



October 5th to October 8th 2107

Race Rules

The Cape Duo Challenge is a 2-person team, multi-stage cycling race in the Western Cape which includes mountain biking *and* road cycling. It is a four day timed event, alternating between mountain biking and road stage racing where gap penalties will apply.

1. Riders and Team Categories

1.1 The Cape Duo Challenge event is sanctioned by Cycling South Africa (CSA) and all riders participating in the race will be required to produce a valid CSA licence at race registration, or will be charged the applicable fee levied by CSA.

1.2 Minimum age of participation is 19 years on 31 December of the year in which the race takes place.

1.3 Riders must be in good health and well trained.

1.4 Teams will compete in men (19-39 years), ladies (19-39 years), mixed (all ages), masters (men & ladies 40-49 years) and grand masters (men & ladies -50+) categories.

1.5 The youngest rider in the team will determine the category as described above in 1.4.

1.6. A minimum of five teams per category finishers in order to qualify for prize money.

1.7. Tandems will not qualify for any prize money.

2. Medical

2.1 During the race, The Cape Duo Challenge medical officer reserves the right to withdraw a rider who is not deemed physically capable of continuing.

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 The Cape Duo Challenge which is conducted in the spirit of self-contained, self-reliant cycling.

2.4 It is the riders' own responsibility to ensure that they are physically fit and able to compete in the event. Contact your physician should you be unsure.

3. Bicycles

3.1 Only bicycles in good working order will be allowed to start the race.

3.2 Riders must start and finish the event on the same bicycle they used for either mountain biking or road.

3.3 Bike Marking

3.3.1 Bikes must be marked with the official Cape Duo Challenge number board and bike sticker.

3.3.2 It is each rider's responsibility to ensure that their bicycle is appropriately marked.

3.4 Bicycles must be race-ready at the start of each stage, and during the race make sure

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 Bike repair services will be provided by outsourced service providers at stage finishes – all costs will be for the rider's own account.

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.

3.8 Bicycles may be propelled only through a chain set and by the rider's leg action, without any form of assistance (electrical or otherwise)

3.9 Tandem bikes are allowed.

3.10 Time keeping will be provided by RaceTec. RaceTec/Winning Time transponders is a prerequisite for participation and recording of accurate times. Riders who do not have a transponder can purchase these from RaceTec.

4. Helmets, Clothing and Bicycle Equipment

4.1 A rider not wearing a helmet at any stage of the race will be disqualified and removed from the course 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. Team members do not have to be dressed identically. No sleeveless shirts will be allowed.

4.4 Eye protection is strongly recommended.

4.5 It is recommended that fully enclosed footwear be worn.

4.6. A rider shall not ride a bicycle fitted with triathlon, time trial or "Spinachi"-type bars (i.e. time trial bike) and the organisers reserve the right to disallow the use of certain types of bladed wheels that are considered unsafe.

NB: No electronic head pieces/phones/music will be allowed while riders participate in the event.

5. Team Riding and Time Penalties (TP's)

5.1 Riders must ride with his/her team partner at all times except for stage 1 which

will be an individual competed stage.

5.2 Any rider may receive physical assistance from his/her team partner or from a fellow competitor. For purposes hereof, "physical assistance" shall mean the sharing of water and nutrition, sharing of bike parts and accessories, assistance with maintenance and repair, and pushing/towing by physical contact only.

5.3 No towing of riders by means of any mechanical or physical devices is allowed, i.e. tow ropes, bungee cords.

5.4 A rider is allowed to "double back" on the route at any time in order to reach his/her team mate or in order to reach the nearest tech support zone (where applicable), provided that he/she shall not endanger any other rider in doing so.

5.5 Riders who are separated by more than 2 minutes from their team partner during the particular stage at any point in the stage will receive a Time Penalty (TP) of 1 hour. (This will not apply in Stage 1 - Tag Stage.)

5.7 Team rider separation will be measured at the Start, Finish and Check Points, but can also be enforced at any point on the stage. (Not applicable in Stage 1)

5.8 More than 1 TP per day can be enforced.

5.9 Three (3) TP's may result in the disqualification of the team.

5.10 TP's will be applied to both stage results and to overall results.

5.11 Refer paragraph 19 for additional clarification.

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.

7. Recommended 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 should be considered by the team during the race:

7.1. Sun-block with a minimum SPF factor of 15

7.2 Riders on specific personal medication is responsible for supplying and carrying such medication.

7.3 At least 2 litres liquid capacity per rider.

7.4 Multi-tool or bike repair tools, including spare tube and inflating device

7.5 Mobile telephone

8. Start

Please note: Individual starting times will apply to Stage 1 & 4 and will be communicated in advance.

8.1 The starting chutes open early. Stages 2 & 3 start times will be communicated in advance.

8.2 Differential start zones will be allocated according to stage 1 results and subsequent stage results.

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.

Stages 1 & 4:

Riders must enter the start zone with their bikes, and once entered must remain in the start zone with their bikes.

Stages 2, 3 & 4:

Riders must enter the start zones as a team, and once entered must remain in the start zone with their bikes.

8.5 Any riders and/or teams who are not in their start zones 10 minutes before the start may be required to start in a later starting batch.

8.6 Riders deliberately and unlawfully starting in an incorrect starting group will incur a 30 minute penalty.

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 stages will be considered The Cape Duo Challenge finishers.

10. Individual and Team Times

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

10.2 The team time is determined by the time at which the second team member passes the stage finish line on stages 2, 3 & 4.

10.3 Timing will start when a rider crosses the timing mat.

10.4 The start line will remain open for 5 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. Cut Off Times

11.1 The cut off times will be communicated in advance and during the stages if applicable.

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

11.3 Stage winners and overall category leaders must be present at the daily awards ceremony, including the final ceremony, otherwise prize monies may be forfeited as per the organisers' discretion.

