



Old Mutual joBerg2c - Rules

It seems sad that in a sport so free spirited that we have to have rules. But when you think about it, these rules are mainly created for your own safety and enjoyment. For those who are serious racers these rules also provide the parameters in which riders must race to avoid penalties and punch ups. For the non-racing types they will give you an indication of what is like to race without having to.

Unwritten Rules of single track

The Old Mutual joBerg2c has some awesome sections of single track along the way. The ride of way principal applies to single track and any challenging sections.

Ride of Way – this is a very simple concept that should apply to all fair mountain bikers all over the planet: if you are walking on a section because it is too technical or you are too tired you must give way to those riding. If you are behind someone pushing simply ask for ride of way.

Give Way – if there is a faster rider behind you try to find a safe place to let him or her pass you. If you are man and she is a woman try not to put your pump in her spokes because she is quicker than you.

If you are behind a slower rider try to ask them nicely to let you pass but don't make them panic and fall. We are all here for a good time. Keep it nice and chilled and nobody will get hurt. Not even ego's. Mountain Bike events are conducted in the spirit of self-contained, self-reliant back-country cycling.

1. Riders	
1.1	Minimum age of participation 19 years on 25th April 2014.
1.2	Riders must be in good health and well trained.
2. Medical	
2.1	During the race, Old Mutual joBerg2c Medical Officer reserves the right to withdraw a rider who is not deemed physically capable of continuing.
3. Bicycles	
3.1	Only mountain bikes in good working order will be allowed to start the race.
3.2	No more than one bike per rider is allowed for those racing for prize money. These riders must start and finish the event on the same bike.
3.3	Bike Marking:
3.3.1	Bikes must be marked with official Old Mutual joBerg2c number board.
3.3.2	It is each rider's responsibility to ensure that their bike is appropriately marked.
3.3.3	Riders whose bikes are not marked will not be allowed to start the race.
3.4	Bikes must be race-ready at the start of each stage, and during the race. Race ready will mean the following:
3.4.1	The bike is correctly marked
3.4.2	The front number board is securely fitted and visible from the front.
3.4.3	The bike is in safe working order.
3.5	Maintenance of bicycles during the race is the responsibility of each rider.
3.6	Other basic bike repair services will be provided at stage finishes.
3.7	In all cases of maintenance and repair, riders are required to complete the full distance of the stage with their bikes and within the time allowed.

4. Helmets and Clothing	
4.1	A rider not wearing a helmet at any stage of the race will be disqualified.
4.2	All helmets must comply with international 'ANSI' standards.
4.3	Appropriate riding attire, including a shirt, must be worn at all times.
4.4	Eye protection is strongly recommended.
4.5	It is recommended that fully enclosed footwear be worn.
5. Separation Time Penalties (STP's)	
5.1	Riders must ride with his/her team partner at all times in team category.
5.2	Riders who are separated by more than 2 minutes from their team partner at any point in the stage will receive a Separation Time Penalty (STP) of 1 hour.
5.3	Team rider separation will be measured at the Start, Finish and Check Points, but can also be enforced at any point in the stage.
5.4	More than 1 STP per day can be enforced.
5.5	3 STP's will result in the disqualification of the team.
5.6	STP's will be applied to both stage results and to overall results.
6. Rider Identification	
6.1	Both riders in a team must display their entire race numbers at all times.
6.2	Bike numbers must be firmly fixed on the front of the bike, and must not be obscured by cables or any other item.
6.3	Race numbers must not be modified or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming.
6.4	Race leaders and Stage Winners are obliged to wear the leader jerseys/boards.
6.5	A rider's sponsor badge/logo fixed on any leader jersey must not cover or obscure the existing Old Mutual joBerg2c branding and sponsors logos.
7. Obligatory Equipment	
These items must be considered the bare minimum, and 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 race:	
7.1	First Aid Kit – consisting of a minimum of:
7.1.1	Foil survival blanket.
7.1.2	First Aid Dressings x 3 (Sizes 2, 3 and 4 recommended).
7.1.3	Adhesive first aid plasters x 5.
7.1.4	Sun-block with a minimum SPF factor of 15.
7.2	Any riders on specific personal medications are responsible for supplying and carrying such medication.
7.3	At least 3 litres liquid capacity per rider.
7.4	Multi-tool or bike repair tools.
7.5	Mobile telephone (South Africa uses Dual Band GSM 900/1800 - this is the same as in Europe. We do not specifically provide an area in the Race Village for you to charge your phone. Please keep your phone off to conserve battery life.)
8. Start	
8.1	Starting times will be confirmed at race briefing.
8.2	Differential start zones will be allocated according to overall ranking in the race.
8.3	The top 3 teams in each category will have the option to start from the first row, if present at the start line on time.
8.4	The seeded starting zones will close strictly 15 minutes before the stage start.
8.5	Any riders and/or teams who are not in their start zones 15 minutes before the start will be required to start in the last start zone.



