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	<b>MTB Regulations</b>	Revision 05
	Compiled Brad Shuttleworth	Approved Annelize Ziehl-Owens

## 1. DEFINITIONS

- |                  |                              |
|------------------|------------------------------|
| 1.1. SCSA        | Schools Cycling South Africa |
| 1.2. CSA         | Cycling South Africa         |
| 1.3. UCI         | International Cycling Union  |
| 1.4. XCO         | Cross Country Olympic        |
| 1.5. XCC         | Cross Country Short Track    |
| 1.6. MTB         | Multi-terrain Biking         |
| 1.7. XCM         | Cross Country Marathon       |
| 1.8. COMMISSAIRE | Cycling Official/Referee     |

## 2. GENERAL REGULATIONS

2.1. SCSA is the statutory body overseeing cycling at schools in South Africa and thus responsible for cycling regulations at schools.

### 2.2. Participation

2.2.1. Only bona fide public and private schools are permitted to take part in schools cycling events sanctioned by SCSA.

2.2.2. Scholars who are registered at public or private schools, and who attend full-time classes are allowed to participate in schools cycling events.

2.2.3. Home school riders must represent a public or private school and wear the school kit and be registered for sport at that school. Home schoolers may not make up more than 25% of the selected public or private school. The adoptive school must be in the home schoolers geographical region.

2.2.4. Riders may only represent the school which they officially attend, and they cannot ride for any other school or schools.

2.2.5. No individual licenses are required for participation in SCSA events.

### 2.3. Categories of riders

2.3.1 Sub -Nipper: Riders aged 7 and 8 years old.

2.3.2. Nippers: Riders aged 9 and 10 years old.

2.3.3. Sprogs: Riders aged 11 and 12 years old.

2.3.4. Sub-Junior: Riders 13 and 14 years old.


2.3.5. Youth: Riders aged 15 and 16 years old.

2.3.6. Junior: Riders aged 17,18 &19 years old.

2.3.7. A rider's category is determined by his or her age on the 31<sup>st</sup> December of the current year.

2.3.8. 13-year old riders registered at a high school will participate in the Sub-junior HS category

2.3.9. 14-year old rider registered at a primary school will participate in the Sub-junior PS category.

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2.3.10. SCSA reserves the right to request ID documents to verify age.

2.3.11. A particular event or league may due to the size of field choose to split ages within a particular age category. e.g. Youth U15 and Youth U16. When applied this must be described in the particular event rules.

#### 2.4. Statutory requirements

2.4.1. Events hosted by schools must comply with the “Schools Act 84 of 1996”.

2.4.2. Events presented must comply with the Safety at “Sports and Recreational Events Act of 2010”.

2.4.3. All SCSA sanctioned events must comply with the requirements as stipulated on the Sanctioning Certificate.

#### 2.5. Safety

##### 2.5.1. Rider safety

2.5.1.1. Riders must always wear a helmet while on a bicycle.

2.5.1.2. No sleeveless shirts are allowed

2.5.1.3. A rider must start the race with a filled water bottle attached to their bike or wearing a hydration pack.

2.5.1.4. No cameras are allowed on the rider’s chest or helmet but allowed on the bike

2.5.1.5. Riders are not allowed to have any devices plugged into their ears. This includes I-pods, MP3 players, cell phones or any other mobile or audio devices.

2.5.1.6. Riders with bona fide impaired hearing must get approval from the organizer and commissaire prior to the event.

2.5.1.7. Inflatable arches crossing the course are prohibited unless held up by a solid structure

2.5.1.8. All Team must attend the Team Managers’ meeting Managers representing schools. An attendance register maintained.

