



## Race Rules and Regulations v 4 as at 19 March 2019

At the discretion of the Race Director and CSA Chief Commissaire the rules and regulations pertaining to the Sabie Xperience 2019, it may be necessary to change them 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 Entrants participating in the Solo Challenge event must be at least 19 years of age as at 31 December 2019.
- 1.2 Entrants for the Team Lite event must be at least 15 years or older on 31 December 2019.
- 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 temporary licence can be purchased for R35 per day.

## 2019 Sabie Xperience Team Lite, and Solo Challenge Categories

### 2.0 The following categories are allocated:

#### 2.1 Team Lite Event: (three days racing of 50km/48km/39km - a total of 137km)

##### Team Entries:

**Team Lite Open Men** – Two male riders 15 years and older as at 31 December 2019

**Team Lite Open Women** – Two Female riders 15 years and older as at 31 December 2019

**Team Lite Open Mixed** – A male rider and a female rider 15 years and older 31 December 2019

#### 2.2 Solo Challenge Event: (three days racing of 63km/78km/38km - a total of 178km)

**Solo Challenge Senior Men** – A male rider aged 19 -39 years of age as at 31 December 2019

**Solo Challenge Senior Women** – A female rider aged 19 – 39 years of age as at 31 December 2019

**Solo Challenge Veteran Men** – A male rider aged 40 – 49 years of age as at 31 December 2019

**Solo Challenge Vet/Master Women** – A female rider 40 years and older as at 31 December 2019

**Solo Challenge Master Men** – A male rider aged 50 years and older as at 31 December 2019

**Solo Challenge Vet/Master Women** – a female rider aged 40 years and older as at 31 December 2019

**NOTES:**

1. CASH PRIZES WILL ONLY BE PAID TO PARTICIPANTS WHO PRESENT THEMSELVES ON THE PODIUM AT THE PRIZE-GIVING CEREMONY.
2. CATEGORIES HAVING LESS THAN 5 PARTICIPANTS/TEAMS WILL BE ALLOCATED TO THE PRECEDING AGE CATEGORY.

**ALLOCATION OF CATEGORY PRIZES - THE FOLLOWING RULES WILL APPLY:**

Qty Solo or Teams	Positions for Cash/Medals		
	1st	2nd	3rd
5	Cash/Medal	Cash/Medal	Cash/Medal
4	Cash/Medal	Cash/Medal	Cash/Medal
3	Cash/Medal	Cash/Medal	Medal
2	Cash/Medal	Medal	
1	Medal		

**3 Medical Condition**

- 3.1 Participants may start any stage of this race only 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 whom he/she may deem physically or psychologically incapable, or endangering themselves or other participants by continuing with the race.
- 3.3 A race official or commissaire may stop and refer a rider during the stage to the medical team for assessment with regards to the capability to continue.

**4 Registration**

- 4.1 **Registration for the Sabie Xperience will take place at the Floreat Riverside Lodge Conference Centre, on Thursday 28 March 2019 from 14h00 until 20h00. Limited late registrations will be allowed by prior notification application between 05h00 and 06h30 on 29 March before the start, but this is not advisable.**

**5 Race Briefings**

- 5.1 A full initial race briefing will take place at the **Floreat Riverside Lodge Conference Centre at 18h00 -18h45 on Thursday 28 March 2019.**
- 5.2 All of the other daily route and rules briefings will take place from **17h30 at the Floreat Riverside Lodge Conference Centre** prior to prize giving. Riders are expected to attend these, as important information related to any unforeseen start time changes, weather related information pertaining to the following days' stage and any pertinent 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 issues related to their not attending the race briefing.

## 6 Prize Giving

- 6.1 **An award ceremony** for each stage will also be held each evening **immediately following race briefing on Friday and Saturday afternoon at the Floreat Riverside Lodge** Conference Centre, to present the riders with medals and prizes.
- 6.2 **Out of respect for the sponsors, all riders receiving an award are required to attend. Absence without permission from the Race Director, may result in a time penalty of 30 minutes on the overall time, and any prize money will be forfeited to a community charity. Absence for a second time results in a second time penalty and forfeit of prize money.**
- 6.3 The Final Award Ceremony will take place at **14h00 on Sunday 31 March**, 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 CSA 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 CSA 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 continue in the event.
- 7.3 Riders may not change their bike without the permission of the Chief Commissaire. Change of a frame will only be allowed in the case of a breakage.
- 7.4 Rims, spokes, tubes, tyres, wheels, gears, hangers, sprockets, cables, brakes, forks and shocks and other spares may be replaced without approval.
- 7.5 Bike maintenance and spares will be provided by various local bike shops at participants' cost on registration day and after each of the stages.
- 7.6 No **outside assistance** (including at refreshment stations or tech tables) for bicycle repairs will be allowed along the route during the stages.
- 7.7 Participants may accept assistance from their team partner or **any another registered participant** in the Sabie Xperience 2019.
- 7.8 Riders are expected to complete the full distance of each stage within the cut-off times For pre-determined distance points along the route and at the finish. These will be provided 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 also 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 minutes interval between the team riders at any point.
- 8.3 No **towing** between riders by means of any mechanical or physical devices is permitted.
- 8.4 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 complete the event, or continue as an individual rider.
- 8.5 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 event 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 Team Lite event.

