

The Sabie Xperience 2017 – Rules and Regulations

(as at 26 January 2017)

At the discretion of the Race Director and Chief Commissaire the rules and regulations pertaining to the Sabie Xperience 2017 may change slightly in the weeks leading up to the race.

Mountain Bike racing is by nature a self-reliant sport and often held in remote areas. All Sabie Xperience competitors must participate with an understanding and acceptance of this ethos.

1. Riders

- 1.1 All riders participating in the Challenge event must be at least 19 years of age as at 31 December 2017.
- 1.2 Riders taking part in the Team Lite event must be at least 15 years or older on 31 December 2017.
- 1.3 All riders must be healthy, and in a fit state of training.
- 1.4 All riders must have good technical bike skills for off-road cycling conditions.
- 1.5 All riders must be in possession of a valid Cycling SA license to take part in the event, or a day licence can be purchased at registration for R45 per day = R145.

2017 Sabie Xperience Team Lite and Challenge Categories

2.0 The following categories are allocated:

2.1 Team Lite Event: (three days racing of 50km/45km/40km - a total of 135km) - teams of two riders ONLY!

Open Men Team – Two male riders aged 15 years or older as at 31 December 2017

Open Women Team – Two female riders aged 15 years or older as at 31 December 2017

Open Mixed Team - One male and one female rider aged 15 years or older as at 31 December 2017

Buffalo/ Buffalo Babes Team – Two riders of any gender aged 15 years or older as at 31 December 2017.

Note!!: Males to weigh over 90kg and females over 65kg to compete in this category. Weight will be verified at registration on 28 April 2017. Specially sponsored prizes to be awarded for winners in this category.

2.2 Solo and Team Challenge Event: (three days racing of 65km/80km/40km - a total of 185km)

Note!! By special request, this year we have both Solo and Team entry options available:

Solo Entry Options:

Open Men – A male rider aged 19 years and older as at 31 December 2017

Open Women – A female rider 19 years and older as at 31 December 2017

Team Entries:

Team Challenge Men – Two male riders 30 - 39 years as at 31 December 2017

Team Challenge Women – Two Female riders 30 - 39 years as at 31 December 2017

Team Challenge Vet/Master Men – Two male riders 40 years and older at 31 December 2017

Team Challenge Vet/Master Women – Two female riders 40 years and older as at 31 December 2017

Team Challenge Mixed – A male rider and a female rider older than 19 years and older 31 December 2017

Note! Where categories in any of the above options do not have more than five entries, the following rule shall apply for allocation of medals and prizes, for both Stage and General Classification results:

5+ Entries - Position 1, 2 and 3.

4 Entries – Position 1 and 2 only

3 Entries – Position 1 and 2 only

2 Entries – Position 1 only

1 Entry only – Nil.

3 Medical Condition

- 3.1 Participants may only start any stage of this race if they are in good physical and medical condition.
- 3.2 During the Sabie Xperience, the Senior Medical Officer reserves the right to withdraw any participant who he may deem physically or psychologically incapable of continuing with the race.

4 Registration

- 4.1 **Registration for the Sabie Xperience will take place at the Floreat Riverside Lodge Conference Centre, on Friday 28th April 2017 from 14h00 until 20h00. Limited late registrations will be allowed by prior notification application between 05h00 and 06h00 on 29 April before the start, but this is not advisable.**
- 4.2 Team partners must preferably report at the same time for registration of their team.

5 Race Briefings

- 5.1 A full initial race briefing will take place at the Floreat Riverside Lodge Conference Centre at **18h00 on Friday 28 April 2017.**
- 5.2 All other daily route and rules briefings will take place **at 17h30 at the Floreat Riverside Lodge Conference Centre** after prize giving. Riders are expected to attend these, as important information related to any unforeseen time changes, weather related information pertaining to the following day's stage and any particular hazards may be announced.
Note: Riders who do not attend the race briefings and are not aware of changes made will not be accommodated if they miss their start time, or any similar issue related to their not attending the race briefing.

6 Prize Giving and Award Ceremonies

- 6.1 An award ceremony for each stage will also be held each evening before race briefing at 16h30 on Saturday and Sunday afternoon at the Floreat Riverside Lodge Conference Centre, to present the riders with awards.
- 6.2 **Out of respect for the sponsors, all riders receiving an award are required to attend. Absence may result in a time penalty, and any prize money will be forfeited to a community charity.**
- 6.3 The Final Award Ceremony for the Team Lite, Team and Solo Challenge will take place at 13h30 on Monday 1 May, after completion of the Time Trial, at the Floreat Riverside Lodge Conference Centre.

