

momentum
health



- RACE RULES -

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A INTRODUCTION

The Momentum Health Attakwas Extreme presented by Biogen is a one day mountain bike race which has been accredited as a S3 event by the Union Cyclist International. The following race rules are divided into 3 sections, namely **B. Entries, Substitutions & Cancellations**; **C. Race Rules** and **D. Additional UCI Rules**.

Please read through the below sections thoroughly and remember that the rules are subject to change.

B ENTRIES, SUBSTITUTIONS & CANCELLATIONS

1 Categories

- 1.1 There are 3 riding categories, namely veteran men (40-49), Elite men (UCI category) and Elite women (UCI category)-age as on 31/12/2020.

2. Cut-offs

- 2.1 The official cut-off times will be announced on the event website, where applicable.
- 2.2 You will have 2 months post-race to claim any lost-and-found items.

3. Doping

- 3.1 The race organisers reserve the right to test all riders for doping and/or the use of any illegal substances.
- 3.2 Any person who is under provisional or final sanction by an Anti-Doping Organisation with jurisdiction under the WADA Code (a "person under sanction") is prohibited from participating or being involved in the race, whether as a rider, team manager or official or in any other capacity whatsoever. Where any such sanction has been made final for an offence committed after 01 January 2016, such prohibition shall apply for the life of the person under sanction (irrespective of the duration of the sanction imposed by the relevant Anti-Doping Organisation).
- 3.3 Should the race organisers only become aware that any rider, team manager or official is a person under sanction after having accepted such rider's entry and/or team manager or official's participation in the race, such entry or right of participation shall immediately be cancelled.
- 3.4 The organisers also reserve the right to refuse any athlete (professional or amateur), which was under sanction from their federation or national anti-doping authority before 01 January 2016, to compete in the race.

4. Prize Money

- 4.1 No prize money will be paid to any winners until an official notice has been issued by SAIDS (South African institute for drug free Sport) clearing athletes concerned.
- 4.2 Please note that the win is provisional until all winning criteria are met which includes compliance to the event and UCI rules and regulations. To be in contention for the stage prize money, the team has to finish the race. The final decision lies with the race commissaire panel.
- 4.3 Riders and teams must be present at prize giving to receive prize money. If they do not comply, they will forfeit their prize money.

5. Substitutions

- 5.1 Rider substitutions will be allowed until online entries close but the new rider will receive the apparel order from the previous rider if the substitution was done after the apparel date (please refer to website for dates).
- 5.2 Seeding will be done on fully paid entries one month prior to race start date, any new rider substitutions after this date will have to start in the previous participants seeded batch.
- 5.3 Any rider changes will carry an admin fee.
- 5.4 There will be no substitutions once entries have closed, thereafter substitutions will only be allowed on registration day at the full price listed on the website and will only take place under the adherence of the policies stated here.

6. Cancellations

- 6.1 Cancellation refund of 50% of full entry paid will be given till three months prior to the race start date. No cancellation refunds will be allowed after this date.
- 6.2 No transfers allowed.

C RACE RULES

7. Registration & Briefing

- 7.1 Online registration will be on a first come first served basis.
- 7.2 Your entry is only guaranteed once full payment is received.
- 7.3 Entries close one month prior to the event start date or when the allocated spots are sold out.
- 7.4 Please note if your entry should not be paid by the promotional deadline date your entry will be removed from the system.
- 7.5 Electronic transfers takes up to three days to be allocated – should you register one or two days before the promotional deadline please pay via credit card to ensure that your entry is marked as paid immediately.
- 7.6 Team entries changed to solo entries at a later stage will be dealt with as a new entry and the applicable date rate will apply.
- 7.7 Please note that only fully paid entries before or on the apparel deadline will receive apparel – refer to our race website for the deadline date.
- 7.8 Race registration venue(s) and time(s) will be indicated on the website.
- 7.9 All riders must report to registration, whether participating as a solo rider or a team, and bring any form of ID with a photograph and a valid CSA license or license from their national federation.
- 7.10 Riders need to register by the deadline indicated on the website.
- 7.11 Pre-race briefing venue and time will be indicated on the website.