##### 2.5.2. Public safety

2.5.2.1. An event safety plan must be compiled as per the SCSA Safety Policy and comprise of the following key information:

2.5.2.1.1 Description and overview of event

2.5.2.1.2 Contact details of the organizer, safety officer, commissaire and company providing medical services

2.5.2.1.3. Nearest Police station details

2.5.2.1.4. Nearest Hospital details

2.5.2.1.5. Emergency plan

2.5.2.1.6. Risk assessment in accordance with SCSA Safety Policy.

2.5.2.1.7. Route maps, key points and safety

2.5.2.1.8 Map of venue layout

2.5.2.1.9. Proof on event insurance

2.5.2.1.10 Event permit as prescribe by local Authorities


2.5.2.1.11 Letter of authorization from the School Controlling Body to host the event

#### 2.6. Equipment

2.6.1. The bicycle shall have two wheels of equal diameter, the front wheel steerable, the rear wheel driven through a system comprising pedals and a chain.

2.6.2. The weight of the bicycle cannot be less than 6.8 kilograms.

2.6.3. The use of tyres fitted with metal spikes or screws is not permitted.

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- 2.6.4. Traditional road type handlebars cannot be used, triathlon or time trial bars are forbidden. Bar-ends are authorized.
- 2.6.5. Single-speeds and multi-speeds can be used.
- 2.6.6. Riders must complete the race with the same frame and number board on which they started.
- 2.6.7. Sub Nippers & Nippers must race with flat pedals, cleats & toe clips are strictly prohibited.
- 2.6.8. E-bikes are not permitted in any SCSA sanctioned events.

### 2.7. Environment

- 2.7.1. Race organizers must comply with SCSA Environmental document no. SASC/SEH/POL/0001.
- 2.7.2. Riders must respect the environment and not litter.

### 2.8. Events formats

- 2.8.1. Cross Country Olympic (XCO): A course should be between 3km and 6km, ideal lap distance 4.0 -4.8km. The duration of the race, and number of laps varies from category to category. High Schools will use XCO format.
- 2.8.2. Cross Country short Track (XCC) The course distance should not be more than 3km with a race duration of 10 to 40 minutes. Primary schools XCO format.
- 2.8.3 Cross country Marathon (XCM) The XCM can be a point-to-point event or a circular route or an out and back route finishing at the start point. The distance will vary based on the age of the riders.

## 3. RIDER CLOTHING, DRESS CODE AND PODIUM PROTOCOL

3.1. Schools are encouraged to have unique cycling kit designed and manufactured however if none is available then official school sport shirt must be worn.

3.2. Category leaders must wear their leader jerseys when competing. Leader jerseys are to be worn during the relevant series events only. Riders cannot wear the leader or winner jerseys of the previous year, nor are they allowed to wear a leader or winner's jersey from any other school's event or series

3.3. Individual riders who qualify for prizes, trophies, leader jerseys or titles must attend the prize giving.


3.4. If for any reason (justified or unjustified) the rider cannot attend the prize giving, the rider or team manager should notify the organizers before prize giving commences. Failing to attend the prize giving without notifying the officials could result in penalties.

3.5. Riders who are called up onto the podium shall be dressed in their school's cycling wear. If none such exists, an appropriate school tracksuit or official School Sport shirt should be worn.

3.6. No headgear or sunglasses are allowed on the podium.

3.7. Following the Category prize giving, the Series leaders/winners are required to put the jerseys on properly (take off other shirts) for a group photograph of the Category leaders/winner's photograph.

3.8. Cycling helmets: riders not wearing their cycling helmets, with the retention straps properly fastened, at any time during the event will be disciplined or even disqualified.

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3.9. The order of priority for the various jerseys is:

- Series Leader jersey
- Africa Continental jersey
- CSA National jersey
- School jersey

#### 4. SPONSORSHIPS

4.1. SCSA is under no obligation to honour individual or school rider sponsorships.

#### 5. MEDICAL SERVICES & AMBULANCES

5.1. The race and official training can only commence if the medical personnel and an ambulance are present at the venue. Medical requirements see the Safety Policy doc.

#### 6. COMMISSAIRES & MARSHALS

6.1. Only SCSA qualified Commissaires, CSA qualified Commissaires or SCSA training commissaires will be used to officiate as a Chief, Finish or Start Commissaire or do duty at the Feed/TechZone.

