
 <p>SOUTH AFRICAN SCHOOLS CYCLING</p>	South African Schools Cycling			Doc No. SASC/REG/MTB/0000
	DOCUMENTATION MTB Regulations			Rev No. 01
	Compiled by Deon Steyn	Approved by Francois Theron	Date 06/01/2014	Rev Date

1. DEFINITIONS

- 1.1. SASC – South African Schools Cycling
- 1.2. CSA – Cycling South Africa
- 1.3. UCI – International Cycling Union
- 1.4. XCO – Cross Country Olympic Format
- 1.5. XCC – Cross Country Short Course
- 1.6. MTB – Multi-terrain Biking
- 1.7. Commissaire – Cycling Official

2. GENERAL REGULATIONS

- 2.1. SASC is the statutory body overseeing cycling at schools in South Africa and thus responsible for cycling regulations at schools.
- 2.2. Participation
 - 2.2.1. Only bona fide public and private schools are permitted to take part in schools cycling events sanctioned by SASC.
 - 2.2.2. Scholars who are registered at public or private high schools, and who attend full-time classes are allowed to participate in schools cycling events.
 - 2.2.3. Riders may only represent the school which they officially attend and they cannot ride for any other school or schools.
 - 2.2.4. No licenses are required for participation in SASC events.
- 2.3. Categories of riders
 - 2.3.1. Junior: Riders aged 17 and 18 years old.
 - 2.3.2. Youth: Riders aged 15 and 16 years old.
 - 2.3.3. Sub-Junior: Riders 13 and 14 years old.
 - 2.3.4. A rider's category is determined by his or her age on the 31st December of the current year.
 - 2.3.5. SASC reserves the right to request ID documents to verify age.
- 2.4. Statuary requirements
 - 2.4.1. Events hosted by schools must comply with the *Schools Act 84 of 1996*.
 - 2.4.2. Events presented by other organisers must comply with the *Safety at Sports and Recreational Events Act of 2010*.
- 2.5. Safety
 - 2.5.1. Rider safety
 - 2.5.1.1. Riders must wear a helmet at all times while on a bicycle.
 - 2.5.1.2. No sleeveless shirts are allowed.

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- 2.5.1.3. A rider must start the race with a filled water bottle attached to their bike or wearing a hydration pack containing water.
- 2.5.1.4. No cameras are allowed on the rider's chest or helmet.
- 2.5.1.5. Riders are not allowed to have any devices plugged into their ears. This includes I-pods, MP3 players, Walkmans, cell phones or any other mobile or audio devices.
- 2.5.1.6. Riders with bona fide impaired hearing who have to rely on hearing aids must get approval from the organiser and commissaire prior to the event.
- 2.5.1.7. Inflatable arches crossing the course are prohibited.
- 2.5.1.8. The Team Managers' meeting must be attended by all Team Managers.

2.5.2. Public safety

- 2.5.2.1. An event safety plan must be compiled and comprise of:
 - 2.5.2.1.1. Nearest Police station details
 - 2.5.2.1.2. Nearest Hospital details
 - 2.5.2.1.3. Emergency plan
 - 2.5.2.1.4. Risk assessment in accordance with SASC Safety Policy document no. SASC/SEH/POL/0000.
 - 2.5.2.1.5. Contact details of the organiser, safety officer, commissaire and company providing medical services
 - 2.5.2.1.6. Proof on event insurance

2.6. Equipment


- 2.6.1. The bicycle shall have two wheels of equal diameter, the front wheel steerable, the rear wheel driven through a system comprising pedals and a chain.
- 2.6.2. The weight of the bicycle cannot be less than 6.8 kilograms.
- 2.6.3. The use of tyres fitted with metal spikes or screws is not permitted.
- 2.6.4. Traditional road type handlebars cannot be used and triathlon or timetrial bars are forbidden. Bar-ends are authorized.
- 2.6.5. Single-speeds and multi-speeds can be used.
- 2.6.6. Riders must complete the race with the same frame on which they started.

2.7. Environment

- 2.7.1. Race organisers must comply with SASC Environmental document no. SASC/SEH/POL/0001.
- 2.7.2. Riders must respect the environment and not litter.

2.8. Events formats

- 2.8.1. High Schools will use the XCO format.
- 2.8.2. Primary Schools will use the XCC format.