8. Riders

- 8.1 All South African residents participating in the race will be required to produce a valid Cycling South Africa (CSA) license at race registration or will be charged the applicable fee levied by CSA. All international riders will be required to produce a valid license from their national federation or pay the applicable fee levied by CSA.
- 8.2 The minimum age of participation is 19 years on 31 December of the year in which the race takes place.

9. Medical

- 9.1 All riders need to be in good health and well-trained.
- 9.2 Riders need to complete the online medical form before participating in the race, if applicable.
- 9.3 If the race organisers receive advice from the official race medic/doctor regarding any rider, the decision to prevent the rider from continuing/participating lies with the race organizer and will be final.

10. Bicycles

- 10.1 Please ensure that your mountain bike is in safe working condition at the start of the race/start of each stage otherwise you will not be allowed to start.
- 10.2 Tandem bikes will only be allowed if the race organisers are contacted for permission prior to the race, if such categories can be created. E-bikes are not allowed on the Extreme.
- 10.3 E-Bikes will be allowed only on the Momentum Health **Attakwas HALF** presented by Biogen. Riders will have to adhere to the following rules:
 - a. Riders will start at the back of the bunch with a separate starting time
 - b. Riders will not be allowed to compete within the top 50 riders and will be penalised in the form of a time-delay, if they fail to comply.
 - c. Battery replacements will only be allowed at the official tech zones
- 10.4 Each rider is responsible for the maintenance of his/her own bike for the duration of the race.
- 10.5 In all cases of maintenance and repairs, riders are required to complete the full distance of the stage. Time spent on maintenance and repairs will not affect the cut-off times of the race.

11. Helmets and Clothing

- 11.1 Each rider must wear a helmet at all times while riding during the race.
- 11.2 All helmets must comply with international 'SNELL' & 'ANSI' standards.
- 11.3 Appropriate riding attire, including a shirt, must be worn at all times.
- 11.4 No rider may wear any original or replica version of a leader jersey from a previous staging of the race.
- 11.5 No rider may display or reproduce the official event logo or any derivative thereof on any riding attire and/or team clothing without the written approval of the race organisers, which should be obtained prior to any such riding attire or team clothing being manufactured.

12. Team Riding

- 12.1 Riders must ride with their team partner at all times, and must remain within the maximum allowable separation time, namely 2 minutes.
- 12.2 Rider separation may be measured at the start and finish of each stage and at various designated check points during the stage, but can also be enforced at any point during the race.
- 12.3 Rider separation may be measured more than once during any stage, and penalties may be applied to each occurrence of rider separation outside the allowable limit during a stage.
- 12.4 Any rider may receive physical assistance from his/her team partner or from a fellow competitor. For purposes hereof, "physical assistance" shall mean the sharing of water and nutrition, sharing of bike parts and

accessories (including the swapping of bike frames), assistance with maintenance and repair, and pushing/towing by physical contact only.

- 12.5 In the case of a withdrawal or a rider, a new team cannot be formed.
- 12.6 It remains the responsibility of the rider to inform the race organiser of his team's change in status.
- 12.7 The remaining team member will complete the race in the Out of Category section. He/she will receive a Finisher's medal and official result, but no Prize money. He/she will be seeded in last batch for the remaining stages.
- 12.8 The rider that withdrew can join us again for one of the remaining stages, but will not be seeded for this stage, receive no result and no Finisher's medal.

13. Identification

- 13.1 Riders must display their race numbers at all times.
- 13.2 Bike numbers must remain firmly fixed on the front of the bike, and may not be obscured by cables or any other item.
- 13.3 Race numbers may not be modified or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming.
- 13.4 No official race sponsor logos may be removed from race numbers and/or be obscured in any way.
- 13.5 Bike number boards remain the property of Dryland Event Management, thus it should be returned, unless a rider prefers to purchase it for R 50-00 at the race office.
- 13.6 Race and category leaders are obliged to wear the leader jerseys supplied by the race organisers.
- 13.7 Podium finishers and overall category leaders must be present at the finish line awards ceremony (if applicable) and the evening awards ceremony as advertised in the event programme, including the final ceremony.