6.2. The commissaire reserves the right to remove any rider, parent, manager, spectator, family member or other from a dedicated event area or premises should they be found interfering with official's event duties or conduct unacceptable behaviour that is found out of line.

6.3. Riders will always adhere to official marshal instructions.

6.4. When there are more than 200 riders at an event, the race organizer must provide Two-way radios to commissaire/race organizer/marshals/SCSA Officials.

#### 7. **TEAM MANAGERS**


7.1. Every school shall have an appointed Team Manager.

7.2. SCSA will make Team Manager training course available, it is the responsibility of schools to ensure that they have qualified and registered Team Managers available to represent their schools at events.

7.3. Team Managers will attend the Team Managers' meeting.

7.4. All managers must be SCSA qualified Team Manager or applied for SCSA Mangers training.

7.5. Only appointed Team Managers who attended the briefing may communicate and raise protests or result queries with the commissaires.










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## 8. GENERAL MTB REGULATIONS - XCO, XCC, XCM

### 8.1. Course and marking


- 8.1.1 The Course direction arrows will be printed in a contrasting colour (black, blue, red) on a white, yellow or distinctive background.
- 8.1.2. Paved or tarred roads cannot exceed 15% of the total course.
- 8.1.3. The course must be entirely rideable.
- 8.1.4. There must be sufficient passing sections on extended single-track sections.
- 8.1.5. Riders must start in a single group
- 8.1.6. The course must be protected as much as possible by tape on both sides.
- 8.1.7. Where the course is not protected on both sides, the course is deemed to be 2 m wide measured from the middle of the road or single track.
- 8.1.8. Where possible roots, tree stumps, protruding rocks etc. need to be covered in biodegradable fluorescent paint.
- 8.1.9. Metal stakes shall be covered with plastic tubing.
- 8.1.10. Wooden bridges or ramps must be covered with a non-slip surface e.g. carpet or chicken wire.

8.1.11. The following markings are to be used

		
<b>Straight Ahead</b>	<b>Right Turn</b>	<b>Left Turn</b>
		
<b>Straight Ahead Slow</b>	<b>Caution</b>	<b>Extreme Caution</b>
		
<b>Wrong Way</b>	<b>Bridge Ahead</b>	<b>Water Crossing</b>

### 8.2. Bicycle number boards

- 8.2.1. Number boards must be affixed to handlebars, facing forward and be clearly visible at all times.
- 8.2.2. Number boards must not be obscured by brake cables or handlebars.
- 8.2.3. Number boards must not be cut, modified or mutilated in any way. No stickers may be added or removed.
- 8.2.4. The outside dimensions of all number plates and body numbers must conform to the following minimum dimensions  
 Front Number Plate: 148mm high x 210mm wide  
 Body Number: 148mm high x 210mm wide
- 8.2.5. The digits and any letters for the Front Number Plate and Body Numbers must meet the following minimum dimensions:
- |           |       |
|-----------|-------|
| Height    | 60 mm |
| Width     | 40 mm |
| Thickness | 10 mm |

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8.2.6. Digits and letters on number plates must be in black. Background colour coding may be used to denote different categories and start groups but must not affect the visibility of the number.

8.2.7. The minimum space that must be available for the number must be 80 mm high x 210 mm wide.

### 8.3. The Start area

8.3.1. There must be a start line crossing the course.

8.3.2. Start banners are optional.

8.3.3. The Start Area must be at least 6 m wide for at least 30 m before and 100 m after the start line.

8.3.4. The Start Chute must be clearly barricaded.

8.3.5. No seconds/parents/teachers or Team Managers are allowed in the starting chute at any time.

8.3.6. The race will start by means of a whistle or air horn

8.3.7. Once the riders are loaded into the Start Chute, they fall under the control and jurisdiction of the Start Commissaire.

8.3.8. Once a rider has crossed the start line, they are deemed to be officially racing.

8.3.9. Riders must load from the back of the designated loading and start chute. Climbing over fences or tapes is not permitted.

