

EVENT RULES

Mountain Bike events are conducted in the spirit of self-contained, self-reliant back-country cycling - Riders participate in the event with an understanding & acceptance of this ethos.

1. Riders	
1.1	Riders must be in good health & well trained.
2. Medical	
2.1	During the event, ROC reserves the right to withdraw a rider who is not deemed physically capable of continuing.
2.2	Please see below for compulsory first aid to be carried during event.
2.3	In the event of medical expenses being incurred for a rider or team the cost therein will be the responsibility of the rider or team.
2.4	Medical Services on the ride, ambulance evacuation can only be from accessible roads. This means your team may have to get injured party to an accessible point. Event medical services, on-site basic treatment at start's & finishes.
3. Bicycles	
3.1	Only Mountain Bikes in good working order will be allowed to start the Event.
3.2	No more than one bike per rider is allowed. Riders must start & finish the event on the same bike.
3.2.1	Unless otherwise authorised by ROC.
3.4	Bikes must be Event-ready at the start of each stage, & during the Event. Event ready will mean the following:
3.4.1	The bike is in safe working order.
3.5	Maintenance of bicycles during the Event is the responsibility of each rider.
4. Helmets & Clothing	
4.1	A rider not wearing a helmet at any stage of the Event will be disqualified.
4.2	Appropriate riding attire, including a shirt, must be worn at all times.
4.3	Eye protection is strongly recommended.
4.4	It is recommended that fully enclosed footwear be worn.
5. Separation Penalties	
5.1	Riders must ride with his/her team partner at all times.
5.2	Riders who are separated by more than 1 minute from their team partner at any point...
5.2.1	May be Disqualified.
5.2.2	If not Disqualified will not appear in final results.

6. Compulsory Equipment

These items must be considered the bare minimum, & 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 Event:

6.1	First Aid Kit per team- consisting of a minimum of:
6.1.1	1 x Foil survival blanket. 1 x Set- First Aid Dressings x 3 (Sizes 2, 3 & 4 recommended). 1 x Set Adhesive first aid plasters x 5. 1 x Sun-block with a minimum SPF factor of 15. Any riders on specific personal medications are responsible for supplying & carrying such medication.
6.2	One GPS per team plus plenty of spare batteries. Although we do suggest that each team member has a GPS. N.B. There will be no GPS charging facilities therefore ensure your GPS takes removable batteries.
6.3	At least 3 litres liquid capacity per rider. 2 x Water Bottle +/- 750ml and 1 x Hydration Pack.
6.4	1 x Helmet per Rider. 1 x Whistle per Team. 1 x spare tubes, per Bike. 1 x Tyre pump or CO2 per Bike. 1 x patch kit (be sure the glue is fresh) per Bike. Tyre tools, Allen keys per Bike. 1 x Chain break per Team
6.5	Cellphone Compulsory- & we recommend taking both Econet & NetOne. We do not specifically provide an area at night stops for you to charge your phone. Please keep your phone off to conserve battery life. ID & Medical Card

7. Start

7.1	Sign On Sheet must be signed by ALL team members 15 minutes prior to each day stage start time. NB. ROC will not chase/find team members who have not signed on.
7.2	Any team member NOT signed will result in that team been Disqualification.
7.3	Clock starts running at designated start time regardless of Team presence.

8. Route & Stages

8.1	Team riders must complete the full designated track/route & distance of all stages.
8.2	Only riders who complete all stages will be considered Event finishers.
8.3	All stage navigation is via GPS tracks.
8.4	One GPS per Team although we highly recommend each Team member carries their own GPS.

9. Team Times

9.1	Only Team Times will be advertised.
9.2	The Team time is determined by the time at which the last team member passes the stage finish line.
9.3	If staggered Starts, timing will start at seeded start times each morning.

10. Finish

10.1	Teams MUST cross the finish line AS a TEAM.
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11. Traffic Regulations

11.1	The Event does not have exclusive use of any public roads during the Event.
11.2	All regular traffic regulations must be observed at all times during the Event. (In Zimbabwe we drive/ride on the LEFT H& SIDE of the road!).