7 Bicycles

- 7.1 Only mountain bikes in good, safe working order, at the discretion of the Chief Commissaire, will be allowed to start the stage each day. Unprotected bar ends, inoperative brakes, etc. will not be permitted.
- 7.2 The safe condition and maintenance of the bicycles used in the race is the responsibility of each participant and the Chief Commissaire reserves the right to insist that a participant repair or attend to a bicycle should the Commissaire deem that it is unsafe or dangerous for the participant to start.
- 7.3 The participants must start and finish each stage of the event with the same bike.
- 7.4 Riders may not change their bike or frame of their bicycle during the race without the permission of the Chief Commissaire. Change of a frame will only be allowed in the case of a breakage.
- 7.5 Rims, spokes, tubes, tyres, wheels, gears, hangers, sprockets, cables, brakes, forks and shocks and other spares may be replaced without approval.
- 7.6 Bike maintenance and spares will be provided by various local bike shops on registration day and after each of the stages.
- 7.7 No outside assistance for bicycle repairs will be allowed along the route during the stages. Participants may accept assistance from their partner or another competitor in the same race.
- 7.8 Riders are expected to complete the full distance of each stage within the cut-off times allowed at points along the route and the finish. These will be given at the race briefing, and amended at the discretion of the Race Director if weather conditions require an extension. Repairs to bicycles during the stage must be carried out within this time limit.

8 Sabie Xperience Team Event Rules

- 8.1 Each team consists of two riders.
- 8.2 The team will start, ride and finish each stage and the Time Trial together, with a maximum of 2 minute's interval between the team riders at any point.
- 8.3 The team members may assist one another with bike repairs and maintenance, and with first Aid.
- 8.4 No **towing** between riders by means of any mechanical or physical devices is permitted.
- 8.5 If one team member is, for any reason, unable to complete or start a stage or the race, the remaining team member will be permitted to join up with another rider or team to complete the race, or continue as an individual rider. He/she will be allocated a race time, but will be **classified as an "Individual Out of Race Finisher"** of the Sabie Xperience Team Lite or Challenge event only on condition that all other qualifying criteria are met.
- 8.6 Where a team breaks up for whatever reason, **the Team will not qualify as a finisher of the Sabie Xperience.**

9 Helmets and Riding Attire

- 9.1 Only recognized hardshell cycling helmets, complying with recognized standards will be acceptable. The Chief Commissaire will rule on the permitted use of any questionable helmets.
- 9.2 Any riders not wearing their helmets, with the retention strap properly fastened, **at any time during the race, will be disqualified.**
- 9.3 Generally accepted cycling clothing, including a sleeved shirt, must be worn at all times during the race.
- 9.4 Proper, fully enclosed cycling shoes, (or at least trail running shoes) must be worn.
- 9.5 It is strongly recommended that protective eyewear be worn.

10 Compulsory Equipment

Although paramedic and medical services will be provided during the race and for a period after the completion of each stage, the self-reliant and remote nature of a mountain bike race requires that each team or rider carries the following items to be prepared to deal with emergencies they may experience:

- 10.1 A multi-tool per team or rider to effect repairs to bikes.
- 10.2 At least 1 spare tube per team or rider.
- 10.3 At least one good pump, inflation cartridge and adaptor, tyre plugs and/or a puncture repair kit per team or rider.
- 10.4 At least 1,5 litres of hydration liquid per rider at the start of each stage - (2 x 750ml water bottles).
- 10.5 At least one cell phone per team. (Please keep your phone off to conserve battery life, and Switch it on only in an emergency).

Optional Recommended Equipment

- 10.6 Windbreaker or preferably a lightweight rain jacket.
- 10.7 A few sterile First Aid dressings
- 10.8 Adhesive plasters
- 10.9 Sun block with a minimum factor of 30
- 10.10 Foil survival blanket.

11 The Race and Stages

The Sabie Xperience 2017, Solo and Team Challenge, and Team Lite events all will consist of two stages of various distances and a Time Trial on day three. All three days will count toward the overall race results for the Team Lite, Solo and Team Challenge Events.

