

Rules

As much as the organisers try to position a race of this magnitude as fun and adventurous, there remains a need for rules, These rules are mainly created for your own safety and enjoyment.

UNWRITTEN RULES OF SINGLE TRACK

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 be too bitter about the fact that you are being beaten but pull off the side of the road and wish her well.

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.. To view the full list of rules, [SA-MTB Race Regulations \(31 May 2010\)](#).

Below you find our rules:

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1. Riders

- 1.1 Minimum age of participation is 18 years on first day of the event and turn 19 before the of 31 dec.
- 1.2 Riders must be in good health and well trained.

2. Medical

- 2.1 During the race, the PE Plett Medical Officer reserves the right to withdraw a rider who is not deemed physically capable of continuing PE Plett.
- 2.2 Any medical expenses incurred will be for the competitors account and will be claimed from their medical aid.
- 2.3 All competitors need comprehensive medical aid which will cover any medical expense which may be incurred whilst participating in PE Plett which is conducted in the spirit of self-contained, self-reliant backcountry cycling.

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. Riders must start and finish the event on the same bike.
- 3.3 Bike Marking:
 - 3.3.1 Bikes must be marked with official PE Plett 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 do not display a batch sticker 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.
- 3.7 Other basic bike repair services will be provided by the PE Plett at stage finishes
- 3.9 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 immediately.
- 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.
- 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 PE Plett 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 liters 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 The batch pounds open early and the stage start times will be announced at race briefing and supplied in the race guide.

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 in time.

8.4 The seeded starting batches will close strictly 10 minutes before the stage start.

8.5 Any riders and/or teams who are not in their start zones 10 minutes before the start maybe required to start in the last start batch.

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 3 stages will be considered PE Plett finishers.

10. Individual and Team Times

10.1 Only Team Times will be advertised, but individual rider times will be recorded for the allocation STP's.

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 at the announced time 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 be credited with a late start.

10.6 Any rider who cannot make the start deadline must report to the organisers.

10.7 The finish cut-off time will not be adjusted for riders who are permitted a late start.

11. Finish

11.1 Teams which are deemed by the Race Organisers to arrive at the finish line after the cut-off time will be swept off the route by the sweep vehicle. These teams may continue riding the race, but will not qualify as stage or race finishers.

11.2 Stage winners and overall category leaders must be present at the daily awards ceremony, including the final ceremony. Absence will result in a severe thrashing.

12. Traffic Regulations

12.1 PE Plett 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

14.1 Race Registration will be open as noted above.

14.2 A complete Race Briefing will take place as noted above.

15. Nutrition and Hydration

PE Plett 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 PE Plett 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).

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 PE Plett, but may draft their own team partner or other riders taking part in the PE Plett.

16.7 No other form of drafting is permitted whatsoever including, but not limited to, tractors, donkey carts, postmen, private vehicles, motor cycles and trucks.

16.8 Specific escort or seconding vehicles not provided by the PE Plett 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 In the event of one team member being incapable of completing the race, The Race Office will assist to form a new team in which the single rider can participate. The formation of a new team, however, remains the rider's responsibility.

17.4 The formation of new teams can only be done at the end of a stage, and by the latest at 05h00 in the morning before the start of the following stage.

17.5 Single riders will not be allowed to begin any stage on their own.

17.6 Newly formed teams will not qualify for team ranking, but individual riders will qualify as race finishers, on condition that they ride as a team with the newly formed team.

18. Ethical and Environmental

18.1 No littering or unnecessary damage to the environment will be tolerated.

18.2 Litter, relating to sports nutrition and feeding stations, will be tolerated within the direct area of the feed stations.

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 PE Plett reserves the right to take doping tests on all riders.

20.2 Positive results will lead to disqualification from PE Plett, 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 PE Plett Race Rules as described above

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

22.3 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.

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 can not receive any technical assistance along the course from anybody, other than from their own PE Plett team partner or another official PE Plett 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.

Rule and/or Offence

- First Offence
- Second Offence
- Third Offence
- Remarks
- Bicycles and Equipment
- Disqualification

Not wearing helmet

- Disqualification

Separation Time Penalties

- 1 Hour TP
- Additional 1 Hour Time Penalty
- Disqualification

Rider Identification

- Verbal Warning
- 10 Minute TP
- 30 Minute TP

Repeat offenders can receive harsher sanction or DQ

- Obligatory Equipment
- Verbal Warning
- 20 Minute TP
- 1 Hour TP

Repeat offenders can receive harsher sanction or DQ

- Route and Stages

- Disqualification

Traffic Regulations

- Verbal Warning
- 30 Minute TP
- 1 Hour TP

Repeat offenders can receive harsher sanction or DQ

- Seconding and Support
- 1 Hour TP and warning
- Disqualification

Ethical and Environmental

- 1 Hour TP
- Additional 1 Hour TP
- Disqualification A serious first offence can also result in Disqualification

Doping

- Disqualification
- Disqualification Categories
- Minimum Verbal Warning
- Minimum 1 Hour TP
- Minimum additional 1 Hour TP
- Repeat or Serious Offences can result in Disqualification