



RACE RULES AND REGULATIONS

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GENERAL

- Age restriction: Riders must be 19 years or older on 6 February 2016.
- Riders must be in good health, physically fit and adequately trained to participate in TransCape MTB.
- The race must be started and completed by both team members in order to qualify as official finishers.
- No substitutions will be allowed during the race.
- Riders must have adequate insurance and medical cover in place to cover any injury or damage that they may suffer or cause.
- There will be no refunds on cancellations of an entry.
- There will be a R500 administration cost to change a partner. After the 31 January 2016, that fee will change to R1 000.

SOLO RIDERS

Due to the limitation in availability of accommodation in some of the towns, solo riders will be paired with same gender solo riders. No single rooms are available.

REGISTRATION

Riders are required to collect their race numbers and attend a compulsory race briefing at the place and time specified on the website.

BICYCLES

- Only bicycles in sound mechanical condition will be allowed to start the race.
- Only Bikes must be marked with an official TransCape MTB number board:
 - One number board per rider securely fitted on the front of the bike and clearly visible.
 - Riders whose bikes are not marked will not be allowed to participate in the race.
- It is forbidden to use metal screws or spikes in the tires of the bicycle.
- Bicycles must use a wheel on both front and back of the same size.
- Bicycles shall have at least two brakes, which are in good working condition.
- Handlebar ends and Handlebar extensions shall be plugged and must not have sharp or jagged edges.
- The use of Tri bars, or Time Trial handlebars, is not permitted.
- The use of drop- type handlebars is not permitted, and only traditional MTB bars may be used.
- Riders are responsible for the maintenance of their bikes during each stage of the race. A service package can be purchased for the event, and must be pre-booked with the service provider.

NUTRITION

- Riders are responsible for their own hydration and nutrition during each stage of the race
- A minimum of 3 liters of fluid to be carried by each rider
- Water, and electrolyte replacement drink and fruit will be provided at water points on the route.

MEDICAL

- The medical crew has the authority to withdraw a rider from the race should the rider's further participation in the race result in permanent injury, disability or death of the rider. Their decision will be final.
- Should a rider refuse to withdraw against the advice of the medical doctor, a refusal of treatment form will have to be signed. Any further medical treatment thereafter will be for the rider's account.
- The medical crew will provide emergency treatment and stabilization.

- Should a rider require transport by an ambulance or helicopter, the patient will carry the cost of any transportation out of the race environment.
- Each rider is responsible to carry and supply his/her own personal medication as prescribed by his/her physician.
- Riders who are allergic to bee stings must ensure that they carry their prescribed medicine with them AT ALL TIMES.
- Each rider must 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. (Reception may be restricted in certain areas)
- It is strongly recommended that riders ensure that they are fully prepared to deal with emergencies they may encounter.
- The following items must, however, be carried by the team during the race:
 - 1 x Stretch bandage
 - 2 x Dressings
 - Adhesive plasters
 - Foil survival blanket
 - Sun block with a minimum SPF factor of 20

CLOTHING

- Footwear must be fully enclosed.
- Riders must wear appropriate riding attire, including a shirt with sleeves of a minimum short sleeve standard which reaches half way from shoulder to elbow.
- Eye protection is strongly recommended.
- Wearing of a helmet, which meets minimum ANSI/European standards, is mandatory during racing. No helmet, no ride.

FORBIDDEN DEVICES

- Radio links: The use of radio links or other remote means of communication with riders during the race is forbidden.
- Music players: The use by any rider of any form of music player, audio device or other similar device (iPod, MP3 Player, Walkman, mobile phone) is forbidden during the race as these devices restrict hearing and are considered dangerous to the rider and other riders.
- 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. Cameras may be mounted on handlebars only.

ROUTE AND STAGES

- The responsibility for following the official route lies with each rider.
- A rider is not permitted to take any shortcuts or to omit a circuit or take other advantage of a similar nature against opponents.
- 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.
- 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.
- Illegal repairs to the bike, change to the bike, unauthorized feeding or any assistance received from any external source or receiving seconding from someone illegally or not in accordance with the race rules detailed in these regulations - will result in disqualification.
- Riders are responsible to carry their own multi-tools and basic bike repair tools during each stage.
- A rider may receive technical assistance along the course from a fellow competitor but not from

anyone outside of the race.

- Riders are not allowed to draft behind other riders who are not participating in the TransCape MTB, but may draft their own team partner or other riders taking part in the TransCape MTB.
- No other form of drafting is permitted whatsoever including, but not limited to, private vehicles, motor cycles and trucks.
- No other seconding vehicles other than that of TransCape MTB are allowed on the route.

All regular traffic regulations must be observed at all times during the race.

START AND FINISH

- Starting times will be confirmed at race briefing.
- The race commissaries reserve the right to extend the cut- off times during the race at his discretion.
- Riders must complete the entire distance of the race within the given time in order to be an official race finisher.
- A rider not making the cut of will be allowed to continue all stages, but will not be declared an official finisher.
- Any rider who is swept may start the following stage, and their race number will have a strike. Once two strikes are reached, the rider is no longer allowed to participate.
- The first team to complete the race, having complied with all rules and regulations and time penalties taken into consideration, will be considered the winning team.

SEPARATION TIME PENALTIES

- Team members must ride within two minutes of each other at all times during the race.
- Team members who are separated by more than 2 minutes from their team partner at any point in the stage will receive a Separation Time Penalty (STP) of 1 hour.
- Team rider separation could be measured at any time during each stage and could be measured multiple times per day.
- 3 STP's will result in disqualification of the team and apply to both stage results and overall results.

WITHDRAWALS

- Teams that cannot continue the race, for whatever reason, must immediately inform the Race Office.
- In the event of a search and rescue operation being initiated for a rider or team which has withdrawn, but has not informed the Race Office, the cost of the search and rescue operation will be transferred to the rider or team.

SECONDING AND SUPPORT

Supporters may provide moral support at designated viewpoints.

CODE OF CONDUCT

- A rider must act in a polite manner at all times and permit any faster rider to overtake without obstructing.
- 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.
- No glass containers of any kind are permitted on or near the course.
- A rider must not use offensive or abusive language during the race, act in an anti- sporting manner, be disrespectful to the officials/other riders/traffic officials/marshals or ignore the race regulations.
- Jersey pulling, pushing or pulling another competitor [whether given or received], leaning on

another competitor, irregular assistance between riders of different teams, may lead to relegation in the results and repeated occurrences may result in disqualification.

- 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.
- Indecent conduct or foul language, disrespect to officials and/or to the public will be penalized. Repeated occurrences may lead to disqualification and a severe offence may justify a recommendation for suspension.
- Fighting between competitors or with an official or member of the organization or public will be penalized by disqualification and exclusion from the result. Severe offence can justify a commendation for suspension.
- Abiding by the rules and regulations of this event and the sport.

PROTESTS

- Any protests must be submitted in writing, to the Chief Commissaries after the rider has crossed the finish line, within the allocated time period.
- Race Protests must be submitted within 15 minutes of the rider crossing the finish line.

DOPING

- The TransCape MTB reserves the right to perform doping controls on all riders.
- Positive results will lead to disqualification from the TransCape MTB, and those results will be forwarded to the national cycling federations.
- Any riders testing positive will receive a lifetime ban from the TransCape.

DISCRETION OF CHIEF OF COMMISSARIES

Where any additional rule interpretation is required, or where specific provision for any incident has not been made in these rules, the decision of the Chief Commissar will be final.