-up of the feed zone(s).

18.03.004 The feed zone must be wide enough and long enough to allow passing of riders without interfering with those taking a feed.

18.03.005 No one is allowed access to the feed zone area without team, individual feeder, race staff or Commissaires credentials.

18.03.006 Feed Zones must be clearly marked, fenced off from the public and strictly controlled by Commissaires and/or marshals.

18.03.007 **Location:** Each feed zone must be located on flat or uphill sections which are slow and open enough to facilitate feeding. They should also accommodate three different groups:

Team - team sponsored riders. Team personnel must wear team identifiable clothing and show appropriate credentials

Individual - riders without team support.

Neutral - organizer provided, volunteer support. (This is at the discretion of the organizer only)

18.04 **Technical Assistance**

Technical assistance during a race is permitted subject to the conditions below.

18.04.001 Authorized technical assistance during a race consists of repairs to or the replacement of any part of the bicycle other than the frame.

18.04.002 Complete bike changes are not permitted and the rider must cross the finishing line with the same handlebar number board that they had at the start.

18.04.003 Technical assistance shall only be given in the feed/technical assistance zones.

18.04.004 Spare equipment and tools for repairs must be kept in the zones. Repairs and equipment changes can be carried out by the rider himself or with the help of a team-mate, team mechanic, neutral technical assistance or any other person within the zones.

18.04.005 005 In addition to technical assistance in feed zones, technical assistance is permitted outside these zones only between riders in the same race or a race that is being run at the same time on the same course. No assistance from spectators, seconds or any source outside the course is allowed. **Any rider receiving assistance from a different sex / age category will not be eligible for podium. Particular caution to senior riders assisting junior (8 – 18 Yrs) riders will disqualify the juniors from the race. (Modified 1/10/2017)**

18.04.006 Riders may carry tools and spare parts provided that these do not involve any danger to the rider or the other competitors.

18.04.007 Organisers will not have to provide any equipment or additional facilities to accommodate technical assistance. It is the responsibility of the rider to have equipment and tools available in the Technical Assistance area.

18.04.008 Technical Assistance areas may be the same area as the Feed Zone area. Riders must ensure that they do not interfere with or restrict the movement of other competitors when in the feed / technical assistance zone.

18.04.009 A rider must follow the course at all times and may not backtrack or short cut to reach the Feed / Tech zone. They may not leave the course at any time during the race or the feed/technical zone unless withdrawing from the race. In other words, if a rider pasts the zone they cannot back track.

18.04.010 Only **within** the feed/technical assistance zone itself, a rider may turn back but may not obstruct other competitors in doing so.

18.04.011 The spraying of water on riders or bicycles by feeders, mechanics or any support crew is forbidden. Water may be poured onto the rider **ONLY** if the Chief Commissaire has given permission before or during the event.

18.05 **Feeding**

18.05.001 During feeding no physical contact between feeders and riders is allowed. This will be considered as illegal technical assistance.

18.05.002 It is not permitted for a feeder to place water bottles on to the bike, and - or place food and water bottles in the rider's pockets. All food and bottles must be handed to the rider - considered illegal technical assistance.

18.05.003 Feeding or Technical Assistance is only permitted from one point in a particular feed zone and having a second or multiple feed points for any one rider is forbidden. The Chief Commissaire may however give permission for a second feed point to be established in a feed zone if the circumstances justify it e.g. exceedingly hot weather.

