

## MITAS 4 ISLANDS MTB STAGE RACE 2020

### RULES & REGULATIONS

---

#### 1. General rules

- By entering the MITAS 4 ISLANDS mountain bike stage race, which is organised by 4 ISLANDS Ltd., one is entitled to participate in the **MITAS 4 ISLANDS**, mountain biking stage race which will be held from April 21st 2020 - April 25th 2020. in the area of the Kvarner Islands (Krk, Rab, Cres, Losinj) in four stages.
- The race is open to all participants **aged 18** or above.
- The race will be carried out in teams of two riders
- The number of participants is limited to 250 teams (500 cyclists) and reserved only for persons who have applied for the race online via application form published on <https://4islands.hr> website and which have registered at the information desk which will be open at the starting point of the race. Information desk will be open a day before the race.
- All participants can only register **in team** - individual registration by only one team member is not possible.
- Upon entering the race the participants will be asked to submit some personal data (name, address, year of birth, gender, contact number, e-mail).
- At race registration each participants is obligated to produce his own identification card (personal ID card, passport) for confirming rider's identity.
- The entry has to be done in person and it cannot be transferred onto other persons.
- By entering the race participants agree to these conditions of use and rules of the race.
- Participants accept that their photo, name and other personal information are used for promotional purposes of 4 ISLANDS and third parties connected to this race without special permission, and without geographical and time limitations.

---

#### 2. The starter package

- The starter package for each participant of the race includes the following:
  - the right to start at the race
  - a meal after each stage
  - hand luggage transfer
  - electronic timing of the race
  - a starting number sign with attachment straps
  - navigational instructions sheet with map and altitude profile
  - indications of routes throughout the race trails
  - drinks and snacks on the race refreshment zones
  - emergency medical assistance in case of accidents during the race
  - the sponsors' gift package

---

### 3. Minimal age

- All participants of the race need to be at least 18 years old on the day of the race (date of birth not older than April 21st 2002.)

---

### 4. Health requirements

- All participants must make sure that they are physically fit and healthy enough to take part in the race; participants must contact their doctor in order to check their health condition, granting them permission to take part in the race. Should the participant appear in poor health, the organiser may ask them to present a note from their physician when registering for the race.

---

### 5. Technical adequacy of the bicycle

- Participants are required to use bicycles that are intended for mountain biking only and that are entirely driven by human propulsion.
- All participants must ensure their bicycles are technically adequate, especially in terms of safety (brakes), and the organiser retains the right to disqualify any contestants with faulty or inadequate bicycles.
- The organiser is not responsible if any damage to the participants, equipment or a third party would occur due to malfunctioning of participant's bike.
- Participant understands and accepts that they must ensure safety of their bike, and if at any time they notice that their equipment does not meet the requirements, participant must take measures to eliminate the defect. If the defect can not be removed, the participant needs to quit further participation in the race.
- During the race it is forbidden to use the following:
  - pannier bags and bicycle trailers
  - drink containers that are made from inflexible materials (glass, metal...)
  - electrically powered bicycles
  - tandem bicycles.

---

### 6. The contestant's personal clothing and equipment

- All participants of the race must wear a protective biking helmet at all times during the race.
- It is forbidden to wear jerseys without sleeves.
- The participants of the race must equip themselves with adequate clothing and footwear which are suitable for the weather conditions during the race.
- The participants of the race have to provide their own drink containers.
- Participants are required to bring some basic equipment and bicycle repair kit.

---

### 7. Prohibited equipment

- The use of earphones/ear buds or two-way radios (i.e., 'walkie-talkies') is not allowed during the Race.
- Cameras (which includes video cameras) may be mounted on the rider's bike, but not on the rider (including the rider's helmet or chest). Cameras mounted on the rider's bike must be positioned in

a safe location and manner (and otherwise in compliance with any applicable UCI regulations), and cannot protrude an unreasonable (in the Race Jury's opinion) distance from the bike (for example, no 'selfie' sticks).

- The Race Jury may at any time prohibit any other item of equipment (other than essential cycling equipment) in its discretion and riders shall at all times comply with any such prohibition.
- The Race Jury reserves the right to inspect, at any time, any rider's bike, apparel, gear, equipment, components, and accessories used in the Race, in order to determine compliance with the Rules.

---

## 8. The race

- From April 21<sup>st</sup> -25<sup>th</sup> 2020. MITAS 4ISLANDS is hosting a five-day mountain bike stage race that includes teams consisting of two persons.
- The teams must stay together throughout the entire race, allowing a distance no longer than 2 minutes apart. If the distance between team members is more than 2 minutes apart on control points or at the finish line, the team will be fined with 30 minutes onto their timing.
- **MITAS 4 ISLANDS MTB Stage Race** is approximately 300 kilometres long with 5.500 meters of ascent.
- The routes will be indicated in the instruction sheets for participants as well as throughout the race.
- The routes will be specified within the race programme which will be published on the official race web site and delivered to the race participants before the race, or upon registration at the race start, before the beginning of the race at latest.
- The organiser reserves the right to change the routes of the race prior to the start of the race without special explanation and announcement.
- Should the organiser provide jerseys for those leading in the overall placement, the team is obliged to wear them. In case the leading teams do not wear the leader jerseys they will be given a penalty of 30 minutes added onto their current timing.