12. Traffic Regulations

12.1 The Cape Duo Challenge may 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.
- 12.3 A strict white line observed policy will apply on all public roads and riders may be disqualified if they do not observe this important traffic and event rule.
- 12.4 Please obey the motorized marshals and traffic officials at all times. It's for your own safety!

13. Nutrition, Hydration & Technical Assistance

- 13.1 Riders retain the ultimate responsibility to carry enough water and nutrition with them.
- 13.2 The Cape Duo Challenge organisation will provide water, Coke and nutrition at feed stations on the routes.
- 13.3 Limited technical/mechanical support will be available at select feeding zones on the routes.

14. Seconding and Support

- 14.1 Competitors may receive assistance from a fellow competitor. (See 14.4)
- 14.2 No outside seconding, assistance or feeding is permitted during the event.
- 14.3 Outside assistance includes assisting with bike maintenance, water and nutrition support and physically assisting riders.
- 14.4 Bike repairs may be performed by riders on the route but without obstructing other riders.
- 14.5 Neutral feeding, watering, limited mechanical and medical assistance will be supplied by the Race Organisation at the designated feed stations.
- 14.6 Specific escort or seconding vehicles, not provided by The Cape Duo Challenge 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. These closures must be respected by all.

15. Withdrawals

- 15.1 Teams/riders that cannot continue the race, for whatever reason, must immediately inform the Race Office. This can be done at the Race Start, the Finish or at Water points. Withdrawals will only be official once confirmed by the organisers.
- 15.2 Any rider who withdraws from a stage before it is officially closed or who does not reach the designated cut-off point/time on the stage will be classified as a "did-not-finish" (DNF).
- 15.3 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 or race Commissaire, the cost of the search and rescue operation will be transferred to the rider or team.
- 15.4 In the event of one team member being incapable of completing the race, The Race Office will assist a rider to change to an individual participant.
- 15.5 Individual riders will qualify as race finishers but will not qualify for category prizes.

16. Ethical and Environmental

- 16.1 No littering or unnecessary damage to the environment will be tolerated.
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16.2 Litter, relating to sports nutrition and feeding stations, will be tolerated within the direct area of the feed stations.

17. Protests

The race is run in accordance with CSA rules and any protest must be submitted to the Chief Race Commissaire in writing within 15 minutes of the rider crossing the finish line.

18. Doping

18.1 The Cape Duo Challenge reserves the right to take doping tests on all riders.

18.2 Positive results will lead to disqualification from The Cape Duo Challenge, and those results will be forwarded to the national cycling federations.

18.3 Any amateur or professional athlete under sanction from their federation or national anti-doping authority after 1 January 2016 will be banned for life from competing in The Cape Duo Challenge.

18.4 The organizers also reserve the right to refuse any athlete (professional or amateur), which is/was under sanction from their federation or national anti-doping authority before 1 January 2016, to compete in The Cape Duo Challenge.

19. Disqualification and Penalties

Teams may be disqualified at the discretion of Chief Commissaire / Race Organiser for any one or more of the following reasons including, but not limited to:

19.1 Riding at any point on any stage without a helmet.

19.2 Excessive littering.

19.3 Disrespect or damage to the environment.

19.4 Bad sportsmanship.

19.5 Abuse of Race Officials.

19.6 Traffic Rule violations.

19.7 Breaking of The Cape Duo Challenge Rules as described above

19.8 Time penalties will be applied to Stage results, as well as to Overall Race results or General Classification (refer Paragraph 5)

19.9 Riders not following the official routes.

20. Rules and Etiquette

20.1 Riders must complete the entire distance of the race, and the responsibility for following the official route lies with the rider.

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

20.3 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.

20.4 Riders must act in a polite manner at all times, and permit any faster rider to overtake without obstructing.

20.5 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.

20.6 No glass containers of any kind are permitted on or near the course.

20.7 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 and traffic regulations.

21. 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.

22. Substitutions

Substitutions can be done online from 1st August to 15th of September as follows:

Login with the existing participant's ID Number. Click on the "Substitution" button and you will be guided through the process.

The administrative cost of a substitution is R2500 per team; and the substitution will not reflect until such payment has been made. Once you have made the substitution payment, you will receive a new email confirming the new rider. If you have not received the mail, contact the entry office. Please note that all team participants, including the race organiser, will be notified of substitutions and once a substitution is completed, the original riders' details will not be kept for future events.

Cyclists who have entered and paid, but cannot participate in the The Cape Duo Challenge, for whatever reason, must inform the Entry Office. No cyclist is allowed to participate under the name of another participant. Such action will lead to immediate disqualification.

All substitutions close on 15 September 2017. Late substitutions can then only be done at Registration @ R2500 per team.

PLEASE NOTE that substituted team participants will receive, where and if applicable, the clothing size of the initial participant, unless this is changed before 15 September 2017.

23. Entry Cancellation Policy

- 75% of entry fee is refunded if cancellation is done after 1st August 2017;
- 50% of entry fee is refunded if cancellation is done after 1st September 2017
- 0% of entry fee is refunded if cancellation is done after 1st October 2017; (if at this late stage your partner cannot participate anymore, you will be allowed to do a late substitution.
- Under no circumstances will an entry be rolled over.

24. Force Majeure

The organisers reserve the right to cancel the event or parts of the event resulting

from any act of God including extreme weather conditions, strike, war, riots, fire, flooding, legislation, insurrection, sanctions beyond reasonable control of the organisers of The Cape Duo Challenge (any such event called "force majeure").