- 18.05.004 No rider may turn back on the course to reach a feeding/technical assistance zone. Once past the feed/tech zone a rider must follow the course until the next feed/tech zone before receiving external feeding or external technical assistance. NO BACK TRACKING IS PERMITTED.
- 18.05.005 It is forbidden for feeders to run beside their riders in the feed zone.
- 18.05.006 Water bottles being discarded by riders in the feed zone will be done so in a safe manner and the throwing or tossing of water bottles at any time is forbidden.
- 18.06 Security**
[to be added later]
- 18.07 Communication**
- 18.07.001 a radio communications system must be installed which is capable of covering the entire course without dead spots from start finish.
- 18.08 Marshals**
- 18.08.001 Flag system: The marshals must be issued with flags, and a flag system must be applied as follows:
- 18.08.002 during official training and racing, every marshal must carry a yellow flag which must be waved in the event of a crash to warn other riders who must slow down.
- 18.08.003 some marshals specifically appointed by the organiser and the marshal coordinator must carry a red flag and the red flags are used in training and racing.
- 18.08.003 if this flag is held out stretched, riders must slow down since an accident ahead is being indicated.
- 18.08.004 **Whistles:** All marshals must ideally have line of sight with each other and carry whistles which will be blown with a short sharp blast as the next rider approaches.
- 18.08.005 **Age:** Minimum age of 18 years for all Marshals.
- 18.08.006 **Welfare of marshals:** The safety, security and welfare of marshals must be properly addressed by Organisers.
- 18.09 Medical and First Aid – Minimum Requirements**
Please refer to Annexure 2
- 18.10 Minimum Training Periods**
- 18.10.001 the organisation must make courses available and fully marked for training at least 24 hours before the first race (qualification or other).
- 19 GENERAL REGULATIONS APPLICABLE TO DOWNHILL COMPETITION – DHI**
- 19.01 Format for racing**
- 19.01.001 **Single Run Format:** A single run format must be used. This may involve one of the following:
- 19.01.002 A system in which a qualification and a semi-final lead to a final in which the fastest time wins - such as the World Cup system, or-
- 19.01.003 a seeding run, followed by a single run by all competitors based on the seeding run, with the fastest time winning - such as the World Championships system.
- 19.02 Course Design Parameters**
- 18.02.01 Course length and Race time

Parameter	Minimum	Maximum
Course Length	1 500m	3 500m
Race Time	1 min	5 min

(Modified 01/01/2016)

- 19.03 Course Marking**
The regulations applicable for XCO will also apply here for Downhill; see section **18.02** above
- 19.04 Security**
*The regulations at **18.06** above will apply*
- 19.05 Clothing/Protection**
CYCLING SA MTB cannot authorise downhill protection standards obligatory for all events since different standards apply in different countries.
- 19.05.001 **Compulsory protective gear**
- An approved full-face helmet must be worn both when racing and when training on the course.
 - Broad full-length trousers made from rip-resistant material incorporating protection. For the knees and calves, or broad-cut shorts made from rip-resistant material plus Knee and calf protectors with a rigid surface.
 - Long sleeved shirts
 - Full finger gloves
- 19.05.002 **Recommended protective gear**
Based on current experience, Cycling SAMTB strongly recommends that riders wear the following protection:
- Back, Elbow, Knee and Shoulder protection with a rigid surface.
 - Thigh padding
 - Shin padding
- 19.06 Communication**
A two-way radio communications system must be installed which is capable of covering the entire course without dead spots from start to finish.
- 19.07 Marshals**
*The regulations as in Section **18.08** above will apply, including flag systems, age, training, whistles and welfare of marshals.*
- 19.08 Race halt procedure**
- 19.08.001 all red flag holders must have radios tuned to the same frequency as the Chief Commissaire, Race Director, and Medical staff.
- 19.08.002 Red flag holders observing a serious accident must immediately report the accident on the radio to the Chief Commissaire and Race Director.
- 19.08.003 Red flag holders must immediately assess the situation of the crashed rider and continue reporting To the Chief Commissaire and Race Director.
- 19.08.004 other red flag holders should be aware of any radio traffic concerning an accident and when observing a neighbour waving his/her flag must do the same.
- 19.08.005 Chief Commissaire: The Chief Commissaire may order that the race be stopped and that the red flag is waved vigorously.
- 19.08.006 Riders observing a waving red flag during the race must STOP immediately since a serious accident ahead is being reported.
- 19.08.007 a stopped rider should proceed calmly but promptly to the finish and request a re-start from the Finish Commissaire and wait for further instruction.
- 19.09 Medical and First Aid – Minimum Requirements**
Please refer to Annexure 2

19.10 Minimum Training Periods

- 19.10.001 on foot inspection: At least two days prior to competition, on foot inspection must be provided.
- 19.10.002 Training days: A minimum of two days training must be provided.
- 19.10.003 One day prior to competition a non-stop training session must be provided.
- 19.10.004 on the morning of the race, an optional training period must be provided.
- 19.10.005 Sticker system: A bike sticker system must be used to confirm that riders have completed a Minimum two training runs.
- 19.10.006 Training runs: Riders must commence all training runs at the beginning of the course at the official start gate.
- 19.10.00 On RACE DAY the course will be closed, at the Starting point, 30min before the official start. Any rider on the course 15min after official closure may be disqualified.