14. Time Trial/Prologue

- 14.1 One of the stages of the race may take the form of a prologue and/or a time trial.
- 14.2 Participation in the time trial/prologue is compulsory for all riders.
- 14.3 Each rider will receive a start time for the time trial/prologue. It is the rider's responsibility to know this start time. In case of a prologue, these start times will be uploaded onto the website. In case of a time trial after a stage, the start times will be available at the Dryland race office as well as the previous stage's final results.
- 14.4 Riders must report at the entrance to the start chute at least 15 minutes before the allocated start time.
- 14.5 If a rider misses their start time, they will be allowed to start (at the discretion of the start/chief commissaire) at a different allocated time.
- 14.6 The organisers may make provision for a course practice. No riders are allowed on the course outside the official practice times (if applicable) or on race day before their allocated start time.
- 14.7 Please note that the general race rules are equally applicable to a time trial/prologue.

15. Stage Starts

- 15.1 Team and solo riders will be seeded for the start of each day.
- 15.2 Differential start zones will be allocated according to overall ranking in the race, and the organisers may allocate different (i.e. "staggered") start times for each starting zone. Should staggered start times be allocated, any reference to start times in these rules will be to the start time applicable to the particular rider's start zone.
- 15.3 The seeded starting zones will close strictly 5 minutes before their start time. Riders arriving late must start at the back of the field.
- 15.4 Riders are not allowed to start in a different seeding batch than the one that was allocated to them – failure to comply will result in a DNF result.

16. Route and Stages

- 16.1 Only riders who complete each of the stages before the race cut-off time(s) will qualify as official race finishers.
- 16.2 All distances/route information may vary from the advertised information and the applicable information given through at race briefing.
- 16.3 Riders who exit the route for any reason must return at the same point from which they exited.

17. Prohibited Equipment

- 17.1 The use of Tri-bars is prohibited, but handlebar ends are allowed.
- 17.2 Note that the race organisers may at any time prohibit any other item of equipment at their discretion.

18. Race Timing

- 18.1 The race start time will be announced on the website. If any start time has to be changed, notice hereof will be conveyed at the compulsory race briefing or via sms.
- 18.2 The team time is determined as the time at which the second team member passes the stage finish line.
- 18.3 No rider may carry more than 1 timing transponder at any time, and no rider may pass their transponder on to another rider at any time.

- 18.4 Riders will not be allowed to start late.
- 18.5 The race cut off remains the same even in case of a late start.
- 18.6 It is the rider's responsibility to return the numberboard and timing transponder, failing to do so will lead to a non-completion status and a penalty fee will apply.

19. Traffic Regulations

- 19.1 There will be no road closures, private or public, unless otherwise stated.
- 19.2 All general traffic regulations must be adhered to at all times during the race.
- 19.3 South African regulations require everyone to drive/ride on the left hand side of the road.

20. Nutrition and Hydration

- 20.1 Riders retain the ultimate responsibility to carry enough water and nutrition with them.
- 20.2 The race organisers will provide water, energy drinks and supplements at official water points on the route.

21. Support

- 21.1 Spectator and technical zones will be indicated on route maps/website before the start of the race.
- 21.2 Any non-official support vehicles will not be allowed on the route and all official support vehicles will be allowed at the designated points.
- 21.3 If any non-official support vehicle can be linked to a specific rider, it will result in a time penalty, with a second offence resulting in immediate disqualification.
- 21.4 Supporters may drive their own vehicles along public roads to reach vantage points to vocally support riders.

22. Medical Assistance

- 22.1 Medical assistance will be supplied en route in the form of medics and at the finish venue(s) in the form of medics and a doctor.
- 22.2 The race doctor and his medical team reserves the right to prevent any rider from continuing the race if it deems necessary. Their decision is final.

23. Withdrawals

- 23.1 Teams or riders that cannot continue the race for whatever reason must immediately inform the race office. This can be done at the race start, the finish, water points or by calling the Dryland emergency number (072 045 4307).
- 23.2 Should any rider or team fail to inform the race office of his/her/its withdrawal, and should a search and rescue operation be initiated for such rider or team, the cost of the search and rescue will be for the account of that rider or team.
- 23.3 Should any member of a team be incapable of finishing the race, his or her team partner will be entitled to continue riding in the race and may qualify as a finisher, but will not qualify for any rankings.
- 23.4 A rider that withdraws during the race must please convey his/her intentions to the nearest marshal.
- 23.5 A sweep vehicle will transport all withdrawals and their bicycles to the stage finish venue.

