

# RACE RULES



The following race rules may be updated and amended at the discretion of the Race Director up to the start of the race.

- Failure to comply with any of the rules may result in a penalty, which could include a rider's disqualification in certain circumstances. The various categories of penalties are set out below.
- The interpretation of any rule by the Race Director will be final and binding on all race participants.

## RACE CATEGORIES

Teams:

The age of the youngest team rider determines the race category.

- Men – Both riders are male aged 15\*-39 years on 31 December of the year of the race
- Women – Both riders are female aged 15\*-39 years on 31 December of the year of the race
- Mixed – One rider is male, and one rider is female aged 15\* - 39 years on 31 December of the year of the race
- Masters Men – Both riders are male aged 40-49 years on 31 December of the year of the race
- Masters Women – Both riders are female aged 40 years or older on 31 December of the year of the race
- Masters Mixed – One rider is male, and one rider is female aged 40 years or older on 31 December of the year of the race
- Grandmasters Men – Both riders are male aged 50-59 years on 31 December of the year of the race
- Great Grandmasters Men - Both riders are male aged 60 years or older on 31 December of the year of the race

Solo:

- Open Men – Male riders aged 15\*-39 years on 31 December of the year of the race
- Open Women – Female riders aged 15-39 years on 31 December of the year of the race
- Masters Men – Male riders aged 40-49 years on 31 December of the year of the race
- Masters Women – Female riders aged 40-49 years on 31 December of the year of the race
- Grand Masters Men – Male riders aged 50-59 years on 31 December of the year of the race
- Grand Masters Women – Female riders aged 50-59 years on 31 December of the year of the race
- Great Grand Masters Men – Male riders aged 60 years or older on 31 December of the year of the race
- Great Grand Masters Women – Female riders aged 60 years or older on 31 December of the year of the race

\*Minimum age is 15 on the day of the event.

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## TEAM RACING

- The team's event sees teams of two ride in the same cycling jersey, staying no more than two minutes apart throughout the four days of riding

## COMPETITORS

- Participants competing in the event must be a minimum of 15 years old on day one, the first stage of the race.

## MEDICAL

- It is the riders' responsibility to ensure that they are in good health and well prepared.
- Race management reserve the right to remove a rider from continuing the race on receipt of medical advice from an official race doctor or any other medical doctor recognised by the race organisers. The decision of the race organisers in this matter will be final.

## BIKES

- Only mountain bikes in good working order and race ready at the start of each stage will be allowed to start that stage. "Race ready" means the following:
  - Race front number board is securely fitted and visible from the front;
  - The frame marking is displayed as per instructions received at registration;
  - The bike is in safe working order, as determined in the discretion of the Race Director;
  - Handlebar ends and handlebar extensions shall be plugged and must not have sharp or jagged edges.
- The use of tribars and bladed wheels is not allowed.
- Bicycles may be propelled only through a chainset and by the rider's leg action, without any form of assistance (electrical or otherwise)
- Tandem bikes are not allowed.
- Each rider is responsible for the maintenance of his/her own bike for the duration of the race. Limited mechanical support is available at the race village.
- In all cases of maintenance and repair, riders are required to complete the full distance of the stage and must complete the stage within the maximum time. Time spent on maintenance and repair will not entitle a rider to any extension of the maximum stage time.

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## HELMETS AND CLOTHING

- Helmets – all riders must wear an Australian Standard approved helmet that is on good condition and well maintained.
- Appropriate riding attire, including a shirt, must be worn at all times.

## RIDER IDENTIFICATION

- On registration each rider will receive a wrist band, number Plate, a timing chip and a Jersey bib. All items MUST be worn while racing.
- Riders must display their race numbers at all times.
- Bike numbers must remain firmly fixed on the front of the bike and may not be obscured by cables or any other items.
- Race numbers may not be modified or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming.
- Emergency contact details must be completed on the rear of the number plate and failure to do so will result in disqualification. Please ensure the emergency contact details are current and your emergency contact is aware that you are taking part in the event.'

## STAGE STARTS

- The start chute opens 45 minutes before the start of each stage, unless communicated otherwise.
- 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.
- The seeded starting zones will close strictly 10 minutes before their start time.
- Riders must enter the start zone as a team with their bikes, and once entered must remain in the start zone with their bikes.

## ROUTES AND STAGES

- Riders must complete the full designated route and distance of their respective races prologue, if applicable.
- Only riders who complete each of the stages within the maximum stage time will qualify as official race finishers.
- The actual race distance or route may vary from the published or briefed distance.
- A rider must at all times follow the official route, obey the directions of the course marshals, and may not take any shortcuts or take any other advantage of a similar nature against competitors. The responsibility for following the official route lies with each rider.

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- Riders who exit the route for any reason must return to the course at the same point from which they exited.
- No rider shall trespass at any time of the year on land which is not open to the public for mountain biking and which forms part of the race route

## PROHIBITED EQUIPMENT

- The race organisers may at any time prohibit any other item of equipment (other than essential cycling equipment) at their discretion and riders shall at all times comply with any such prohibition.
- Headphones / earphones – are not allowed to be worn on course at any time. For safety reasons it is important that riders are fully aware of other competitors and instructions from course marshals.