19.11 Transportation to top of course

- 19.11.001 Transport must be provided which is capable of moving 100 riders per hour with their bikes to the top of the course.
- 19.11.002 a suitable alternative access system must be planned should the primary access system fail.

20 GENERAL REGULATIONS APPLICABLE TO 4X COMPETITION – 4X

The rules as per UCI MTB Rules 4.4.001 to 4.4.027, inclusive, will apply

Clothing / Protection

Helmet: An approved full-face helmet must be worn both when racing and when training on the course. The helmet must be fitted with a visor.

Recommended protective gear

Cycling SA MTB strongly recommends that riders wear the following protection:

Long pants

Long sleeved shirts

Back, Elbow, Knee and Shoulder protection with a rigid surface

Thigh padding

Shin padding

21 GENERAL REGULATIONS APPLICABLE TO CROSS COUNTRY ELIMNATOR – XCE

The rules as per UCI MTB Regulations Annexure 5 will apply

22 GENERAL REGULATIONS APPLICABLE TO CROSS COUNTRY MARATHON – XCM

22.01 Definitions

- 22.02.001 **Ultra Marathon** is any distance in excess of 80km on any one-day event and specified specifically as an ultra-marathon
- 22.02.002 **Marathon** is any distance in excess of 60kmon any one-day event
- 22.02.003 **Half Marathon** is any distance in excess of 35km or approximately half the distance of the marathon event staged on the same day or same weekend.

22.02 Minimum Ages

- 22.02.001 Each rider is classified according to his or her age on 31 December of the current year i.e. Current year minus date of birth (e.g. 2014 – 1996 = 18 years)
- 22.02.002 Age Restrictions
See Rule 02.05

See information published on www.cyclingsa.com for further detailed information regarding age categories and championship categories

22.03 Timing

22.03.001 Event organizers may use any timing system that is appropriate for the event/race either manual or electronic or a combination of the two.

22.03.002 The riders position is based on the riders final elapsed time irrespective of their start batch. Unless otherwise specified in the race organisers specific race rules.
(Modified 12/2016)

22.04 Course Design Parameters

The course must be 100% rideable regardless of the terrain and weather conditions. Brief and unavoidable dismounts may be approved by the Technical Delegate or in the absence of a Technical Delegate, the Chief Commissaire.

22.05 Technical assistance

22.05.001 Outside technical assistance and feeding is not permitted in marathon or half marathon events.

22.05.002 Technical assistance is however allowed between competitors riding the same race and on the same route. No assistance from anybody else / outside assistance is permitted.

22.05.003 Outside technical assistance and feeding is permitted on Ultra Marathon events but only at the feed / technical zone as provided by the organisers. There will be **three** technical zones provided for an ultra marathon event.

22.05.004 a rider must complete the race on the same bicycle that he/she started the race on. The frame and front number board must at least be the same; however, wheels, tyres chains etc. can be changed.

22.06 Towing

The physical pushing, pulling or towing of other riders is not permitted.

22.07 Drafting

22.07.001 Drafting by or between riders of the opposite gender is not permitted i.e. A male rider cannot allow a female rider to draft him during the race or via versa of obtain an unfair advantage over other competitors of the same gender.

22.07.002 Drafting in bunches is accepted cycling practice but drafting only to gain an individual advantage is unsporting and is not acceptable.

22.08 Course marking

The rules as for XCO will be applicable, as at **18.02** above

22.09 Feed Zones

The regulations as in **18.03** above will apply, and in addition the following:

22.09.001 Ultra Marathon

- Feeding is permitted on Ultra Marathon events but only at the feed / technical zone as provided by the organisers. There will be **three** technical zones provided for an ultra marathon event.
- No one is allowed access to the feed zone area without team, individual feeder, race staff or commissaires credentials.
- They should also accommodate three different groups:
 - Team - team sponsored riders. Team personnel must wear team identifiable clothing and show appropriate credential.
 - Individual - riders without team support.
 - Neutral - organizer provided, volunteer support. (This is at the discretion of the organizer only)

22.09.002 Technical re-supply

If permitted technical re-supply can only take place in pre-determined pit areas: Riders will be able either to stock up on spares, or carry out repairs on the spot. Riders may accept manual assistance from another rider but not from any other person, other than team mechanics on Ultra-Marathons. Technical re-supply is limited to supplying riders with tools for repairs such as chain tools, tyre levers, spanners, pliers etc. or spares such as tubes, tyres chains or cables. (Bikes and wheels may not be exchanged)

22.10 Rider Safety

22.10.001 No following vehicle other than the organizational vehicle, ambulance and official TV crew will be allowed on the race route. Riders may NOT be seconded by means of "leap frogging" Riders found to have been advantaged in this way may be disqualified.