24. Environmental and Ethical

Riders are urged to respect the environment at all times during the race by following these rules, in particular:

- 24.1 Do not throw away water bottles, packaging or bike spares;
- 24.2 do not deviate from the route; and/or
- 24.3 do not smoke at any point on the route as this is not permitted.

25. Protests

The race is run in accordance with UCI rules and any protest must be submitted in writing to the Chief Race Commissaire within 20 minutes of your finish time.

26. Camper Van, Trailer & Caravan Parking Stands

In the interest of all riders, spectators and crew the following rules and regulations pertain to the race. To ensure compliance to the rules, each tenant will have to sign the attached undertaking that stipulates the rules and regulations. Failure to comply will result in being denied access to the area or transgressors may face immediate eviction:

- 26.1 The parking spots are 7m x 7m and will be clearly marked – NO parking outside of the designated area will be allowed;
- 26.2 1 x electrical power point connection will be supplied not further than 40 meters from your parking area – please

- supply your own extension lead;
- 26.3 a maximum of 6 tenants per site is allowed – identification armbands will be issued at registration and will be checked regularly;
- 26.4 only one vehicle + trailer/camper van are allowed per parking spot – extra vehicles will have to be parked in the designated parking area (only 200 meters away);
- 26.5 a maximum of two loose standing tents are allowed on the parking area – these tents are to be supplied by the tenant – tenants are not allowed to move any of the Dryland tents;
- 26.6 no ground or open fires are allowed;
- 26.7 the parking identification must be clearly displayed on the windscreen in the top right hand corner – vehicles without identification will be removed immediately;
- 26.8 tenants will have access to the shower and ablution facilities;
- 26.9 a responsible tenant must be present at the race to sign all permits and documentation at race registration;
- 26.10 only a branded vehicle and a maximum of two gazebos may be erected per parking area;
- 26.11 no other branding will be allowed which include but are not restricted to feather banners, fence wrap, A-frames and media backdrops;
- 26.12 the layout in terms of branding may not infringe on the rights of the event sponsors and an official may at ANY time request that branding not in compliance to the rules be removed immediately – failure to do so will result in immediate eviction; and
- 26.13 the objective of supplying these parking areas IS NOT for vendors to conduct a paid service to clients, it is there ONLY for an individual or team to offer support to their team of riders. The race has a dedicated team of sports masseurs and bicycle technical service providers who supply this service at a cost.

27. Equipment

- 27.1 Always 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.
- 27.2 We recommend that each rider carry a first aid kit consisting of the following:
- 1 x stretch bandage
 - 2 x dressings
 - Adhesive plasters
 - Foil survival blanket
 - Sun block with a minimum SPF factor of 20
- 27.3 Each rider is responsible for his own personal medication as prescribed by his physician. Please consult the race medical team if doubt about the legality thereof.
- 27.4 We cover areas populated by honey bees, if you are in any way allergic to bee stings it is of paramount importance that you at all times carry your prescribed medication on you person. If you are not sure about your allergy status, please consult our race medical team at registration.
- 27.5 A minimum of 2.5 liter of fluid to be carried by each rider.
- 27.6 Bike repair tools:
- Spare tubes
 - Multi tool
 - Replacement derailleur hanger
 - Inflation device (pump etc)

28. Code of Conduct

We urge all riders to display good sportsmanship throughout the duration of the race by keeping to the following guidelines: Not use offensive or abusive language during the race; act in an unsporting manner; be disrespectful to the officials; or ignore the race regulations.

29. UCI Points Ranking

- 29.1 Any rider wishing to compete in this category and be eligible to earn UCI Points must be in possession of a valid and current international UCI elite or U23 racing license and have at least one valid UCI point in any UCI elite or U23 mountain bike or road discipline in the current or previous season, or have been granted approval to compete in this category at the discretion of the organisers.
- 29.2 The men's and women's categories are UCI licensed races. Teams in the men's or women's category that wish to compete for prize money and that would like their race results to contribute to their riders' accumulated UCI point ranking must register as UCI pro-elite category riders by emailing their UCI ID to the race organisers one month prior to the event start. Please email carel@dryland.co.za, failure to do this will lead to riders not receiving UCI points at this event.
- 29.3 Teams in the men's or women's category which register as UCI pro-elite category riders will be subject to the additional rules set out in sections B & C.
- 29.4 Teams in the men's or women's category which do not register as UCI pro-elite category riders will not qualify for prize money, and their race results will not accumulate UCI points.

