



Event safety, race rules & fair play

Your challenge is to: exercise good common sense, be safe, play fair, race hard and have fun!

Safety guidelines

All competitors

- Competitors are responsible for their own physical condition and should undertake the appropriate training in preparation for the event they have entered.
- Competitors enter at their own risk and are urged to have a medical check prior to entry.
- Warning is given to all entrants that these events are demanding. Possible risks include (but are not limited to) - collision with another competitor, official, media, member of the public or object (the ground, tree or vehicle); heat exhaustion and dehydration.
- It is important to note that, while every effort will be made to ensure a safe and fun event, the organiser and event officials are unable to guarantee competitors safety over the entire course.
- All registered competitors must be present at the compulsory briefing ahead of their race start on race day.
- Compulsory event equipment must be worn / used when and where applicable.
- It is the competitor's personal responsibility to choose suitable equipment (maintained to a safe standard). Please dress according to the activity and conditions, and carry necessary fluid and sustenance to see you comfortably through the event.
- Please give assistance to fellow competitors in need of help.
- In the event you come across an injured rider, you must stop and assess if they are o.k. If they are seriously injured ensure oncoming riders can see you and send the next oncoming rider down the track to get help from a course marshals and the event medical crew.

- If you decide to pull out for any reason, please alert a clearly marked event official and return your timing device to the event timekeeping staff at the start/finish to indicate your withdrawal.
- The cut-off time of 4:30 pm will be enforced for the safety of competitors and event officials.
- Entrants under the age of 16 years competing in any event must have a guardian present on race day who must have indicated/signed their consent when entering.

Mtb specific

- Helmets must be worn at all times on the bicycle.
- Officials will be strategically positioned at key points on the course for the duration of the event.
- A medical crew will be on the course with staff and resources throughout the event.
- A competitor deemed incapable of completing the course may be brought back by an official safety vehicle at any time.
- While on the Mtb, all riders must comply with the road rules and the directions of event officials.
- In the event of getting into difficulty on the ride, stop and seek assistance from the next competitor to pass or nearest event official. Sit down if you are feeling faint.
- To ensure your safety, please be vigilant at the start, throughout the course and when passing or being passed by other riders.

Race rules & fair play

- **Note: Ignorance of the rules will not be considered an excuse.**
1. All riders must be present at the event briefing.
 2. Riders may only use one bike for the duration of the event and this bike must accompany them throughout the duration of the event.
 3. An approved cycle helmet must be worn correctly whenever a rider is on their bike. Any other compulsory event equipment must be worn / used correctly when and where applicable.
 4. Race number plates must be fitted to the handle bars of competitor's bikes so they are visible at all times.
 5. Race timing devices must not be tampered with or altered in any way. Competitors who fail to return or return damaged timing devices will be liable for their replacement cost as hereby stated - Timing Device =\$80.00NZD (Incl. GST).

6. Motor assisted e-bikes are only permitted in the 6 stage non-shuttled e-bike event category.
7. Riders are not permitted to take any other form of motor transport other than the official event shuttle buses.
8. Riders must start the race within the designated start period & return to the start/finish within the time allocated otherwise a time penalty of 6 seconds per minute overdue will be added for late return to the finish.
9. Road rules apply both inside & outside the forest.
10. Riders must follow the marked course to and from the forest.
11. It is the rider's responsibility to know the designated event course and timed Race Stages.
12. Riders must obey event official's instructions, follow and stick to the marked special Race Stage courses. Failure to do this will result in disqualification.
13. In the case of a tied result, podium results will be separated by overall stage position countback (points differential). Further ties will be broken by overall race time.
14. Short-cutting on any special Race Stage is not permitted! Lack of an arrow or broken directional tape on the course will not be constituted as an excuse for cutting the course.
15. If a rider does go off course they must rejoin the course at the exact same spot they left it. If event directional tape is broken in the process of going off course they must stop and re-join the tape.
16. Wittingly obstructing another competitor in the field is prohibited. Doing so will result in disqualification. Slow riders must give way to faster riders as soon as practically possible. Fast riders are advised to give plenty of forward warning of their approach and suggest a side they wish to overtake on (e.g., 'rider coming', 'on your right'). The onus is on the overtaking rider to make the pass happen. Courtesy and patience is the key.
17. Riders must give assistance to fellow competitors in need of help. In the event a rider comes across an injured competitor, the rider must stop and assess if they are o.k. If they are seriously injured ensure oncoming riders have forewarning of the accident scene, then send a coming competitor down the track to get help from a course marshals and the event medical crew. Any time a rider losses helping out a fellow rider will be rewarded with a pro-rated

- time for that stage based on their performances posted on other stages.
18. In the event a rider comes across a high visibility vest on the ground on the path of a special Race Stage, the rider must dismount and push their bikes past the accident scene down track. Only once the rider has past the accident scene can he/she mount their bikes and continue racing.
 19. Riders must be self-sufficient. No outside assistance is allowed from anyone other than another competing rider, event staff within the feed station and technical zone, event marshals or the event medical crew.
 20. Any competitor that appears incapable of completing an event at any stage may be withdrawn by event officials or the event organiser, during the event or prior.
 21. Competitors must not be under the influence of alcohol, illegal drugs or a banned performance enhancing substance during competition.
 22. Foul conduct, unsportsmanlike behavior or the use of profane or abusive language is grounds for disqualification. Treat other competitors, officials and volunteers with respect and courtesy: there is no race without them.
 23. Protests of any nature must be submitted in writing within one hour of the finish time of the person lodging the protest. Protests must be signed by the accuser. All protests will be investigated. In every case there will need to be verification of the infraction. Officials and the race director will not be drawn into a "hear-say" argument.
 24. Penalties will be determined by the severity of the infraction. The minimum penalty will always be 2 minutes. The maximum penalty will be disqualification from the event.
 25. 10 years old is the youngest rider permitted in the Four stage event and 15 years old in the Six stage. Each rider who is 10-13 years of age MUST be accompanied by a paid 'accompanying adult' rider". Accompanying Adult Riders can only be responsible for one 10-13 year old rider (1:1 ratio) and must comply with the responsibilities outlined in the Accompanying Adult Riders consent form.
 26. The Race Director reserves the right to disqualify any competitor breaking the rules.
 27. The Race Director decision is final.