- 11.1 All stages will start and finish in the grounds of the Floreat Riverside Lodge, initially over arterial tar roads, then forest roads, jeep track and single track, including some extended climbs, downhills and undulating terrain, ranging in distance from 40 to 80km. Road and trail surfaces range from good to rocky, rutted and slippery, especially if wet climatic conditions prevail.
- 11.2 At least three refreshment stations will be provided on routes, provided at appropriate points on stage 1 and 2 for the Challenge and two for the Team Lite. The TT will have one refreshment station.
- 11.3 The Time Trial stage on day 3 will start and finish at the same venue, with teams starting at pre-determined intervals. Teams will be allocated start times by the race organizers. The route will follow short steep climbs, single tracks, and fast downhills on rocky, loose and slippery

surfaces. The distance will be approximately 40km.

The total Sabie Xperience Challenge race distance will be between 180 and 190km over 3 days.

The Sabie Xperience Team Lite event distance will be approximately 130 – 140km.

- 11.4 Riders must complete the full distances of all stages allocated to the event entered to qualify as “Sabie Xperience Official Finishers” and record an official result.
- 11.5 The cut-off time for Day 1 will be 13h30, and 16h00 hours for stage 2 respectively, and the cut-off time for the Time Trial will be 13h00, unless advised otherwise by the Race Director and approved by the Chief Commissaire).

12 The Start

- 12.1 The start chute will open at **06h15** for stages 1 and 2, and the stage starts at **07h00**.
- 12.2 Pro and seeded fast riders will be allocated in Zone A under the start banner on stage 1.
- 12.3 From stage 2, the leading riders will have the option to start just in front of Zone A, if present at the start as from 06h45
- 12.4 The start zones close 10 minutes before the start.
- 12.5 Any riders not in their start zones 10 minutes before the start will be required to start in the last start zone at the back. It is also the teams’ responsibility to ensure that they are at the start on time even if the start is delayed for whatever reason.
- 12.6 The start will remain open for 15 minutes after the start for any late starters. Late starters must advise the Chief Commissaire of the late start so that official sweep and other vehicles can be advised accordingly.
- 12.7 The Time Trial will start from 07h00 (first team to leave) until approx.10h00 (last pair to leave), depending on the number of teams. A start list will be provided at briefing on Sunday night. Teams are to report to the start officials 20 minutes before their allocated start time. Late teams will be allowed to start, but may not move past riders already loaded into the start chute, and their starting time will still be recorded as their allocated time.
- 12.8 The Sabie Xperience Solo Challenge will start at 07h00, and the Team Lite at 07h30 on stage 1 and 2 unless the Commissaire or Traffic Officials request a change in start time.

13 Individual and Team Times

- 13.1 Only team times and official individual entries will be regarded as official results, and be published as such. Individual times will however be recorded for riders who have lost a team mate during the event.
- 13.2 The team time will be determined by the time at which the last team rider crosses the stage finish line.
- 13.3 Timing for the various events will start with the start signal at 07h00, 07h30 each morning on Stages 1 and 2, and with the allocated start time for the Time Trial on stage 3.
- 13.4 The Team Lite and Challenge events will be timed separately.
- 13.5 Riders who start later than 15 minutes after the designated start time will not be included in the stage results and will be responsible to follow the route on their own and to catch up with the sweep vehicle.
- 13.6 Any rider/team not able to make the start deadline must report to the Chief Commissaire before 07h15 for permission to make a late start.
- 13.7 The cut-off time will not be adjusted for any rider permitted to make a late start.
- 13.8 The finish line timing closes at 14h00 for stage 1, 16h00 for stage 2, and 13h00 for the Time Trial.

14. Separation Time Penalties (STP's)

- 14.1 Team Riders must ride with their partners at all times.
- 14.2 Team rider separation will be measured at the finish of each stage, but may also be measured at various checkpoints anywhere in Stages 1 to 3.
- 14.3 More than one STP may be enforced on each of stages 1 to 3.
- 14.4 Riders who are separated by more than 2 minutes from their partner at any point on any of the stages may receive a Separation Time Penalty (STP) of 30 minutes for a first infringement.
- 14.5 A second STP during the stage or race will result in a further 60 minutes penalty.

- 14.6 Three STP's over the duration of a stage or the race could result in disqualification.
- 14.7 STP's will be applied to both stage results and the overall results.

15. Rider Identification and Timing

- 15.1 No timing chips are required for the event.
- 15.2 Both riders in a team must display their Sabie Xperience race number at all times during a stage.
- 15.3 Riders not displaying official race numbers will be regarded as non-participants, and will be prevented from proceeding on the route by marshals. Race numbers must be properly attached to the handlebars of the bike with cable ties provided, and must be placed in front of cables etc. so as not to be obscured in any way. Riders will be required to remove and reattach numbers if they are found to be obscured.
- 15.4 Riders must not cut, modify or mutilate their race numbers in any way. No stickers may be added or removed from the board.
- 15.5 It is each rider's responsibility to keep their race numbers relatively clean and legible. Riders may not start a stage with a dirty number. Lost race number boards will cost R50 to replace.
- 15.6 Race leaders are obliged to wear the leader jerseys provided.