8.3.10. Riders who jump the start may receive a time penalty or be disqualified.

### 8.4. Starting procedure

8.4.1. 15 Minutes to start: the commissaire will call the seeded riders to take their positions.

8.4.2. 10 Minutes to start: the non-seeded riders will be loaded.

8.4.3. 5 Minutes to start: the commissaire will do the race briefing.

8.4.4. All riders are to have at least one foot on the ground when starting.

8.4.5. The start is given by the Start Commissaire using the following timelines:

8.4.5.1. 3-minute warning

8.4.5.2. 2-minute warning

8.4.5.3. 1-minute warning

8.4.5.4. 30 second warning

8.4.5.5. 15 second warning, start signal to be given anytime within the final 15 seconds.

8.4.5.6 Any rider who arrives late for their start must line up at the back of the start group.

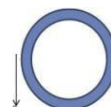
### 8.5. The Finish Area

8.5.1. There must be a finish line crossing the course and clearly visible to riders.


8.5.2. It is recommended that a finish banner be installed above the finish line.

8.5.3. The Finish Area must be at least 4 m wide for at least 50 m before the finish line and at least 20 m after the finish line.

8.5.4. The finish occurs at the instant that the tyre of the front wheel meets the vertical plane rising from the starting edge of the finishing line



8.5.5. A rider may cross the finish line on foot if he/she has their bicycle with them. (See Rule 2.6)

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#### 8.6. The Race

- 8.6.1. Riders who are racing for podium positions and series points must complete the entire distance of the race
- 8.6.2. The responsibility for following the official and correct route lies with the rider.
- 8.6.3. A rider is not permitted to take any shortcuts, omit a circuit or take advantage of a similar nature against opponents.
- 8.6.4. If a rider exits the course for any reason, he/she must return to the course at exactly the same point where they exited.
- 8.6.5. Any walking, running or riding which is carried out by a rider without the intention of directly re-joining the course, or activity in breach of the regulations which takes place outside of the marked course area, will result in disqualification.
- 8.6.6. A rider may receive technical assistance along the course from a fellow competitor in the same race but not from anyone outside of the course.
- 8.6.7. A rider must always act in a polite manner and permit any faster rider to overtake without obstructing. Overtaking can only be permitted when it is safe for both riders
- 8.6.8. Riders may not use offensive or abusive language during the race, act in an unsporting manner, be disrespectful to the officials or ignore the race regulations.

#### 8.7. Penalties


- 8.7.1. Penalties can be imposed according to the nature of the offence and one of the following can be used depending on the severity:
  - 8.7.2. Relegation of position (by one or more positions)
  - 8.7.3. Time or points penalty
  - 8.7.4. Disqualification
  - 8.7.5. Suspension
- See annexure 2: MTB Incidents table with penalties criteria

#### 8.8. Protests

- 8.8.1. Any rider who considers he/she has been prejudiced by any action during the competition may submit a protest to the Chief Commissaire after he/she has crossed the finish line.
- 8.8.2. The protest must be lodged in writing and submitted within 15 minutes of the end of his/her race.
- 8.8.3. Riders, team captains or official team managers may submit a protest. Parents may accompany U/19 riders with a protest but cannot submit a protest themselves.

#### 8.9. List of offences, which can result in penalties

- 8.9.1. Illegal repairs to the bike
- 8.9.2. Unauthorized feeding and technical assistance
- 8.9.3. Jersey pulling and pushing
- 8.9.4. Obstruction of any rider

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- 8.9.5. Unsporting conduct
- 8.9.6. Taking shortcuts
- 8.9.7. Indecent conduct or foul language
- 8.9.8. Fighting with competitors and officials
- 8.9.9. Pollution or discarding of wrappers or containers
- 8.9.10. Use of I-pods, MP3 players and other similar audio devices during competition

## 9. XCO & XCC FORMAT EVENTS

### 9.1. Course length:

- 9.1.1 XCO 4 - 6 km.
- 9.1.2 XCC 1 - 3 km.