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3. RIDER CLOTHING, DRESS CODE AND PODIUM PROTOCOL


- 3.1. Schools are encouraged to have unique cycling kit designed and manufactured however unique school colours are not yet compulsory for 2015.
- 3.2. The wearing of sleeveless jerseys is expressly forbidden.
- 3.3. Category leaders must wear their leader jerseys when competing. Leader jerseys are to be worn during the relevant series events only. Riders cannot wear the leader or winner jerseys of the previous year, nor are they allowed to wear a leader or winner's jersey from any other schools event or series.
- 3.4. Individual riders who qualify for prizes, trophies, leader jerseys or titles must attend the prize giving.
- 3.5. If for any reason (justified or unjustified) the rider cannot attend the prize giving, the rider or team manager should notify the organisers before prize giving commences.
- 3.6. Failing to attend the prize giving without notifying the officials could result in penalties.
- 3.7. Riders who are called up onto the podium shall be dressed in their school's cycling shirt. If none such exists, an appropriate school tracksuit or T-shirt should be worn.
- 3.8. No sleeveless or cropped tops will be permitted on the podium.
- 3.9. No headgear or sunglasses are allowed on the podium.
- 3.10. Following the Category prize giving, the Series leaders/winners are required to put the jerseys on properly (take off other shirts) for a group photograph of the Category leaders/winners photograph.
- 3.11. Cycling helmets: riders not wearing their cycling helmets, with the retention straps properly fastened, at any time during the event will be disciplined or even disqualified.
- 3.12. Only hard-shell cycling helmets complying with recognized standards will be acceptable.
- 3.13. The order of priority for the various jerseys is:
 - Series Leader jersey
 - Africa Continental jersey
 - CSA National jersey
 - School jersey

4. SPONSORSHIPS

- 4.1. SASC is under no obligation to honour rider sponsorships.

5. MEDICAL SERVICES & AMBULANCES

- 5.1. The race and official training can only commence if the medical personnel and an ambulance are present at the venue.

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6. COMMISSAIRES & MARSHALS

6.1. Only SASC trained Commissaires or CSA Commissaires will be used to officiate as a Chief, Finish or Start Commissaire or do duty at the Feed/Techzone.

7. TEAM MANAGERS

7.1. Every school shall have an appointed Team Manager.

7.2. SASC will train the Team Managers, document no. SASC/TRA/MTB/0000 refers.

7.3. Team Managers will attend the Team Managers' meeting.

8. XCO FORMAT EVENTS

8.1. Course length: XCO 4 – 6 km.

8.2. The prescribed race time for the categories are as follows:

Category	UCI	CSA	SASC
Junior Men	1:00 – 1:15	1:00 – 1:15	60 min.
Junior Women	1:00 – 1:15	1:00 – 1:15	60 min.
Youth Men	National Federation	1:00 – 1:15	45 – 60 min.
Youth Women	National Federation	1:00 – 1:15	45 – 60 min.
Sub-Junior Boys	National Federation	0:55 – 1:10	30 – 40 min.
Sub-Junior Girls	National Federation	0:55 – 1:10	30 – 40 min.

8.3. Course and marking

8.3.1 Every kilometre of the course must be marked, indicating the distance remaining to be raced.

8.3.2. Paved or tarred roads cannot exceed 15% of the total course.

8.3.3. The course must be wholly rideable.

8.3.4. There must be sufficient passing sections on extended single track sections.

8.3.5. Riders must start in a single group

8.3.6. The course must be protected as much as possible by putting up tape on both sides.


8.3.7. Where the course is not protected on both sides, the course is deemed to be 2 m wide measured from the middle of the road or single track.










8.3.8. Where possible roots, tree stumps, protruding rocks etc. need to be covered in biodegradable fluorescent paint.

8.3.9. Metal stakes shall be covered with plastic tubing.

8.3.10. Wooden bridges or ramps must be covered with a non-slip surface eg. carpet or chicken wire.

8.3.11. The following markings are to be used:

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Straight Ahead	Right Turn	Left Turn
		