## 9 Helmets and Riding Attire

- 9.1 Only recognized hard shell cycling helmets, complying with recognized standards will be acceptable. The Chief CSA Commissaire will rule on the permitted use of any questionable helmets.
- 9.2 Any riders, wearing their helmets, with the retention strap **NOT properly fastened, at any time during the race, will be disqualified.**
- 9.3 CSA accepted cycling clothing, must be worn by participants at all times during the race.
- 9.4 Proper, fully enclosed cycling shoes, (or at least trail 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(s) 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) At least sufficient for 25km/2,5ours riding in hot/humid weather.
- 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.
- 10.11 Riders who react to allergies must carry own medicines to treat eg. bee, wasp, insect stings, pollen, stinging nettles and or Epi-pen to prevent anaphylactic shock.

## 11 The Race and Stages

*The organizers reserve the right to change route distances, actual profiles and the ascent totals leading up to the event due to circumstances beyond their control, and if so, updates hereof will be given at the official race briefing or the evening prior to the stage. The data reflects actual GPS recordings. Distance measurements typically vary between 5-7% between devices, as well as the method of measurement (GPS or rolling measurement) Ascent gain may vary 10-20% between devices.*

The Sabie Xperience 2019 Solo Challenge and Team Lite events will consist of two stages of various distances and a Time Trial on day three. All allocated stages days will count towards the overall race results for the Team Lite, and Solo 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 35 to 82km depending on the race option. 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 Solo Challenge, and two for the Team Lite. The Time Trial will have two refreshment stations.
- 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 Solo Challenge race distance will be between 175 and 190km over 3 days.  
The Sabie Xperience Team Lite event distance will be approximately 130 – 140km over 3 days
- 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 at RS3 on Day 1 will be 13h00 and finish cut-off time will be 14h00. Cut-off times for Day 2 at RS3 will be 14h30 and 16h00 at the finish, 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 **06h30** for stages 1 and 2. The stage starts at **07h00** for the Solo Challenge, and **7h30 for the Team Lite**.
- 12.2 Pro and expert riders will be allocated in Zone A under the start banner on stage 1.

- 12.3 From stage 2, the leading riders on GC 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.  
**Note: All riders must ensure that they enter the start chute via an Official entry gate, and have their race number recorded by an official as having started the stage. This is to ensure safety on the route, that the organisers are aware of who started the race, and can be accounted for after the cut-off time.**  
**Riders not having their number recorded before the start may be given a DNS, and no result for the stage.**
- 12.5 Any riders not in their start zones 10 minutes before the start will be required to start in the last zone at the back. It is also the team/riders' 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 10 minutes after the start for any late starters. Late starters must advise the Chief Commissaire of their 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 they 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 Solo entries will be regarded as official results, published as such. Individual times will however be recorded for team riders who have lost a team mate but finished 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, and 07h30** each morning on Stages 1 and 2, and with the allocated start time for the Time Trial on stage 3.
- 13.4 Team Lite and Solo Challenge events will be timed separately.
- 13.5 Riders who start later than 10 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 07h10 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 (Cut-off) closes at 14h00 for day 1, 16h00 for day 2, and 13h00 for the Time Trial.
- 13.9 Cut-off times applicable at points along the route and at the refreshment stations on the routes will be confirmed at the race briefing, as weather conditions may influence a change in this time.

### 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/refreshment stations anywhere on days 1 to 3.
- 14.3 More than one STP may be enforced on each of days 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 on their handlebars 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 to 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 Solo Race leaders are obliged to display the leader boards 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 35 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 2,5 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 participants, at any point along route.
- 17.2 **Participants may NOT accept outside assistance, repairs or feeding other than the water, refreshments and/or products provided by the Sabie Xperience at an official refreshment station. Participants MAY tend to their own repairs, apply supplied products to their own bikes or that of fellow participants, but not allow outsiders to do so.**
- 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 own Team partner on Stages 1 and 2. During the Time Trial riders may also only draft behind their own official 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 at the discretion of 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 ie. 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 motorcycles 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 and 15.3. If any 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 not had his number recorded at the start or 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.
- 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 still receive a finisher momento or 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 by the Commissaire, the deposit will be refunded. If it is not upheld, it will be donated to the Sabie Xperience Home of Hope Community Fund.
- 19.4 Race protests must be submitted within 15 minutes of the team crossing the line or within 15 minutes of the results being posted respectively. Race results will be posted no later than 15h00 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 or causing fires, or damage to the environment will not be tolerated. Offending participants will be subject to a 1 hour time penalty for a first offence and a disqualification for a second offence.
- 20.2 Physical and/or verbal 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 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 **time penalties or 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 Medical, 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 <sup>st</sup> Offence	2 <sup>nd</sup> Offence	3 <sup>rd</sup> Offence	Remarks
6.2	<i>Not Attending Award Ceremony without permission</i>	<i>30minute TP</i>	<i>1hour TP</i>	<i>1hour 30 minutes 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 &amp; 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.