

# Yak Attack Race Rules and Regulations



Definition of the competition: -

## 1. Yak Attack

Yak Attack is a mountain bike stage race that takes place in Nepal.

## 2. Yak Attack organiser

- Mountain biking Worldwide Ltd. are the official organizers of Yak Attack
- In the rest of this document we will refer to it as "Organising Team".

## 3. General requirements and acceptance of regulations

- The rules set out below are designed to ensure the safety of racers, support a fundamental concept of fair play and maintain the overall integrity of the race itself.
- Each racer is requested to read and understand the Official Regulation of the race and to respect it.
- A failure to comply with any of the rules will result in a penalty, which could include racer's disqualification.
- In case any additional rule is required, or in the event that a specific provision regarding an incident has not been included in these rules, the decision of the Race Director will be final.

## 4. Conditions for the admission to the race

- Anyone 18 years of age at the moment of the start of the race, from any nationality, is admitted to the competition with no discrimination as long as fitness, medical and health conditions are appropriate for the event.
- Every racer must sign a waiver form, thereby releasing the Organisation from any responsibility regarding their own health.
- Every rider must possess appropriate insurance to take part in such an event, which will allow for helicopter evacuation in the event it is necessary. Evidence of this must be produced at least 30 days prior to the event. Riders without adequate insurance will not be allowed to start.

## 5. Race categories

The following categories will be acknowledged for Yak Attack 2017

- Open male (18-39)
- Open female (18-39)
- Male 40+
- Female 40+

Prize money (TBC) and trophies will be awarded to the top 3 finishers of both open male and female categories. Trophies will be awarded to the winners of male 40+, female 40+ categories.

## 6. Stage Start

- There will be only one official start for all the racers at the beginning of every stage.

- All the racers must ride under the starting arch if designated by the Organizing Team. Otherwise, racers must cross the start line. Racers not crossing the start line/passing under the starting arch may be disqualified.
- If a rider arrives late to the start line, they will be treated as if they started with the race, but they will incur a penalty consisting of the time difference between the racer start time and the official start. However, the rider must start within 60 minutes of the official start time. If they arrive later, they will be treated as a “partial withdrawal” (see below) for the stage but must still complete the stage within the allocated time. Failure to do so will mean the rider will also incur a “partial withdrawal” time penalty in addition to the late start penalty.
- Timing for all racers will be based on the official time provided by the Organizing Team by manual equipment (hours, minutes, seconds).
- The start time for each stage, as well as technical issues and track details, will be communicated during a briefing every evening before the next stage

## 7. Nutrition and hydration during the race

- Every racer is responsible for organising their own liquid and energy supplies with which they want to start the race.
- For each stage, the Organising Team will provide a minimum of 1 and a maximum of 3 refreshment points along the route. The number of refreshment points depends on the distance and difficulty level of the stage.
- Refreshment station staff will not be responsible for individual requirements. Anything that is required during the race, other than the standard refreshment menu will need to be carried by the rider
- Racers are not allowed to throw food, drink, containers or waste along the route. Failure to comply will result in a penalty. Waste must be carried to the finishing point.

## 8. Checkpoints

- Time checkpoints will be placed along the track and at refreshment points.
- Racers who are not detected at the check points may be disqualified.
- The Race Organisation may include hidden check points during the course of a stage.

## 9. Rider identification

- Every athlete must display their race number on their bike at all times and in good condition.
- Bike number plates must be firmly fixed on the front of the bike and must not be hidden by cables, GPS units or any other item.
- Bike number plates cannot be altered, cut or forged in any way.
- Tampering with the plate may lead to disqualification from the race.
- Should the racer change bike during the race, the number must be transferred to the new bike immediately.
- Should the number during the competition degenerate, the racer must hand it to the staff and ask for a substitution.

## 10. Sponsors

- Racers cannot change or hide the race sponsors on the race number plates or those provided by the Organising Team.
- Every racer is allowed to wear sponsored uniform or to carry trademarks of any personal sponsor, if they do not hide the race sponsors provided by the Organising Team.
- The Organising Team will obscure any racer’s sponsor that is considered not appropriate for Yak Attack, offensive or of bad taste.