---

## 9. Categories of contestants

- Participants take part in the race in teams of two and will be divided into categories according to age and gender, according to the following categories:
  - MEN: born from 21.04.2002. to 1981.
  - MASTERS: born from 1980. to 1971.
  - GRAND MASTERS: born up to 1970.
  - WOMEN - both ladies need to be at least 18 years old
  - MIXED - man and woman (both participants need to be at least 18 years old)
- In case that team members belong in different categories according to their age, the team will be categorised according to the age of a younger team member.

---

## 10. Starting number

- Upon registration each participant will receive a starting number with adequate straps which needs to be attached onto the handlebar of the bicycle, in order to make the number and signs frontally visible at all times during the race.

- Upon registration each participant will receive a number for their back, which needs to be visible at all times during the race (except in case of using a rain jacket)
- Starting numbers need to be clearly visible on a bike and on participants' back throughout the race.

---

## 11. Prologue

- Participation in the prologue is compulsory for all teams.
- Prologue counts towards the team's overall time and overall ranking.
- Each team will receive a pre-allocated start time for the prologue. It is each rider's responsibility to know his/her start time. In case of a prologue, the start times will be advertised via the Race website.
- Riders must report at the entrance to the start chute at least 15 minutes before the allocated start time for the prologue.
- If a team misses its prologue start time, it will be allowed to start at the discretion of the Race Jury but the team's time for the prologue will be measured from the team's originally allocated start time.
- The Maximum Stage Time for the prologue will be measured individually for each team, commencing at the team's actual start time.
- Riders must complete the full, final designated route and distance of all stages, including the prologue.

---

## 12. The start of the race

- The location and starting time of the race will be stated in the programme of the race which the participants will receive on spot upon registration at latest.
- The starting positions will be open 40 minutes before the beginning of the race, and the participants need to be at their starting positions at least 10 minutes before the race starts.
- Starting positions at the first stage are determined by the ranking after PROLOGUE, and starting positions for the other stages will be determined by the overall ranking (results). The organiser reserves the right to choose to assign the starting numbers according to the criteria that the organiser sets.
- Participants that arrive at the starting position after they have been closed (10 minutes before the start) will be placed at the rear end of the starting block, regardless of their current overall ranking.
- Should the participants arrive at the start more than 15 minutes after starting of the race, or fail to show up at all, they will be removed from the ranking list.
- Starting positions will be divided to at least 3 starting blocks, each starting with a time span in between blocks.
- Starting blocks will be allocated according to overall ranking in the Race.
- The participants can take their starting positions only when they have met all of the above listed rules.
- Timing at the all stages start with a block starting time. Organiser reserves the right to a neutral start.

---

### 13. The racing route

- The participants of the race must during the entire course of the race stick to the given routes which are described in the instructions and marked on the site.
- Adjustments or shortenings of the route are strictly forbidden. It is the responsibility of each participant to follow the racing route, and should they for any reason abandon the racing route, they will have to re-enter the route at the exact same location they have abandoned it. Participants who do not follow these rules will be fined with additional time on their timing or disqualified.
- Disposal of drinking containers and leaving waste behind on the racing route is strictly forbidden. Participants who do not follow these rules will be fined with additional time on their timing or disqualified.
- Depending on the stage of the race each participant will have to pass through one or more control points whose locations will not be disclosed beforehand.

---

### 14. Parts of the racing routes on public roads

- The racing route will in certain parts be passing or crossing over public traffic routes which will not be closed to traffic.
- Whilst passing through the public roads the participants will be required to act according to traffic regulations of the Republic of Croatia and not obstructing other participants of the traffic.
- The organiser will, in cooperation with the police, do their best to adjust the traffic control to the requirements of the race by closing up some parts of the road, giving warning and pulling up the other participants of traffic as well as warning the race participants of approaching vehicles.
- All participants must be aware that throughout the whole race they are participants of the public traffic and should comply with valid traffic rules. If the participant cause or participate in a traffic incident or accident, applicable laws and traffic regulations of Republic of Croatia will be applied to them.

---

### 15. Refreshment zones

- On the race route depending on the stage of the race there will be two or more refreshment zones in which the participants will be able to refill their drinking containers with isotonic beverages and water, and help themselves to some energy bars and fruit.
- Participants are required to take care of their food and beverage needs during the race themselves. The organiser will try to provide sufficient amounts in the refreshment zones, however is not responsible for food or drink shortages on any refreshment zone on the stages.