22.10.002 Checkpoints will be set along the course to ensure that the rider completes the whole course.

22.11 Security

See section **18.06** above

22.12 Communication

A radio communications system must be installed which is capable of covering the entire course without dead spots from start to finish. Alternatively, cell phones may be used, if there is cell phone reception.

22.13 Marshals

22.13.001 Must be at places where short cuts can be taken and at any area needing spectator control.

22.13.002 In addition, the requirements in **18.08** above must be met.

22.14 Medical and First Aid – Minimum Requirements

Please refer to Annexure 2

23 GENERAL REGULATIONS APPLICABLE TO STAGE RACES – XCS

23.01 Preliminaries

23.01.001 a mountain bike stage race is a series of races, or events, in which there are normally individual and team competitions. Individuals must complete each stage according to the specific procedures for the event in order to be eligible for the next stage. A mountain bike stage race is held under the General International Mountain Bike Regulations of the UCI with the exception of these specific regulations that apply to mountain bike stage racing.

23.02 Race Regulations

23.02.001 The organiser, under the supervision of the Chief Commissaire shall prepare a complete set of race regulations that specify how each stage will be conducted.

23.02.002 a. Riders of the same team need to ride together at all times.
b. Team riders who are separated from their riding partner for more than 2 minutes during any time of the stage will be penalised by 30 minutes.
c. The checking of rider separation will be checked en-route or at the finish line or a combination of both places.

(Modified 29/12/2017)

23.03 Classifications

For all Stage Races, the following classifications are to be used:

23.03.001 Minor Stage Races - Men's Individual General Classification
Women's Individual General Classification
Men's Team General Classification (Optional).
Women's Team General Classification (Optional).

23.03.002 Major Stage Races - Men's Individual General Classification
Women's Individual General Classification
Men's Team General Classification
Women's Team General Classification

23.04 Duration

23.04.001 Stage races shall be a minimum of 2 days

23.04.002 A Prologue Individual Time Trial may be conducted and is included in the count of competition days. Prologue results are included in Individual General Classification only.

23.05 Individual General Classification (Individual GC)

23.05.001 Based on an individual competitor's cumulative time for each stage including a prologue if this is run.

23.05.002 Bonuses or penalties shall be applied to Individual GC, but not to stages.

23.05.003 The individual with the lowest cumulative time at the end of all stages including the prologue is the winner.

23.05.004 Individual monetary fines may be levied as per Cycling SA MTB Regulations and shall be paid before the distribution of prize monies.

23.06 Team General Classification (Team GC)

23.06.001 Based on a team competitor's cumulative time for each stage including a prologue if this is run.

23.06.002 Bonuses or penalties shall be applied to Team GC, but not to stages.

23.06.003 The team with the lowest cumulative time at the end of all stages including the prologue is the winner.

23.06.004 Team monetary fines may be levied as per Cycling SA MTB Regulations and shall be paid before the distribution of prize monies.

23.07 The Competition

Until such time as separate regulations have been drafted, the general regulations applicable for XCO and XCM above will apply.

24 GENERAL REGULATIONS APPLICABLE TO ENDURO EVENTS

24.01. Race Characteristics

24.01.001 The race includes several liaison stages and timed stages.

The times achieved in all timed stage will be accumulated to a total time.

An enduro course comprises varied off-road terrain. The track should include a mixture of narrow and wide, slow and fast paths and tracks over a mixture of all road surfaces.

Each timed stage must be predominately descending but small pedaling or uphill sections are acceptable.

Liaison stages can include pedal powered climbs. The emphasis of the track must be on rider enjoyment, technical and physical ability.

24.02. Technical Assistance

24.02.001 a maximum of one technical assistance zone can be provided by the organizer. Outside technical assistance is only allowed in this area.

24.02.002 Only one frame, one front and rear suspension unit (fork/rear shock) and one pair of wheels can be used by a competitor during a competition. Frame, suspension and wheels will be individually marked by the officials before the start of the race and checked at the finish. Broken parts can eventually be replaced upon approval with a 5 min penalty.