## 11. Route

- Racers must complete the full designated route and distance of all stages set out by Yak Attack.

- The designated route will be marked clearly with highly visible arrows and signs by the Organising Team. However, due to the extreme nature of the environment, the use of a GPS unit is also compulsory to double check the markings set along the stages.
- Every racer must follow the official route at all times or follow the direction of the Organizing Team without taking shortcuts. The responsibility to follow the official route lies with every racer.
- If a racer exits the route for any reason, they must return to the course at the same point from which they exited.
- Official and hidden checkpoints will be key points to avoid racer shortcuts and therefore ensuring the spirit of a sports competition.
- The Race Director may make decisions regarding the application of a partial or complete route change of any stage, depending on unforeseen situations such as extreme weather or general security.

## 12. Mechanical assistance

- Racers should count on their own abilities and not be dependent upon the Organization to repair their bikes. However, for basic repairs and cleaning / lubrication, there will be a mechanical workshop present at the hotels.
- Mechanical help can only be accepted from authorized members of the Organizing Team or from other willing racers, officially registered. Should the racer use help from the outside during the stage they will receive a penalty.

## 13. Medical assistance and insurance

- Every racer participates in Yak Attack under their own will and responsibility. Therefore, the Organizing Team cannot be made liable for any accident, fall or illness occurring during the entire duration of the race.
- Every racer must report as soon as possible to the Organising Team any matters relating to any accident/injury witnessed along the route.
- At all refreshment points there will be equipment available to organise the transport of injured racers to the hotel (radio stations connected to the hotel and to the vehicles of the Organising Team). (Where vehicle access is not possible, severely injured riders will be evacuated back to Kathmandu by Helicopter)
- Any injured racer transported to the finish line will lose any possibility to be considered as "partial withdrawal". (see below)
- If a rider comes across an injured or distressed competitor then it is their duty to stop and assist in anyway they can until a member of the Organising team arrives. Failure to stop and assist will result in immediate disqualification.
- There is no full time helicopter coverage.
- There will be a first aid centre as well as a medical team at the hotel after the finish line of every stage.

## 14. Seconding and drafting

- No assistance or help from the outside is permitted under any circumstance. The penalty for such unsportsmanlike behaviour is disqualification.
- Drafting is permitted only between racers competing in Yak Attack. Any other form of drafting (e.g.: drafting behind an outcast rider, private vehicle, motorcycle, truck or official race vehicles) is not permitted and may lead to disqualification.

## 15. Cut off points

- There will be cut off points during any stage of Yak Attack over 40km in distance. The cut off point is determined by the Organising Team according to the length of each stage and the conditions of the terrain and wherever possible will be announced 1 month before the race.
- The cut off point is defined as the maximum time allowed to ride to a designated point on the course during the stage. There may be more than 1 cut off point during a stage depending on the length of the stage.
- Only racers who complete all the stages and make every cut off point will be considered an "Official Race Finisher".
- The cut off points can be updated (reduced or increased) by the Organising Team for logistic, or security reasons. Any update will be informed to the racers during the briefing prior the start of the stage.
- The cut off point may be also changed during the stage by the Organising Team, due to environmental or safety reasons. These changes will be informed in the most appropriate way according to the circumstances.

- The cut off point does not take into consideration any gender or age and so is the same for all riders.
- Any racer who fails to make the cut off point during any stage within the official time limit will be deemed a "Non finisher".
- Any racer that does not make a cut off point during any stage, will be expected to board the sweep vehicle for transportation to the finish line. Failure to comply to this condition will result in disqualification
- "Non Finisher" racers will be allowed to continue the race (i.e. they are able to ride the following stage) but they will be excluded from stage and final classifications.
- The "Non Finisher" racer who decides to continue the race must still abide by the cut off points set for each remaining stages and will only receive race support if riding ahead of the last finisher rider.
- Non finishers who decide to continue but at a slower pace will need to sign a waiver releasing the Mountain Biking Worldwide of any obligations of support during the stage.

