

27th SEA GAMES MOUNTAIN BIKE & BMX SPECIFIC REGULATION

A. PROGRAM SCHEDULE

11th December 2013

(16:00) Licence & Jersey Control
(17:00) Team Manager's Meeting (MTB)

12th December 2013

(09:00) Cross Country Team Relay - Final
(11:00) Victory Ceremony (XCR)

13th December 2013

(08:00) Cross Country Olympics – Women Final
(10:00) Cross Country Olympics – Men Final
(12:00) Victory Ceremony (XCO)

(14:00) DHI Official Training
(15:00) DHI Official Timed Run - Women
(16:00) DHI Official Timed Run - Men

14th December 2013

(08:00) DHI Official Training
(09:00) DHI Finals - Women
(10:00) DHI Finals - Men
(11:00) Victory Ceremony (DHI)

18th December 2013

(16:00) Licence & Jersey Control
(17:00) Team Manager's Meeting (BMX)

19th December 2013

(08:00) BMX Gate Practice
(09:00) BMX TT & Motos - Women
(10:00) BMX TT & Motos – Men
(13:00) BMX Gate Practice
(14:00) BMX Semi-Finals & Finals - Women
(15:00) BMX Semi-Finals & Finals – Men
(16:00) Victory Ceremony (BMX)

B. SPECIFIC REGULATION

1. GENERAL TERMS AND REGULATION

- 1.1 Eligibility for participation:
Cross Country – Men and Women 19 years above (1994);
Downhill - Men and Women 17 years above (1996);
Cross Country Team Relay – Men and Women 17 years above (1996);
- Riders may be asked to produce proof of date of birth.
- 1.2 Safety measures/liability/health insurance – inspite of all safety measures taken by the organizer in the course, riders should save themselves from any mishap and accidents. Mountain bike race has possible dangerous factors and riders are responsible for their own injury, damage, losses that may occur during the event.

2. HANDLE BAR AND BODY NUMBERS

- 2.1 All riders must display one body number fixed on the lower back and handle bar number during official training and racing. Cutting, folding or defacing of numbers will be penalized.

3. SPECIFIC RULES

3.1 CROSS COUNTRY TEAM RELAY - XCR

- 3.1.1 Cross Country Team Relay event is open to a team of 4 riders with the following composition:
2 riders - Men
2 riders - Women
- 3.1.2 The order of each team is up to each team's discretion where the Start Commissaire will stage the riders accordingly.
- 3.1.3 An arm band will be given to each team. A rider can only start the next lap upon receiving the team arm band from the rider before him/her.
- 3.1.4 Each rider will complete 1 lap of 4km distance. The first team to complete the race will be declared the winner.

3.2 CROSS COUNTRY OLYMPIC CIRCUIT – XCO

- 3.2.1 The distance of the course is 4km per lap with a race duration of 90 minutes. The number of laps will be announced after the Cross Country Team Relay.
- 3.2.2 The course will be marked with signages and taped for directions. There shall be marshal and check points throughout the course.

80% Rule

- 3.2.3 80% rules shall be applied and the riders having 80% slower time from the leader will be pull-out in this zone. The rider shall be classified.

Staging of riders

- 3.2.4 Riders shall be given start order as per UCI ranking and by random for unranked riders.
- 3.2.5 Rider's numbers shall be displayed on the call-up boxes and the riders have to present themselves inside the boxes 10 minutes before the start. The riders who do not exit from the call up box shall be marked as DNS.
- 3.2.6 The staging will be strictly controlled and riders be placed on grids drawn on the ground. The riders in each grid line may choose their starting position in order of their ranking. The rider with the lowest rank gets first choice.
- 3.2.7 The riders must start with 2 hands on the handle grip and one foot on the ground.

Feeding and Technical Zone

- 3.2.8 There shall be 2 Feed & Technical Zone which will be marked as FTZ1 and FTZ2.
- 3.2.9 Riders are allowed to take feeding and technical assistance from the same team members only.
- 3.2.10 Running alongside, spraying and pouring of water on riders are not allowed.
- 3.2.11 Only accredited persons wearing team officials uniforms are allowed in the Feed & Technical zone.

3.3 INDIVIDUAL DOWNHILL – DHI

ORGANISATION OF COMPETITION

- 3.3.1 A single run format is used. This involved a mandatory Official Timed Run and Final. The fastest rider of the final is declared the winner.
- 3.3.2 Riders shall be given start order as per UCI ranking and by random for unranked riders. The same start order will be given for the Official Timed Run and the Final with the best rider starting last.
- 3.3.3 The start interval will be 1 minute during the Official Timed Run and 2 minutes during the Finals.
- 3.3.4 For the final, a hot seat will be prepared for the 3 fastest riders at the finish tent.

COURSE

- 3.3.5 The course for the downhill follows a descending route with a mixture of fast and technical sections to test the riders' technical skills and their physical ability.
- 3.3.6 The length of the course is 1.5km
- 3.3.7 Rider will start from a starting ramp.