9. Route and Stages	
9.1	Riders must complete the full designated route and distance of all stages.
9.2	Only riders who complete all 9 stages will be considered Old Mutual joBerg2c finishers.
10. Individual and Team Times	
10.1	All teams / rider times will be advertised.
10.2	The team time is determined by the time at which the second team member passes the stage finish line.
10.3	Timing will start with the start gun each morning.
10.4	The start line will remain open for 15 minutes after the start gun.
10.5	Riders who start later will not appear in the stage results and will not qualify as a race finisher.
10.6	Any rider who cannot make the start deadline must report to the Chief Commissaire before 07h00 to request approval for a late start.
10.7	The finish cut-off time will not be adjusted for riders who are permitted a late start.
11. Finish	
11.1	The finish line closes at 17h00 daily, except for the last stage which closes at 15h00.
11.2	Riders not making the cut-offs at the last water point of each day and the finish will receive one warning for first time and will then need to leave the event after second time
11.3	Stage winners and overall category leaders must be present at the daily Awards Ceremony at 2pm, including the final Ceremony. Absence will result in a severe thrashing.
12. Traffic Regulations	
12.1	The Old Mutual joBerg2c will not have exclusive use of any public roads during the race.
12.2	All regular traffic regulations must be observed at all times during the race. (In South Africa we drive/ride on the LEFT HAND SIDE of the road!).
13. Checkpoints	
13.1	In each stage, there will be mandatory checkpoints, where STP's will be enforced.
13.2	Teams, which do not pass the checkpoints, will be disqualified.
13.3	The exact location of the checkpoints will not be published, and hidden checkpoints are not excluded.
13.4	The exact locations of watering and feed stations will be published.
14. Registration and Briefing – Thursday 24th April 2014	
14.1	Race Registration will be open from 10am to 9pm
14.2	A complete Race Briefing will take place at clearly stated time each evening.
15. Nutrition and Hydration	
The Old Mutual joBerg2c will pass through very dry and very hot areas of South Africa:	
15.1	Riders retain the ultimate responsibility to carry enough water and nutrition with them.
15.2	The Old Mutual joBerg2c Race Organisation will provide water and fruit at Feed Stations on the route.



16. Seconding and Support	
16.1	Competitors may receive assistance from a fellow competitor. (see 16.4 below).
16.2	Outside seconding, assistance or feeding is permitted in designated areas only.
16.3	Outside assistance includes assisting with bike maintenance, water and nutrition support and physically assisting riders. (This implies that team members may receive physical assistance from their team partner like towing up a hill.)
16.4	Bike repairs may be performed on the route but without obstructing other riders.
16.5	Neutral feeding, watering and medical assistance will be supplied by the Race Organisation at the feed stations.
16.6	Riders are not allowed to draft behind other riders who are not participating in the Old Mutual joBerg2c, but may draft their own team partner or other riders taking part in the Old Mutual joBerg2c.
16.7	No other form of drafting is permitted whatsoever including, but not limited to, private vehicles, motor cycles and trucks.
16.8	Specific escort or seconding vehicles not provided by the Old Mutual joBerg2c Race Organisers are not permitted to follow the race route. However, supporters may drive their own vehicles along public roads to reach vantage points to vocally support riders. Some sections of the course will be closed to all non-event traffic – including some public roads. Their closure must be respected by all.
17. Withdrawals and the Formation of New Teams	
17.1	Teams that cannot continue the race, for whatever reason, must immediately inform the Race Office. This can be done at the Race Start, the Finish, at Checkpoints.
17.2	In the event of a search and rescue operation being initiated for a rider or team which has withdrawn, but has not informed the Race Office, the cost of the search and rescue operation will be transferred to the rider or team.
17.3	Rider losing a team mate can ride in special solo section
18. Ethical and Environmental	
18.1	No littering or unnecessary damage to the environment will be NOT tolerated and could lead to instant disqualification
19. Protests	
19.1	Any protests must be submitted in writing, to the Chief Commissaire after the rider has crossed the finish line, within the allocated time period.
19.2	Race Protests must be submitted within 15 minutes of the rider crossing the finish line.
20. Doping	
20.1	The Old Mutual joBerg2c reserves the right to take doping tests on all riders.
20.2	Positive results will lead to disqualification from the Old Mutual joBerg2c, and those results will be forwarded to the national cycling federations



21. Disqualification and Penalties.	
Teams may be disqualified at the discretion of Chief Commissaire / Race Office for any one or more of the following reasons including, but not limited to:	
21.1	Riding at any point on any stage without a helmet
21.2	Excessive littering.
21.3	Disrespect or damage to the environment.
21.4	Bad sportsmanship.
21.5	Abuse of Race Officials.
21.6	Traffic Rule violations.
21.7	Breaking of Old Mutual joBerg2cRace Rules as described above.
21.8	Rule infringements and Penalties are provided in the Table at 24 below, but are not limited to that Table (see 23 below).
21.9	Time penalties will be applied to Stage results, as well as to Overall Race results or General Classification.
22. Basic Mountain Bike Racing Rules and Etiquette	
22.1	Riders must complete the entire distance of the race, and the responsibility for following the official route lies with the rider.
22.2	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.
22.3	A rider is not permitted to take any shortcuts or to omit a circuit, or take other advantage of a similar nature against opponents.
22.4	Any walking, running or riding by a rider, which is carried out without the intention of directly re-joining the course, or other activity in breach of the regulations, which takes place outside of the marked course area, can result in disqualification.
22.5	A rider cannot receive any technical assistance along the course from anybody, other than from their own Old Mutual joBerg2c team partner or another official Old Mutual joBerg2c rider.
22.6	Riders must act in a polite manner at all times, and permit any faster rider to overtake without obstructing.
22.7	Riders must respect the countryside and ride only on the official route. Riders must avoid polluting the area, and not leave any waste or litter.
22.8	No glass containers of any kind are permitted on or near the course.
22.9	Riders must not use offensive or abusive language during the race, act in an unsporting manner, be disrespectful to the officials, or ignore the race regulations.
23. Discretion of the Chief Commissaire	
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.	