### 9.2. The prescribed race time for the categories are as follows (based on winner):

	Male	Female
Junior	50 - 60 min	50 - 60 min
Youth U16	40 - 50 min	40 - 50 min
Youth U15	35 - 45 min	35 - 45 min
Sub Junior	25 - 35 min	25 - 35 min
Sprogs	15 - 25 min	15 - 25 min
Nipper	10 - 20 min	10 - 20 min

If Youth U/15 & U16 race together then Youth U/16 time must be used  
Sub-Nippers will race XCC and race time will be determined by race organizer

### 9.3. Official training


- 9.3.1. Official training and track practice and familiarization is permitted at predetermined and advertised official practice times.
- 9.3.2. Official training can only take place with medical personnel and an Ambulance present
- 9.3.3 A number board must be affixed during official training.
- 9.3.4. Unofficial training is not allowed.
- 9.3.5 All accredited managers/coaches who accompany riders during practice must also affix a number board during official training

### 9.4. Technical assistance and Feed Zone

9.4.1. Technical assistance and feeding during a race is permitted subject to the following conditions:

- 9.4.1.1. Authorized technical assistance during a race consists of repairs to or the replacement of any part of the bicycle other than the frame.
- 9.4.1.2. Complete bike changes are not permitted, the rider must cross the finish line with the same handlebar number board he/she had at the start.
- 9.4.1.3. Technical assistance may only be rendered in the designated Feed/Technical assistance zones.
- 9.4.1.4. Technical assistance between competitors riding the same race and on the same route is however allowed



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9.4.2. Assistance from anybody else will be deemed outside assistance and is not permitted.

9.4.3. During feeding, no physical contact between feeders and riders is allowed as this is illegal technical assistance.

9.4.4. A feeder is not permitted to place water bottles on the bike, and/or place food and water bottles in the rider's pockets. Doing so is considered illegal technical assistance. All food and bottles must be handed to the rider, only by the stand-and-hand method.

9.4.5. No rider may turn back on the course to reach a Feed/Technical assistance zone. While inside the Feed/Technical assistance zone riders are permitted to move back on the course, but once past the Feed/Technical zone, a rider must follow the course until the next Feed/Technical zone before receiving feed or technical assistance.

9.4.6. Feeders are not permitted to run beside their riders in the feed zone. Only the stand-and-hand method is permitted.

9.4.7. If water bottles are to be discarded by riders in the feed zone, this must be done in a safe manner. Tossing or throwing water bottles at any time is forbidden.

9.4.8. Outside feeding is considered illegal technical assistance.

#### 9.5 Seeding

9.5.1. Seeding must be carried through from one year to another, so for example a Sub-Junior

rider's results from the previous year must be used for seeding in the first Youth event of the following year.

9.5.2. Inexperienced or unfit riders are encouraged to start at the back.

9.5.3. For start groups consisting of 100 riders or more the top 50 be seeded, if 50 riders or more the top 25 be seeded, otherwise only the top 10 must be seeded.

9.5.4. Recommended Points structure see Annexure 1

9.5.5. It is recommended that every finisher from position 67 onwards receive 1 point.

9.5.7. Once the winner in a race category has completed his/her laps, the course will be closed for that category. Riders will however retain their positions when lapped - marked [LPD] - and may earn points and medals accordingly.

9.5.8. Riders who pull out of the race before the winner is in will be deemed non-finishers marked DNF [did not finish].

#### 9.6. Results & logs


9.6.1. A rider log must be maintained.

9.6.2. If two riders score equal points in the same category at the end of the series, there will

be a count-back of positions to determine the winner. For example, the rider with the most 1st positions will be the winner. If neither rider has a 1st position, the 2nd places will be counted etc. If there is still a tie their positions in the last event of the series will determine the winner.

9.6.3. All the points of the riders from a particular school are added together to make up the school log.

9.6.4. Should two schools accrue the same number of points at the end of the series, there will be a count-back of positions to determine the winner. For example, the school with the most 1st positions will be the winner. If neither school has a 1st position, the 2nd places will be counted etc.