CLOTHING AND PROTECTIVE ACCESSORIES

- 3.3.8 All lycra-elastane based tight-fitting clothing is not permitted.
- 3.3.9 Long sleeved Team Shirt must not be covered.
- 3.3.10 A full-face helmet must be worn properly both when racing and when training on the course. The helmet must be fitted with a visor. Open-face helmets may not be worn.
- 3.3.11 The UCI strongly recommends that riders wear the following protection:
 - back, elbow, knee and shoulder protectors made of rigid materials;
 - protection for the nape of the neck and the cervical vertebrae;
 - padding on shins and thighs;
 - broad full-length trousers made from rip-resistant material incorporating protection for the knees and calves, or broad-cut shorts made from rip-resistant material plus knee and calf protectors with a rigid surface;
 - long sleeved shirt;
 - full finger gloves.
- 3.3.12 Cameras are not permitted during the finals. The riders are responsible for securing the fixation of the cameras in order to avoid any danger.

3.4 BICYCLE MOTORCROSS – BMX

- 3.4.1 The BMX event shall comprise standard 20 inch bicycle competitions and must meet the general specification provided in Chapter 9 of the UCI BMX Rule Book

ORGANISATION OF COMPETITION

- 3.4.2 The race is composed of 3 phases, the motos, the qualifiers (1/4 and 1/2 finals depending on the number of participants) and the finals.
- 3.4.3 A Time Trial qualification will be run in a maximum of two single run for each competitors to determine the seeding of motos.
- 3.4.4 The motos are divided in 3 rounds, at the end of which the riders with the best overall result shall transfer to the qualifiers.
- 3.4.5 The motos will follow Appendix 2 – Starting Position

3.4.6 The transfers system will follow Appendix 1 of the UCI Cycling Regulation

Appendix 2

Moto 1	Moto 2	Moto 3
8	2	3
7	6	1
6	3	5
5	1	7
4	8	2
3	5	6
2	7	4
1	4	8

CLOTHING AND PROTECTIVE ACCESSORIES

Inspection

3.4.7 Before official practice, before the start of, or during the course of any competition or event, the rider, his bicycle, helmet and clothing may be subject to inspection by commissaries in order to ascertain whether or not this equipment conforms to these rules.

Helmet and protections

3.4.7 Helmets must be of a full-face construction equipped with a visor minimum of 10 centimeter.

3.4.8 Helmet strap must be securely fastened during the completion of the race. Open face helmets are not allowed.

3.4.9 The UCI strongly recommends that riders wear the following protection:

- back, elbow, knee and shoulder protectors made of rigid materials;
- protection for the cervical vertebrae

Jersey

3.4.8 The jersey shall be loose fitted long-sleeved shirt whose sleeves extend down to the rider's wrist. Lycra is not permitted.

3.4.9 The jersey must be tucked into the pants to not cause interference.

Pants

3.4.10 The pants shall be loose fitting long pants made of tear-resistant material. Lycra is not permitted.

3.4.11 Loose fitting short pants made of tear-resistant material are permitted if used together with knee and shin protection with a rigid surface that extends from the knee protection to fully cover the shin, or just to above the ankle. Lycra is not permitted unless for use under the pants and to cover knee protection.

3.4.12 Pants must be of a single piece construction, separated from the jersey at the waist. One piece skin suits are not permitted.

Gloves

3.4.13 Gloves whose fingers completely cover the rider's finger tips.

3.4.14 Any added aerodynamic accessories on personal equipments are not permitted.

3.4.15 Cameras are not permitted during the qualifying rounds and finals. The riders are responsible for securing the fixation of the cameras in order to avoid any danger.

INTERNATIONAL PERMANENT RACE NUMBER

3.4.16 NF should inform beforehand the details of their riders wearing International Permanent Race Number.

7. SAFETY

Marshals

- 7.1 Marshal will signal the arrival of riders with a short, loud blast on a whistle.
- 7.2 All marshals working on potentially hazardous sections of the course will carry a yellow flag which is waved in the event of a crash in order to warn other riders.
- 7.3 For DHI event, riders observing a waving red flag during the race must stop immediately. A stopped rider must continue calmly to the finish and request a re-start from the finish line commissaire and wait for further instruction.

Medical

First aiders and ambulance will be placed along the race course

8. CONDUCT OF RIDERS

- 8.1 A rider must act in a sporting manner at all times and must permit any faster rider to overtake without obstructing.
- 8.2 If a rider exits the course for any reason, he/she must return to the course at the same point from which he/she exited. If the Commissaires Panel deems that the rider gained advantage, the rider is disqualified (DSQ).
- 8.3 The riders must respect nature and must make sure that they do not pollute the course venue.
- 8.4 Anyone who is found to have altered the course has his/her accreditation removed or, in case of a rider, is disqualified (DSQ).

9. RESULT AND PODIUM CEREMONY

- 9.1 The results will be posted on display boards and boxes designated to teams after the race.
- 9.2 No slippers and open sandals are allowed on the podium to maintain dignity of the sports.
- 9.3 No caps, sunglasses and goggles shall be worn during the podium.
- 9.4 Winners must come to the podium in their National Racing or Team Attire.

10. CANCELLATION

- 10.1 In the case of bad weather the Commissaires' Panel may decide to cancel the event after consulting the organiser.