## RACE TIMING

- No rider may carry more than 1 transponder at any time, and no rider may pass his/her transponder on to anyone else at any time throughout the event.
- Any rider who does not make the start time must report to the Race Director within 5 minutes of the start time to seek approval for a late start.
- No rider is allowed to start late without approval. If no approval for a late start has been given, the rider will be considered a DNS (did not start) and will not receive a result.
- The maximum stage time will not be adjusted for any rider who is permitted a late start and/or who started in a start zone with a later start time than his/her own.
- Stage 1 or the prologue will see riders timed from rolling over the START mat to rolling over the FINISH mat.
- Stage 2 – 4 will see riders timed from the GUN Start of their wave (eg 8.00am , 8.05am etc) to rolling over the finish mat. If a rider starts in an incorrect wave, they will receive a time penalty.
- The team time is the time at which the second team member passes the stage finish line.

## ABANDONING THE RACE

- The race organisers may abandon any stage at any time, in their sole discretion, for safety concerns or any other reason which they consider appropriate.
- Any rider who withdraws from the race before any official abandonment or who does not reach the designated cut-off point for abandoning the event will be classified as a DNF (did not finish).

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## TRAFFIC REGULATIONS

- Road Rules Apply – if at any time riders are on, or cross, a bitumen or gravel road it is important to remember that normal road rules apply unless directed otherwise by a traffic controller or member of the Police Force. Failure to do so may result in a penalty or disqualification
- The race will not always have exclusive use of any public or private roads throughout the event.
- All regular traffic regulations must be observed at all times during the race. (Australia we drive/ride on the LEFT HAND SIDE of the road!)
- Instructions of marshals must be strictly adhered to.

## CHECKPOINTS

- There will be checkpoints during each race.
- The stage checkpoints, times and penalties are worked out around an average speed of 10-11km/hr and aim to have all riders finish within 5 hours.

## REGISTRATION AND BRIEFING

- Race registration takes place at the venue, time and location indicated on the race website.
- Riders must report to registration and bring a form of ID including a photograph on it, such as a passport or driver's licence.
- A pre-race briefing will take place at the time and place indicated on the race website event schedule.

## RIDER SUPPORT

- Hydration and Nutrition – there will be at least one Water Point on each stage however all riders should carry sufficient fluids and nutrition with them.
- No outside assistance is permitted under any circumstances including physical assistance by any person other than a fellow competitor or any accredited check point staff.
- Drafting is allowed between riders.
- No other form of drafting is permitted whatsoever, including but not limited to drafting behind private vehicles, motor cycles, trucks and official race vehicles.
- Specific escort vehicles not provided by the race organisers are not permitted to follow the race route. However, supporters may drive their own vehicles along public roads to reach pre- designated viewing points to vocally support riders.

# RACE RULES

**CAPE TO  
CAPE**  
WESTERN AUSTRALIA

- Some sections of the course may be closed to all non-event traffic – including some public roads. Their closure must be respected by all.
- No rider and/or team supporter may access any restricted and/or prohibited area in the race village.

## MEDICAL AND MECHANICAL ASSISTANCE

- Medical assistance will be available by the race organisers at the event base.
- Riders who have a known pre-existing medical condition, such as asthma, are required to carry their own medication for the duration of the event. All competitors are encouraged to carry a basic first aid kit with them.
- Mechanical assistance will be available at the event village and riders will be required to pay for spare parts.

## WITHDRAWALS

- If at any time a competitor needs to withdraw from the event whilst on course, please ensure that you communicate this with an event official at one of the check points along the route. Checkpoints will be located approximately every 5km.
- Riders that choose not to start on any day should inform the race office.
- 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, the cost of the search and rescue will be for the account of that rider/s.

## ENVIRONMENTAL AND ETHICAL

- Riders must respect the environment at all times, absolutely no littering or damage to the environment will be tolerated. This will result in time penalties and may result in disqualification and removal from the race.

## PROTESTS

- All protests must be submitted in writing, on the official protest sheets provided in the race office, to the Race Director after the rider has crossed the finish line, within the allocated time period set out below.
- Race protests must be submitted within 2 hours of the rider crossing the finish line.
- Result protests must be submitted within 2 hours of posting of preliminary results for the relevant stage.

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## WRONG TURNS

- The course is clearly marked with branded arrows (red on white backing) and lime markings on the ground. If you have not seen a course marker or a marshal in more than 2km's you need to turn back as you have missed a marker.
- No time credit will be awarded for riders who miss a course marker. In the instance (where proven) that course markers have been tampered with and as a result several riders have taken a wrong turn course the race director will make the appropriate adjustments based on Garmin timings and course reports.

## RIDER ETIQUETTE

Riders who are reported to:

- Disobey dismounts and road rules
- Be rude or disrespectful to other riders or marshals
- Who behave in a way that puts any rider or marshal in danger
- Is reported to litter on course;
- Will be given a first warning of a 10-minute time penalty. A second report will result in disqualification. These riders are to be reported to HQ by race number and will be dealt with by the race director.
- IRONMAN believes in the honest and supportive culture of mountain biking and hold the safety of our riders a priority. If you stop to assist a rider with a mechanical or injury, please report to HQ and a time credit will be awarded at the discretion of the race director

## AWARDS AND PRIZES

- Awards will be presented at the finish of each stage for both stage and GC results in each Category daily.
- Overall event GC podium results will be OVERALL in each category. Eg top 3 GC Male teams regardless of age group will podium and receive prize money.
- Riders who have registered but not completed ALL 4 stages are eligible for stage podium only, not GC podium (eg. If a rider has a mechanical on a stage, they are still eligible for stage podium on the next stage completed, however not eligible for GC)
- Riders who have registered and completed ALL 4 stages are eligible for stage and GC podium
- Riders who register for 1 or 2 days are NOT eligible for stage podium or GC