16. Nutrition and Hydration

- 16.1 The Sabie Xperience will now take place over the cooler, autumn season in Mpumalanga. However, temperatures of up to 28 degrees Celsius can still be expected, and, cold, misty conditions, down to 5 degrees Celsius can also be experienced along the river or at high altitudes. Ensure that you wear appropriate clothing.
- 16.2 Riders must ensure that they keep themselves properly hydrated and carry sufficient liquid and nutrition for at least 3 hours of strenuous riding between refreshment stations.
- 16.3 The Sabie Xperience will provide water, limited volumes of energy drinks, cola and fruit at refreshment stations on the route.
- 16.4 Riders may not use drinking water to wash their bikes at refreshment stations. Riders reported doing so, after being warned not to do so, will be time penalized at the discretion of the Chief Commissaire.

17. Seconding and Support

- 17.1 Riders may not receive outside assistance or help, other than from their team partners or fellow competitors, at any point along route.
- 17.2 No outside seconding, assistance or feeding other than that provided by the Sabie Xperience at an official refreshment station is permitted.
- 17.3 Bike repairs may be carried out on the route without outside assistance, but care must be taken not to obstruct other riders whilst doing so.
- 17.4 No towing between riders by means of any mechanical or physical devices is allowed.
- 17.5 Riders are not permitted to draft behind cycles not participating in the Sabie Xperience, but may however draft behind their partner on Stages 1 and 2. During the Time Trial (stage 3) riders may only draft behind their own team partner. Teams observed or reported to be following closely behind other teams for extended distances (300m plus) on open roads, during the Time Trial, will be deemed to be drafting, and may be penalized by the Chief Commissaire.
Riders may not consciously assist riders in other teams or categories in any way to gain an advantage over riders in another category eg. Stronger male riders pushing or allowing a female rider from another team or solo category to draft to gain an advantage over an opponent. The Chief Commissaire will impose an appropriate time penalty (30 to 60 minutes) to **BOTH** riders if he deems it necessary.
- 17.6 No drafting is permitted behind any other vehicles on the route, including private motorcycle and race support vehicles.
- 17.7 **Supporters are not permitted to follow, or drive ahead of riders or be on any section of the course** whilst the race is in progress, on any of the stages, but may access vantage points and public road crossings to vocally support their teams. These points will be demarcated on maps and explained at the stage briefings.
- 17.8 Cyclists not participating in the Sabie Xperience event are not permitted to ride on the course or any sections of the course.
Refer to Rule 15.2. If such riders are found to be on the course and they can be linked to a participating team or rider, that team or rider will be penalized at the discretion of the Chief Commissaire.

18. Withdrawals and Formation of New Teams

- 18.1 Any team or participant not able to continue/withdraws from the stage or race, for whatever reason, must inform the Race Office immediately. This can be done at the start of any stage, at the finish, at a refreshment station, or preferably by mobile phone (Race Director (Dennis) 078 102 1680 or Sandy 082 410 8094).
- 18.2 In the event of a search and rescue operation being activated for a rider or team who has withdrawn, but has not informed the Race Office, the cost of such an operation will be for the team or rider concerned.
- 18.3 In the event of one member of a team being incapable of continuing in the race, this must also be reported to the Race Office so that the remaining rider may be assisted to form another team, if possible. The formation of the new team however remains the rider's responsibility.
- 18.4 The formation of new teams may only take place between stages and before 06h30 each morning before the start. The details of the new team must be supplied to the Race Office and Chief Commissaire at the start.
- 18.5 Newly formed teams will not qualify for team rankings or as "Sabie Xperience Official Finishers", but individual riders who complete all four stages within the required cut off times will be allocated a race time and will receive a finisher momento/medal.

19. Protests

- 19.1 Any protests must be submitted in writing, on official protest forms available from the Chief Commissaire, by the team/rider concerned within 15 minutes after crossing the finish line.
- 19.2 A deposit of R300.00 must accompany the protest, before the protest will be considered.
- 19.3 If the protest is upheld, the deposit will be refunded. If it is not upheld, it will be donated to the Sabie Xperience Community Fund.
- 19.4 Race protests must be submitted within 15 minutes of the team crossing the line or within 30 minutes of the results being posted respectively. Race results will be posted no later than 15h30 for stage 1, 17h00 for stage 2, and 13h30 for stage 3.