24.03 Equipment

24.03.001 Riders must wear a helmet at all times during competition. In very technical terrain the organizer can specify in his particular rules that competitors must wear a full-face helmet.
CSA MTB strongly recommends that riders wear the protections as indicated in article. 19.05.002.

24.04 Course Marking

24.04.001 Enduro courses must be clearly marked using a combination of arrows, gates and traditional course tape.

24.04.002 Extra care must be taken by the organiser to make sure that the course is clearly marked and no shortcuts are possible.

24.04.003 In sections of the course that are marked by course tape, both sides of the track must be marked.

24.04.004 Easily recognizable gates should be installed in hard to interpret or hard to define sections of the course. The gates should be installed in key areas of the course and should be listed as checkpoints.

24.05 Organisation of Competition

24.05.001 The organizer must provide the start times for each timed stage.

24.05.002 Each rider takes an individual start, the start interval between the riders must be of 20 seconds at least.

24.05.003 A minimum of 3 timed stages must be raced. The total time for each rider shall correspond to a minimum of 10 minutes,

24.05.004 A minimum of 2 different courses for the timed stages must be used. Under unforeseen and exceptional circumstances (e.g. weather), the chief commissaire may, after consulting the organizer, cancel a stage or remove it from the general classification.

24.05.004 Adequate training must be provided by the organiser for all timed stages.

24.05.005 There are no restrictions on the nature of liaison stages. Uplift of riders can be either by mechanical means (truck etc) or by pedaling or a mixture of both.

24.06 Results

24.05.001 The events general classification will be calculated by adding all special stages times together for each rider.

24.07 Infringements

24.07.001 A rider must act in a sporting manner at all times and must permit any faster rider to overtake without obstruction,

24.07.002 The president of the commissaries' panel can consider a rule violation that has not been witnessed by a race official if it has been reported by at least two riders who are part of two different teams (e.g. rider getting assistance outside technical assistance zone, rider cutting course).

24.08 Marshals

24.08.001 A number of marshals or commissaries should move around the course during the competition to undisclosed points.

24.09 Medical and First Aid – Minimum Requirements

Please refer to Annexure 2

25 SOUTH AFRICAN CUP AND PROVINCIAL CUP SERIES

National MTB Exec will decide on annual basis

26 Cup Rankings and Champions

26.01 National and Provincial Series Champions

26.01.001 The National & Provincial Cup Category rankings and champions in each category and discipline shall be determined by the National & Provincial Cup Series.

26.01.002 The rider with the greatest number of points in a specific category and discipline will be the national Cup or provincial Cup champion in that category and discipline.

26.02 Age group categories, prizes and medals – National Series and Championships

26.02.001 To maintain the status and competition in national mountain biking events, the following will be applied when determining start lists for the various age groups. The lower requirement in some cases, especially in the young categories, is to encourage and reward participation.

26.02.002 **Minimum no. of riders to make up an age group** [but awards as in 4 below]:

Elite	5
Under 23	5
Junior	5
Youth	5
Masters	3

If less than above, riders to move category step-by-step as below, until minimum is reached:

<u>Age Group</u>	<u>Move to</u>
Youth	Junior
Junior	Under 23 [or elite if no u/23 class]
Under 23	Elite
Elite	no move possible [commissaire to rule on minimum]
Sub Vet	Elite
Veteran	Sub Vet
Master	Veteran
etc	etc

26.03 Prize money for combined groups

26.03.001 From Sub Vet and older, prize money is allocated across the combined group, e.g Sub Vet;

26.04 Medal winners and prize money allocation

26.04.001 Per number of riders prize money and medals should only be awarded as follows:

No. of starters	Positions for medals	Positions for prize money
5	1 st – 2 nd – 3 rd	1 st – 2 nd – 3 rd
4	1 st – 2 nd – 3 rd	1 st – 2 nd – 3 rd
3	1 st – 2 nd	1 st – 2 nd
2	1 st	1 st
1	Nil	Nil

26.04.002 If there is only 1 rider in any category at National-, Regional- or Provincial Championships, then the Championship and any awards, trophies or jerseys may not be granted, and there will be no champion crowned

26.05 Earning points in your actual age group

Where riders are required to ride in a younger age group due to insufficient numbers, they will still earn log points for their position in the age group ridden. These points will be allocated to them in their actual licence age group. This will reward commitment and consistency, but not penalize riders who have to ride younger age groups due to low numbers.