Straight Ahead Slow	Caution	Extreme Caution
		
Wrong Way	Bridge Ahead	Water Crossing

8.4. Bicycle number boards

8.4.1. Number boards must be affixed to handle bars, facing forward and be clearly visible at all times.

8.4.2. Number boards must not be obscured by brake cables or handlebars.

8.4.3. Number boards must not be cut, modified or mutilated in any way. No stickers may be added or removed.

8.5. Official training

8.5.1. It is recommended that riders complete at least two laps of the course prior to the start of the event.

8.5.2. Official training can only take place with medical personnel and an ambulance present.

8.5.3. A number board must be affixed during official training.

8.5.4. Unofficial training is not allowed.

8.6. The Start area


8.6.1. There must be a start line crossing the course.

8.6.2. Start banners are optional.

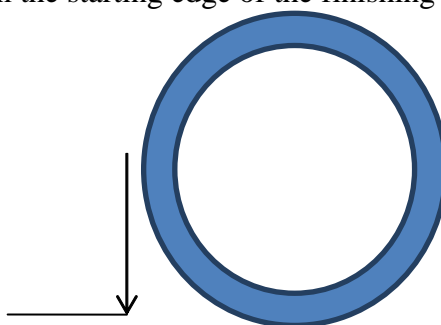
8.6.3. The Start Area must be at least 6 m wide for at least 30 m before and 100 m after the start line.


8.6.4. The Start Chute must be clearly barricaded.

8.6.5. No seconds/parents/teachers or Team Managers are allowed in the starting chute at any time.

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- 8.6.6. The race will start by means of a whistle.
- 8.6.7. Once the riders are loaded into the Start Chute they fall under the control and jurisdiction of the Start Commissaire.
- 8.6.8. Once a rider has crossed the start line they are deemed to be officially racing.
- 8.6.9. Riders must load from the back of the designated loading and start chute. Climbing over fences or tapes is not permitted.
- 8.7. Starting procedure
- 8.7.1. 15 Minutes to start: the commissaire will call the seeded riders to take their positions.
- 8.7.2. 12 Minutes to start: the non-seeded riders will be loaded.
- 8.7.3. 5 Minutes to start: the commissaire will do the race briefing.
- 8.7.4. All riders are to have at least one foot on the ground when the 3 minute warning is given.
- 8.7.5. The start is given by the Start Commissaire using the following timelines:
- 8.7.5.1. 3 minute warning
- 8.7.5.2. 2 minute warning
- 8.7.5.3. 1 minute warning
- 8.7.5.4. 30 second warning
- 8.7.5.5. 15 second warning, with the start signal to be given anytime within the final 15 seconds.
- 8.7.5.6 Any rider who arrives late for their start must line up at the back of the start group.
- 8.8. The Finish Area
- 8.8.1. The finish line will be a 20 cm wide white strip with a 4 cm black line in the middle.
- 8.8.2. It is recommended that a finish banner be installed above the finish line.
- 8.8.3. The Finish Area must be at least 4 m wide for at least 50 m before the finish line and at least 20 m after the finish line.
- 8.8.4. The finish occurs at the instant that the tyre of the front wheel meets the vertical plane rising from the starting edge of the finishing line



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8.8.5. A rider may cross the finish line on foot provided that he/she have their bicycle with them.

8.9. The race

8.9.1. Riders who are racing for podium positions and series points must complete the entire distance of the race.

8.9.2. The responsibility for following the official and correct route lies with the rider.

8.9.3. A rider is not permitted to take any shortcuts, omit a circuit or take advantage of a similar nature against opponents.

8.9.4. If a rider exits the course for any reason, he/she must return to the course at exactly the same point where they exited.

8.9.5. Any walking, running or riding which is carried out by a rider without the intention of directly re-joining the course, or activity in breach of the regulations which takes place outside of the marked course area, will result in disqualification.

8.9.6. A rider may receive technical assistance along the course from a fellow competitor but not from anyone outside of the course.

8.9.7. A rider must act in a polite manner at all times and permit any faster rider to overtake without obstructing.

8.9.8. Riders may not use offensive or abusive language during the race, act in an unsporting manner, be disrespectful to the officials or ignore the race regulations.

8.10. Technical assistance and Feed Zone

8.10.1. Technical assistance and feeding during a race is permitted subject to the following conditions:

8.10.1.1. Authorised technical assistance during a race consists of repairs to or the replacement of any part of the bicycle other than the frame.

8.10.1.2. Complete bike changes are not permitted and the rider must cross the finish line with the same handlebar number board he/she had at the start.


8.10.1.3. Technical assistance may only be rendered in the designated Feed/Technical assistance zones.

8.10.1.4. Technical assistance between competitors riding the same race and on the same route is however allowed.

8.10.2. Assistance from anybody else will be deemed outside assistance and is not permitted.


8.10.3. During feeding, no physical contact between feeders and riders is allowed as this is considered to be illegal technical assistance.