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#### 9.7. Race stoppages

9.7.1. Only the Chief Commissaire has the authority to stop a race. He must preferably consult with the Race Organizer, SCSA and the Safety Officer before doing so.

9.7.2. Races that are stopped prematurely e.g. for safety reasons during the 1<sup>st</sup> lap will be nullified.

9.7.3. Races that are stopped prematurely e.g. for safety reasons after the 1<sup>st</sup> lap will be deemed official and the results will stand.

### 10. XCM FORMAT EVENTS

#### 10.1. Course length:

Applicable to both male and female riders.

	Minimum	Maximum
Junior		
Youth	30km	60km
Sub Junior		35km
Sprogs	11km	25km
Nipper		25km

#### 10.2. Official training

10.2.1. No training pre-riding on the route is permitted on the route prior to the event. Unless an official route pre-rider sanctioned by the event organizer and open to all competitors.

10.2.2 It is the responsibility of the rider to review the route maps and familiarize themselves with the route, water point locations and identified route hazards.

#### 10.3. Technical assistance and Feed Zone (Water Points)

10.3.1. Feeding is only permitted via officials at the designated official water points on the route. No personal feeding is permitted at any point on the race route.

10.3.2 Technical assistance may only be rendered in the designated Feed/Technical assistance zones if designated by event organizers. Technical assistance if permitted is limited to repairs and wheel changes. Bike changes are not permitted.


10.3.3 Technical assistance between competitors riding the same race and on the same route is however allowed. Assistance from anybody else will be deemed outside assistance and is not permitted.

10.3.4 Outside feeding is considered illegal technical assistance.

10.3.5 No assistance from spectators, parents, seconds or any source outside the course is allowed.

10.3.6 In the case of an open event to older riders, any non-SCSA participant (rider) competing or just riding on the route and assisting physically or verbally will be considered outside assistance.

10.3.7 In an open event, any rider receiving assistance/coaching from a different sex/age category will not be eligible for a podium. Caution to senior riders assisting school riders (9-19 Yrs.). This will disqualify the school riders from the race.

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#### 10.4 Seeding

10.4.1. Seeding will only be done where a set of league results is available for the seeding of riders.

10.4.2 The Start Commissaire may at his discretion permit self-seeding by the riders based on the commissaires rider knowledge and Team Managers input.

10.4.3. Inexperienced or unfit riders are encouraged to start at the back.

#### 10.5. Results & logs

10.5.1 Provisional rider results to be posted as soon as practical by the time keepers.

10.5.2 Rider protest to be lodged by Team Managers within 15 minutes of the results being posted.

10.5.3 In the case of a XCM League event, League points scoring and riders and school points to be calculated as stipulated in the League rules.

10.5.4 Should two schools accrue the same number of points at the end of the series, there will be a count-back of positions to determine the winner. For example, the school with the most 1st positions will be the winner. If neither school has a 1st position, the 2nd places will be counted etc.

#### 10.6 Race stoppages

10.6.1 Only the Chief Commissaire has the authority to stop a race. He must preferably consult with the Race Organizer, SCSA and the Safety Officer before doing so.

10.6.2 Races that are stopped prematurely e.g. for safety reasons and in which no means of timing will be nullified.

10.6.3 Races may be rerouted for safety reasons, provided clear route marking is available and all riders complete the same route will be deemed official and the results will stand, if the Commissaire is satisfied that no rider were unfairly disadvantaged.

### 11. DRUG TESTING


11.1. SCSA supports the testing policies and procedures of *Drug Free Sport* and riders will be subjected to their tests if selected.

11.2. No rider can refuse a drug test.

### 12. GOVERNANCE


12.1. These rules are based on UCI and CSA MTB rules but have been specifically adapted for the Schools MTB.

12.2. Where specific provision for any incident has not been made in these rules, the decision of the Chief Commissaire in consultation with the SCSA Officials is final.