26.06 MTB Disciplines – National or Provincial Cup Series

The following mountain bike disciplines may count towards National- Regional- or Provincial Cup Series titles, if run as a national or provincial series in any particular year. The Management Committee will decide before each annual

series how many races in each discipline will constitute the national Cup series and in what manner points will be accumulated:

- Cross Country
- Downhill
- Marathon

27 National Championships and National Series

27.01 National or Provincial Champion

27.01.001 To be a National or Provincial Champion a rider must be a citizen or permanent resident of South Africa. Non-citizens may compete in a National Championship race and be eligible for cash or merchandise awards but are not eligible to become the National Champion or receive Cycling South Africa championship medals.

27.01.002 The National Champion will be the person who wins the national Championship on a day which is determined from year to year by the Cycling SA MTB management committee.

27.02 Points System

27.02.001 The points system for National and Provincial races is as follows for all categories and age classes regardless of the number of riders in a particular category.

27.02.002 Cross Country and Downhill

See Annexure 3

27.02.003 Lapped riders

Lapped riders in Cross Country races are allocated points for the relative position in which they completed their last lap when pulled off at the finish after the winner has passed through. [Lapped riders in combined categories will be pulled off after the winner of the combined group has passed through.]

27.02.004 80% Rule

The 80% rule may be applied as provided for in the UCI regulations.

27.02.005 Overall points

The overall points earned by each rider are determined by the total race results for XCO or DHI during the season.

27.02.006 Splitting a tie on Points: If there is a tie in the overall standings for the season, the result of the most recent race will count to split the tie. It is not mandatory to compete in the final race to gain an overall result for the season.

28 PARTICIPATION IN INTERNATIONAL RACES

28.01 World Cup Events

28.01.001 Riders must have authorisation from Cycling SA Mountain Bike to compete in World Cup races. This may be obtained for a full season if a UCI-registered trade team will be submitting their race entries.

28.01.002 Riders are personally responsible to request that they be entered in a World Cup event. Such request must be in writing with accommodation information or by fax, and must specifically state that the rider accepts liability for payment of the full entry fee. This request must be received a minimum of 21 days before the event.

28.01.003 Riders who do not register for a race in which they have been entered by CyclingSA MTB will be liable for immediate payment of the full entry fee as well as all penalties incurred to CyclingSA MTB.

29 DRUG TESTING

The anti-doping rules of the UCI and of Drug-Free Sport SA will apply, and the drug testing and anti-doping measures will be conducted according to the rules of both these organizations, and as they pertain to mountain biking

0 ANNEXURES

A2 Annexure 2: Minimum Medical and First Aid Requirements

A2.01 General

A2.01.001 Organiser to ensure that the medical personnel are appropriately qualified

A2.01.002 Marathons: Organiser must have a medical plan; danger points marked.

A2.01.003 A report must be submitted by the Organiser and/or the Host Province to CYCLING SA MTB within seven working days of the end of the race listing all injuries and treatments rendered with the riders name and number.

A2.02 Ambulances – Base Units – Mobile

A2.02.001 Base Unit at Finish Line: A base unit, with paramedic personnel in attendance, must be set up near the finish **line at** all official training sessions and races.

A2.02.002 The first aid area must be centrally located and identified to all participants.

A2.02.003 At least one ambulance must be on site at all races during official training and racing.

A2.02.004 If the ambulance needs to leave the venue to transport an injured rider, there must be another ambulance in attendance, on site, before the race can continue.

- A2.02.005 For marathon events, there must be an ambulance on the route, and a 2nd ambulance at the finish.
- A2.02.006 Potential hazard areas must be clearly identified and should be accessible by ambulance (four wheel drive if necessary). Maps must be distributed to the medical crew.
- A2.02.007 Ideally motor bikes or quad bikes must be used to quickly access awkward areas. Where possible, paramedics should be ready to ride as a pillion passenger and drivers must be skilled and experienced.

A2.03 Medical Personnel

- A2.03.001 All rescue personnel must be easily identifiable with an appropriate mark or uniform. This should be unique
- A2.03.002 Paramedics must be placed in key locations on the courses that will be in use for each day of competition and be positioned so that they may react within a reasonable time frame to an incident ideally without having to travel too far
- A2.03.003 All rescue personnel must have access to radios or cell phones and must be in radio contact with each other, with Race Organisers, and with the Chief Commissaire in case of an emergency.
- A2.03.004 For all events, at least 2 fully qualified paramedics should be in attendance but this depends on the number of competitors and nature of the terrain. The minimum qualified at Intermediate Life Support [ILS] level; at bigger events ALS recommended.
- A2.03.005 For all events at least 1 doctor must be on full standby, but this depends on the number of competitors and nature of the terrain.
- A2.03.006 Medical crew must ensure that they understand the course map and all the emergency access routes.