8.10.4. A feeder is not permitted to place water bottles on the bike, and/or place food and water bottles in the rider's pockets. Doing so is considered illegal

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technical assistance. All food and bottles must be handed to the rider, only by the stand-and-hand method.

- 8.10.5. No rider may turn back on the course to reach a Feed/Technical assistance zone. While inside the Feed/Technical assistance zone riders are permitted to move back on the course, but once past the Feed/Technical zone, a rider must follow the course until the next Feed/Technical zone before receiving feed or technical assistance.
- 8.10.6. Feeders are not permitted to run beside their riders in the feed zone. Only the stand-and-hand method is permitted.
- 8.10.7. If water bottles are to be discarded by riders in the feed zone, this must be done in a safe manner. Tossing or throwing water bottles at any time is forbidden.
- 8.10.8. Outside feeding is considered illegal technical assistance.
- 8.11. Seeding
- 8.11.1. Seeding must be carried through from one year to another, so for example a Sub-Junior rider's results from the previous year must be used for seeding in the first Youth event of the following year.
- 8.11.2. Inexperienced or unfit riders are encouraged to start at the back.
- 8.11.3. For start groups consisting of 50 riders or more it is recommended that the top 25 be seeded, otherwise only the top 10 must be seeded.
- 8.11.4. Points shall be awarded to the top 25 positions in the following order starting from 1st position: 35, 32, 30, 28, 26, 24, 22, 20, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2.
- 8.11.5. It is recommended that every finisher from position 26 onwards receive 1 point.
- 8.11.6. For events with less than 50 starters, points will be allocated to top 10 positions in the following order starting from 1st position: 15, 12, 10, 8, 7, 6, 5, 4, 3, 2.
- 8.11.7. It is recommended that every finisher from position 11 onwards receive one point.
- 8.11.8. Once the winner in a particular race category is in, the course will be closed for that category. Riders will however retain their positions when lapped – marked [LPD] - and may earn points and medals accordingly.
- 8.11.9. Riders who pull out of the race before the winner is in will be deemed non-finishers – marked DNF [did not finish].
- 8.12. Results & logs
- 8.12.1. A rider log must be maintained.
- 8.12.2. If two riders score equal points in the same category at the end of the series, their positions in the last event of the series will determine the winner.

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- 8.12.3. All the points of the riders from a particular school are added together to make up the school log.
- 8.12.4. Should two schools accrue the same number of points at the end of the series, there will be a count-back of positions to determine the winner. So for example the school with the most 1st positions will be the winner. If neither school has a 1st position, the 2nd places will be counted etc.

8.13. Penalties

- 8.13.1. Penalties can be imposed according to the nature of the offence and one of the following can be used depending on the severity:
 - 8.13.2. Relegation of position (by one or more positions)
 - 8.13.3. Time or points penalty
 - 8.13.4. Disqualification
 - 8.13.5. Suspension

8.14. Protests


- 8.14.1. Any rider who considers he/she has been prejudiced by any action during the competition may submit a protest to the Chief Commissaire after he/she has crossed the finish line.
- 8.14.2. The protest must be lodged in writing and submitted within 15 minutes of the end of his/her race.

8.15. List of offences, which can result in penalties

- 8.15.1. Illegal repairs to the bike
- 8.15.2. Unauthorised feeding and technical assistance
- 8.15.3. Jersey pulling and pushing
- 8.15.4. Obstruction of any rider
- 8.15.5. Unsporting conduct
- 8.15.6. Taking shortcuts
- 8.15.7. Indecent conduct or foul language
- 8.15.8. Fighting with competitors and officials
- 8.15.9. Pollution or discarding of wrappers or containers
- 8.15.10. Use of I-pods, MP3 players and other similar audio devices during competition

8.16. Race stoppages

- 8.16.1. Only the Chief Commissaire has the authority to stop a race. He must preferably consult with the Race Organiser and the Safety Officer before doing so.
- 8.16.2. Races that are stopped prematurely e.g. for safety reasons during the 1st lap will be nullified.

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8.16.3. Races that are stopped prematurely e.g. for safety reasons after the 1st lap will be deemed official and the results will stand.

9. Drug testing

9.1. SASC supports the testing policies and procedures of *Drug Free Sport* and riders will be subjected to their tests if selected.

9.2. No rider can refuse a drug test.

10. Governance

10.1. These rules are based on UCI and CSA MTB rules but have been specifically adapted for the High Schools MTB.

10.2. Where specific provision for any incident has not been made in these rules, the decision of the Chief Commissaire is final.

SASC