20. Ethical and Environmental Considerations

- 20.1 Littering on the stages, damage to property, lighting of fires or damage to the environment will not be tolerated.
- 20.2 Physical and/or abuse of Sabie Xperience Crew and Officials, marshals, or fellow competitors will not be permitted.
- 20.3 Infringements of the above rules will result in disciplinary action and possible disqualification.
- 20.4 Limited littering by riders within 10m of the neutral refreshment stations will be allowed, but riders are requested to use litter receptacles provided.

21. Traffic Regulations

- 21.1 The Sabie Xperience will not have exclusive use of any public or private roads during the race. Due to forestry operations, harvesting and log transport operations which may occur along the stage routes. For safety reasons, all riders are expected to stop or give way to machines, transport vehicles and forestry operations if necessary, until the road is clear and a forestry official or marshal waves the riders on their way.
- 21.2 Riders must ride with due regard for other road users, and all traffic signs and regulations must be adhered to unless a traffic officer instructs him/her to do otherwise,
- 21.3 Riders are not permitted to ride on the opposite (right-hand) side of the centerline on a public road.
- 21.4 Due care must be taken when negotiating "blind corners" on forestry roads where vehicles and machines may be operating.
- 21.5 Infringements of traffic regulations may result in disqualification.

22. Basic Race Rules and Etiquette

- 22.1 All riders must complete the entire distance of the event entered.
- 22.2 While utmost care will be taken to mark and marshal the route, the responsibility for following the official route lies with the rider.

- 22.3 No rider is permitted to take any shortcuts, or take advantage of any similar nature over other participants.
- 22.4 Riders who leave the route for any reason whatsoever must return into the route at the same place from where they left it.
- 22.5 Any walking, running, or riding by any rider, with the intention of short cutting or not directly rejoining the course, or any other activity in breach of the regulations, which takes place outside the demarcated stage area, can result in disqualification or a time penalty.
- 22.6 Riders must act in a polite manner and permit any faster rider to pass unhindered as soon as conditions allow.
- 22.7 Riders must respect the environment, and ride only on the official demarcated route.
- 22.8 No pollution of any kind is permitted.
- 22.9 No glass containers are permitted.
- 22.10 Riders must not use abusive language, act in an unsporting manner, be disrespectful to the SabieXperience officials, crew, marshals, medical attendants, supporters, the media or the traffic officials.
- 22.11 Riders must obey the instructions (including withdrawal from the event) of any Search and Rescue Official, Paramedic or Race Official when instructed to do so in the interests of injury, medical condition, safety, or life-threatening circumstances.
- 22.12 Riders are expected to administer basic first aid to injured team partners and other competitors, and if required, take necessary steps to summon assistance in the case of a serious injury.

23. Doping

- 23.1 The Sabie Xperience reserves the right, in terms of UCI/CSA/SAIDS rules and regulations, to implement doping tests on any riders.
- 23.2 Positive results will result in immediate disqualification, and forfeiture of any result or prize money or award by the rider or team concerned.

Sect.	Offence	1 st Offence	2 nd Offence	3 rd Offence	Remarks
6.2	<i>Not Attending Award Ceremony</i>	<i>Warning</i>	<i>30 min TP</i>	<i>1 hour TP</i>	
7	<i>Bicycles</i>	<i>Disqualified</i>			
9.1	<i>Helmet</i>	<i>Disqualified</i>			
10	<i>Compulsory Equipment</i>	<i>30 min TP</i>	<i>1 hour TP</i>	<i>Disqualified</i>	
11.5	<i>Time cut-off</i>	<i>DNF</i>			
12.5	<i>Start cut-off</i>	<i>DNF</i>			
14	<i>STP</i>	<i>30 min TP</i>	<i>1 hour TP</i>	<i>Disqualified</i>	
15	<i>Rider Identification</i>	<i>Warning</i>	<i>30 min</i>	<i>1 hour TP</i>	<i>Repeat offender disqualified</i>
17	<i>Seconding & Support Drafting</i>	<i>1 hour TP 30 min - 1 hour TP</i>	<i>Disqualified</i>		
21	<i>Traffic regulations</i>	<i>1 hour TP</i>	<i>Disqualified</i>		
22	<i>Basic Rules</i>	<i>1 hour TP</i>	<i>Disqualified</i>		
23	<i>Doping</i>	<i>Disqualified</i>			

24. Penalties and Disqualification

The above penalties serve as a guideline for transgressions of the rules, but 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 Commissaire will be final.