30. Requirements

- 30.1 All UCI pro-elite category riders must produce a current and valid international UCI elite license at race registration. National licenses or any other license issued by any federation is not acceptable to compete in this category.
- 30.2 All UCI pro-elite category riders must wear identical kit (jerseys and shorts) during each day of the race (i.e. different colours and logos may not be worn on different days). No sleeveless jerseys are permitted. Teams may consist of riders who are not members of the same UCI-registered trade team, but riders in the men's category must wear identical kit at all times. Team members in the UCI Women's category may print different logos on jerseys and shorts, in accordance with the design requirements laid out in the Pro Rider Manual of the year in which the race takes place and subject to approval by the organisers.
- 30.3 Any UCI pro-elite category rider who is a current world or national or continental champion in the UCI XCO elite category will be required to wear his world or national or continental champion jersey at all times (including the time trial/prologue), unless required to wear a category leader's jersey.
- 30.4 Any UCI pro-elite category rider who does not complete a stage (including the team time trial and/or prologue if applicable) before the cut-off time will not be allowed to continue the race.
- 30.5 Any UCI pro-elite category rider whose partner is no longer participating in the race for any reason shall be allowed to continue as an out-of-category rider.
- 30.6 Out-of-category riders may not take an active part in the race and/or provide physical assistance to any other UCI pro-elite rider or podium contender.
- 30.7 UCI pro-elite category riders may not receive physical assistance from an out-of-category rider.

31. Tech Zone Support

- 31.1 The race organisers will provide designated tech zones for the exclusive use of UCI pro-elite category riders on each stage, which may exclude the team time trial/prologue (if applicable). The number and location of these designated zones will be communicated before the race.
- 31.2 Each team will be allowed to check in 1 wheel set (in a bag to be provided by the team itself) and 1 equipment box (to be supplied by the race organisers) per tech zone, each of which must be clearly labelled as directed by the race organisers. Riders will be entitled to place any item of their choice in the equipment box.
- 31.3 The tech zone will be a self-service station, and UCI pro-elite category riders will not be allowed to accept any assistance from outside parties (including their support crew) in the zone. UCI pro-elite category riders are allowed to make use of the neutral tech zones.
- 31.4 Equipment checked in for a specific tech zone will be transported to that tech zone only and cannot be moved to any other tech zone during the stage.
- 31.5 No rider may use the equipment of any other team deposited at a tech zone without the consent of that other team given at the tech zone at the time.
- 31.6 Teams wishing to share their equipment deposited at the tech zones with any other team must declare this in writing to the commissaire before the start of the race. Approval hereof needs to be received.
- 31.7 Each tech zone will remain open until the first 50 teams on overall GC which have deposited equipment at a specific tech zone have passed through that zone. The zone will also remain open for the first 5 women's teams and all other UCI pro-elite women's teams within one hour behind the 5th women's team on overall GC who have deposited equipment at the relevant zone (should these teams not be within the first 50 teams on overall GC). UCI pro-elite category riders are allowed to utilise the neutral tech zone(s) provided to non-UCI riders.
- 31.8 The race organisers will communicate the check-in time for wheel sets and equipment boxes to UCI pro-elite category riders before the start of the race. Check-in of these items will not be allowed outside the advertised hours.

32. Waterpoints

- 32.1 The race organisers will not be liable for any tampering with riders' waterbottles.

32.2 The waterpoint nutrition tables are self-service stations and it is the rider's responsibility to collect his/her own bottle.

33. Applicable UCI Rules

The following section of the UCI rules and regulations will be applicable to UCI riders, and will be regarded as having been incorporated in the race rules:

33.1 Chapter XIV – Antidoping Rules

33.2 All team managers and other licenced officials shall be required to comply with the provisions of Part 12 (Discipline and Procedures) of the UCI regulations, and shall be subject to the sanctions set out therein

34. Discretion of the Commissaire and Race Organisers

Where any additional rule interpretation is required in these rules, the decision of the commissaires and race organisers will be final.