30 Annexure 4A3 Annexure 3 : Points scale for National, Regional and Provincial Races

Finish Position	Final		Seeding or Qualifier 25%
	Points	Split	
1	200	-	50
2	170	30	43
3	150	20	38
4	135	15	34
5	125	10	32
6	120	5	30
7	115	5	29
8	110	5	28
9	105	5	27
10	100	5	25
11	96	4	24
12	92	4	23
13	88	4	22
14	84	4	21
15	80	4	20
16	76	4	19
17	72	4	18
18	68	4	17
19	64	4	16
20	60	4	15
21	57	3	15
22	54	3	14
23	51	3	13
24	48	3	12
25	45	3	12
26	42	3	11

27	39	3	10
28	36	3	10
29	33	3	9
30	30	3	8
31	28	2	8
32	26	2	7
33	24	2	7
34	22	2	6
35	20	2	6
36	18	2	5
37	16	2	5
38	14	2	4
39	12	2	4
40	11	1	3
41	10	1	3
42	9	1	3
43	8	1	3
44	7	1	2
45	6	1	2
46	5	1	2
47	4	1	2
48	3	1	1
49	2	1	1
50	1	1	1

30 ANNEXURE 4

National Championship Jerseys – Cycling South Africa

With effect 1 May 2010 the following rules will be standardised across all disciplines and categories for National Cycling Champions of South Africa.



National Jersey Rules (with reference to points 1.3.068 & 1.3.068 of the UCI)

1. Within each discipline, no distinction will be made between the age categories: Juniors, U23 or Elite.
2. National road, track, Cyclo-cross, mountain bike, BMX, trials and indoor cycling champions must wear their jersey in all events in the discipline, speciality and category in which they won their title and no other event.
3. Until the day before the national championship of the following year, the national champions must wear their their jersey in all events in the discipline, speciality and category in which they won their title, and in no other event.. For the purpose of this rule, the team time trial is put on a par with the individual time trial.
4. For the purpose of this rule, the team time trial is put on a par with the individual time trial. In a six day event, only Madison national champions must wear the jersey even if they are not paired together.

Note:

- i. When a rider no longer holds the title of national champion, a rider must wear piping in national colours on their collar and cuffs of his jersey.
 - ii. Piping will only be allowed to be worn on clothing for the discipline, speciality and category a rider has previously won a national title for, except if a rider has won an Elite Title in any discipline he or she will be allowed to wear piping on Masters clothing but still within the same discipline and speciality.
5. The National Jersey can only be worn in events of the discipline and speciality in which he won the title and in no other event.
6. Wearing the national champion's jersey or piping in national colours is prohibited as soon as the antidoping commission, after the review described in article 186 of the anti-doping rules, asserts that the rider committed an anti-doping violation and until his definitive acquittal.
7. Advertising Matter on the national champion's jersey, the following advertising spaces shall be authorised.
- i. on the front and back of the jersey, in a rectangle 10 cm high,
 - ii. area comprising shoulders and sleeves : maximum 5 cm high in a single line,
 - iii. on the sides of the jersey : a 9 cm wide strip,
 - iv. The manufacturer's label (25 cm²) may appear once only on the jersey and once on each leg of the shorts.
 - v. No advertising matter may be placed across the yellow and green stripes.
 - vi. These advertising spaces shall be reserved for the rider's usual sponsors.
 - vii. The wearer of a national champion's jersey shall be entitled to match the colour of his/her shorts to that of the jersey.

Notes:

- ☒ Each Discipline Commission will make the final decision if a race for a specific category will be held during the RSA national championships.
- ☒ Each Discipline Commission may add the logos of their sponsors and commission as per the UCI regulations.

More Info: <http://www.uci.ch/Modules/BUILTIN/getObject.asp?MenuId=MTk30A&ObjTypeCode=FILE&type=FILE&id=NDE5NTA&LangId=1>

Any rider who is holding a WORLD CHAMPION TITLE has to comply with the rules as set out by the UCI.
No rider may wear a different colour World Champion Jersey.