12. Checkpoints

12.1	In each stage, there will be mandatory checkpoints, where Separation is checked.
12.2	Teams, which do not pass the checkpoints, will be Disqualification.
12.3	The exact location of the checkpoints will not be published, & hidden checkpoints are not excluded.

12.4

The exact locations of watering wells are via waypoints downloaded onto your GPS & are pre-fixed as WP then number.

13. Registration & Briefing	
13.1	Entry registration must be done via the website.
13.2	Entry registration & payment closes as per dates on website.
13.3	Event Registration as per website dates & a complete Event Briefing will take place.
13.4	All GPS's tracks & waypoint downloading must be done prior to event.
14. Nutrition & Hydration	
The Event will pass through very dry & very hot areas:	
14.1	Riders retain the ultimate responsibility to carry enough water & nutrition with them.
14.2	ROC will provide nutrition & water as mentioned in above bar start of Stage 1.
15. Seconding & Support	
15.1	Competitors may receive assistance from fellow competitors. (see 15.3 below).
15.2	Outside seconding is not permitted & such riders retain the ultimate responsibility to carry enough water & nutrition with them.
15.3	Bike repairs may be performed on the route but without obstructing other riders.
15.4	Riders are not allowed to draft behind other riders who are not participating in the Event, but may draft their own team partner or other riders taking part in the Event.
15.5	No other form of drafting is permitted whatsoever including, but not limited to, private vehicles, motor cycles & trucks.
16. Withdrawals & the Formation of New Teams	
16.1	Teams that cannot continue the Event, for whatever reason, must immediately inform the ROC. This can be done at the Event Start, the Finish, at Checkpoints or to roving ROC member via cellphone, number TBA.
16.2	In the event of a search & rescue operation being initiated for a rider or team which has withdrawn, the cost of the search & rescue operation will be transferred to the rider or team.
16.3	In the event of one team member being incapable of completing the Event the other Team member may join up with another Team & may still finish the Event, although no official time will be recorded for that original Team.
16.4	Single riders will not be allowed to begin any stage on their own.
16.5	Riders whose team cannot continue may join another team so long as ROC is notified. Normal sign on, start, separation & finish rules apply.
17. Ethical & Environmental	
17.1	No littering or unnecessary damage to the environment will be tolerated.
17.2	All litter on the ride is 'carry in - carry out'. Any team that is found littering will be immediately Disqualification.
18. Protests	
18.1	Any protests must be submitted in writing, to ROC after crossing the finish line, within the allocated time period.
18.2	Event Protests must be submitted within 15 minutes of the rider crossing the finish line.
19. Disqualification & Penalties	
Teams may be disqualified at the discretion of ROC for any one or more of the following reasons including, but not limited to:	
19.1	Riding at any point on any stage without a helmet.
19.2	Excessive littering.
19.3	Disrespect or damage to the environment.
19.4	Bad sportsmanship.
19.5	Abuse of ROC.
19.6	Traffic Rule violations.
19.7	Breaking of Event Rules as described above.
19.8	Rule infringements & Penalties are provided in the Table below, but are not limited to that Table (see 23 below).
19.9	Time penalties will be applied to Stage results, as well as to Overall Event results or General Classification

20. Basic Mountain Bike Racing Rules & Etiquette

20.1	Riders must complete the entire distance of the Event, & the responsibility for following the official route lies with the rider.
20.2	Teams & rider's are not permitted to take any shortcuts or to omit a circuit, or take other advantage of a similar nature against opponents.
20.3	Riders, who exit the route of the course for any reason, must return to the course at the exact same point from which they exited.
20.5	A rider cannot receive any technical assistance along the course from anybody, other than from other Event entrants or ROC.
20.6	Riders must act in a polite manner at all times, & permit any faster rider to overtake without obstructing.
20.7	Riders must respect the countryside & ride only on the official route. Riders must avoid polluting the area, & not leave any waste or litter.
20.8	No glass containers of any kind are permitted on or near the course.
20.9	Riders must not use offensive or abusive language during the Event, act in an unsporting manner, be disrespectful to the officials, or ignore the Event regulations.

21. Discretion of the ROC

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 ROC be final.