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### Annexure 1


Position	Points	Position	Points	Position	Points	Position	Points	Position	Points
1	250	16	74	31	44	46	22	61	7
2	200	17	72	32	42	47	21	62	6
3	160	18	70	33	40	48	20	63	5
4	150	19	68	34	38	49	19	64	4
5	140	20	66	35	36	50	18	65	3
6	130	21	64	36	34	51	17	66	2
7	120	22	62	37	32	52	16	67	1
8	110	23	60	38	30	53	15	68	1
9	100	24	58	39	29	54	14	69	1
10	95	25	56	40	28	55	13	70	1
11	90	26	54	41	27	56	12	71	1
12	85	27	52	42	26	57	11	72	1
13	80	28	50	43	25	58	10	73	1
14	78	29	48	44	24	59	9	74	1
15	76	30	46	45	23	60	8	75 +	1

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## Annexure 2

### MTB RACE INCIDENTS TABLE

Race incidents	Penalty
<b>1. Bicycle</b>	
1.1. Appearance at the start of a race or stage with a bicycle that does not comply with the regulations	Start refused
1.2. Use of a bicycle that does not comply with the regulations in a race	Disqualification (DSQ)
<b>2. Clothing and helmet</b>	
2.1 Presentation at the start with non-compliant clothing	Start refused
2.2 Use of non-compliant clothing during an event	Disqualification (DSQ)
2.3 Rider at the start without mandatory helmet	Start refused
2.4 Start with damaged or no regular helmet	Start refused
2.5 Rider taking off mandatory helmet during the race	Disqualification (DSQ)
3. Body number, shoulder number, bicycle number or frame number modified or not positioned in accordance with the regulations	1st offence: 50 points (Rider) 2nd offence: 200 points (Rider) 3rd offence: Suspended from Series
4. Deliberate deviation from the race route, attempting to be placed without having covered the entire race route by bicycle	100 points (Rider) and Disqualification (DSQ)
5. Unintentional detour from the race route constituting an advantage	20'' penalty + time gained in short cut determined by PCP
6. Failure to respect the instructions of the race organization or commissaires	Rider: 20 to 100 points Non-Rider: 50 to 200 points (School)
7. Recrossing the finish line in the direction of the race while still wearing a body number and/or transponder (chip)	Rider: 30 points
8. Irregular assistance	
<b>8.1 Feeding outside the Feed/Technical Assistance Zone</b>	<b>Disqualification (DSQ) and 50 points (School)</b>
8.2 Feeder running in the Feed/Technical Assistance Zone	1st offence: official warning 2nd offence: 50 points (School)
<b>8.3 Spraying water on riders or bicycles</b>	1st offence: official warning 2nd offence: 50 points (School)
8.4 Mechanical outside the Feed/Technical Assistance Zone by non-rider	Disqualification (DSQ) and 50 points (School)
9. Rider turn back on the course to reach Feed/Technical Assistance Zone	Disqualification (DSQ)

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10. Rider failing to respect the rules for the start (Deliberate false start etc.)	50 points (Rider)
11. Use of a means of communication/earphones	Start refused or disqualification (DSQ) (if found during the race)
12. Delayed or lapped rider continuing the race in breach of the regulations	Disqualification (DSQ)
13. Failure to display handlebar number during training	50 points (rider), 50 points (School)
14. Alter the course (Non riders, parents, TM etc.)	50 points (School)
15. Irregular sprint	Relegation (REL) to the last place in the rider's group or Disqualification (DSQ) at sole discretion of the commissaires' panel in case of serious cases
16. Training outside training time during the event and when course stated as "closed" on the event schedule	1st offence: 50 points (Rider) 2nd offence: Start refused
17. Failure to wear the race leader's jersey	1st offence 250 points (Rider) 2nd offence DNS & 500 point fine (Rider)
18. Failing to attend official ceremonies (without giving notice)	100 points (School)
19. Non-compliant clothing during podium ceremony	100 points (Rider)
20. Insult, threats, inappropriate behaviour	Rider: 20 to 100 points Non-Rider: 50 to 200 points (School)
21. Parents/Spectators obstructing riders during race	100 points (School)