#### 17. Partial or definitive withdrawal from the race.

- Partial withdrawal: a racer withdraws from the stage for any reason (e.g. mechanical problems), but they are willing to continue the next day.
- Any racer withdrawing from the stage must inform the Organising Team. The Organizing Team will transport them and their bike to the hotel at the end of the stage.
- Any racer withdrawing for whatever reason from a stage will be considered as a "Non finisher"
- Definitive withdrawal: means the withdrawal of any racer from the race.
- Any racer withdrawing from the race must inform the Organising Team as soon as the decision has been made and hand over their race number. The Organising Team will transport them and their bike to the hotel at the end of the stage. For the remaining days, the rider will not be allowed to participate in the race. In case of any other transportation arrangement requested by the withdrawn racer (e.g.: transport to nearest town/airport), the Organising Team will make all the efforts to organize this, granted that entire cost will be charged to the racer.
- Any racer forced to 'definitive withdrawal' from the race will be removed from the classification.

#### 19. Technical equipment and personal security

- It is compulsory that every rider carries and uses a GPS unit that is loaded with the Yak Attack route details, which will be sent to all competitors at least 30 days prior to the race. The route will be physically marked, but the GPS will provide additional assistance in event of any confusion.
- In order to guarantee racer's personal security, each racer must carry with them during every stage, the following equipment:
  1. Officially approved helmet (closed and correctly worn at all times)
  2. The means for carrying out basic repairs on the trail side, including fixing punctures and broken chains
- Random checks will be made to verify the integrity of this equipment.
- Appropriate riding gear must be worn at all times. Based on past years' experiences, every racer is advised to be prepared for heavy rain, cold winds, the possibility of snow and sudden temperature changes.

#### 20. Bicycles

- Only mountain bikes (26", 29" and 27.5" ) in good working order will be allowed to start the stage.
- Bicycles must be propelled only by the racer's leg action through a chainwheel, without any form of assistance (electrical or otherwise).
- Bike number plates must be firmly fixed on the front of the bike and perfectly visible.
- Handlebar ends and extensions must be plugged and must not have sharp or jagged edges.
- Any component or equipment may be changed or swapped during the race but a racer must complete the race with the same number plate assigned prior to the start of first stage.
- Swapping or exchanging of complete bicycles between racers, due to extreme necessity, must be requested and agreed with Organising Team.
- In case of any repair or maintenance activity needed on the bicycle during any stage, racers are still required to finish the stage within time limit
- Each rider is responsible for the maintenance of their own bicycle during the race.

#### 21. Protests

- Protests must be submitted in writing within 2 hours to the race officials after the racer crosses the finish line.
- Results of the protests will be submitted within 30 minutes of the timings being posted.

## 22. Respecting the environment and infrastructures

- Every racer must follow all the rules for the protection of the environment and infrastructure given by the Organising Team with utmost care, respecting the region and the population as well as keeping up the sporting spirit of this event.
- It is strictly prohibited to wash bikes in rivers or streams, as well as contaminating waterways with any chemical substances. Rivers and streams can be the only water supply available to the local population.
- It is strictly prohibited to light fires at any location.
- The dropping of food wrappers including gels and bars at any point along the route will not be tolerated. If a rider is found guilty of such an offence they will face immediate disqualification from the race

## 23. Traffic Regulations

- The race does not have exclusive use of any public or private roads during the race.
- All regular traffic regulations must be observed at all times during the race.
- Indications given by authorized staff along the way must be followed.

## 24. Fair Play.

- All racers are expected to show good sportsmanship and 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.
- Racers must act in a polite manner at all times and permit any faster racer to overtake without obstructing.

## 25. Offences and penalties.

- All offences will be considered individually at the discretion of the race officials. Penalties will be allocated as the race officials deem appropriate for the circumstances. The most serious of offences could result in immediate disqualification. The decision of the race official is final.

I have read, understood and agree to the terms and conditions above.

Signed.....

Dated.....