---

### 16. Codes of conduct during the race

- All participants are required to comply to the rules of fair play behaviour and act respectfully towards fellow participants, other persons and the environment.
- The participants of the race are obliged to ride carefully, in accordance with their skills and capability, especially when descending downhill.
- The slower participants must provide an open passage at the nearest possible position on the trail to those faster than themselves.
- In the occurrence of a final sprint towards the finishing line, the participants are not allowed to change their line of movement.

- Participants must report any accidents, defects or violations of the rules that they witness during the race to the nearest official representative.
- In the event of an accident participants are obliged to give emergency medical assistance to fellow participants of the race.
- Members of a team are allowed to assist each other, however mechanical joining of bicycles (towing) is forbidden.

---

## 17. Assistance from other persons

- Participants of the race are not allowed to receive any assistance by other persons, such as towing, pushing or creating leeward.
- The handing out foods, drinks, clothes or spare parts by persons standing by the border of the race-track, as well as medical assistance from the organiser of the race, are allowed.

---

## 18. Quitting during the race

- Participants that are unable to complete the race are obliged to report to the organiser upon arrival at the finishing line.
- If the participant fails to arrive at the finishing line the organiser will activate a search party with the authorities in charge and at the expense of the person being sought after.
- In case of quitting due to health issues the participant must report their withdrawal to any official representative of the organiser and can ask for medical assistance.
- In case of a bicycle defect or an injury, one ought to move aside if possible, in order to enable passage to the other participants of the race.

---

## 19. Race timing

- The timing for the participants is measured individually with a timing chip device which will be attached to the starting number.
- If asked from organiser, riders are obligated to instal gps transponder on bike and keep it at all time during the race
- Each of the participants will be timed independently from their team partner. The result chart will display only the timing for the team unit. The timing of the team is defined by the time of a slower member of the team.
- The timing chip device and gps transponder must be attached to the bicycle during the entire race.
- The participant is responsible for the timing chip device during all stages of the race.
- If the timing chip and transponder gets damaged or lost the participant is obliged to compensate for the occurred damage.
- The participant is forbidden to use more than one timing chip.
- The participant who arrives late at the starting position will be time-delayed at the other stages which will start by the neutral starting.
- The participant who is more than 15 minutes late at the start or fails to show up, will be listed on the daily results as DNS (did not start).

---

## 20. Completing the race

- The participants will be acknowledged for their participation in the race if they have arrived at the finish line and have not disobeyed any of the listed rules of the race. The finish line can be crossed by walking if the participants have their own bicycle.
- Each stage will have a time limit within the finish line must be passed (e.g. 18:00h). All participants that do not cross the finish line before that time will be removed from the ranking list. The maximum time is not the duration (e.g. 8 hours) but the exact time of the day (e.g. 18:00h / 6pm local time).
- The organiser may extend or shorten the maximum time, and information about this can be found at the information desk at the start of the race.
- Total ranking list: teams that have completed all of the stages are qualified to enter the final ranking list.
- Finishers: all participants who have lost their team partner are entitled to continue the race and will be listed as FINISHERS without total timing in the results, providing they have successfully completed all of the stages.
- Participants who fail to complete one of the stages have a right to start at the next stage, but will be listed in the results as an OUT OF COMPETITION, and will not qualify for the FINISHER category.

---

## 21. Help on the road

- The organiser will provide a van which will collect any participants who cannot complete the stage, and will take them to the finishing line of the stage.
- If the vehicle would be full, the organiser will make sure to provide another vehicle as soon as possible.

---

## 22. The results and awards

- The ceremony of announcing winners within levels of competitions/categories will be held after each stage. The organiser will subsequently announce the location of the ceremony after each stage.
- The stage winner announcement ceremony according to categories is scheduled aprox. every day around 14:30 which depends on stage winners time on track.
- The overall winner announcement ceremony according to levels of competitions/categories, financial reward for the first three positions in the categories MEN, WOMEN, MASTER, GRAND MASTER, MIX
- After every stage, financial award will be given to first five positions in the categories UCI ELITE MEN and UCI ELITE WOMEN
- The awards will be granted upon the announcement of winners.
- If the award winners fail to attend the winner ceremony or overall winner ceremony, the organiser is not obliged to deliver the reward or the financial rewards.
- If the award winners fail to attend the winner ceremony, they will get time penalty 30 min.
- All the results will be displayed on the site location following the completion of the race and on the official web site of the event.

---

## 23. Penalties and disqualifications

- |   |                                 |
|---|---------------------------------|
| • Starting with a bike which doesn't comply to rules          | suspension                      |
| • Starting number is attached but not visible                 | warning                         |
| • Starting from the wrong starting block                      | penalty 15 min                  |
| • Dangerous/aggressive biking                                 | disqualification                |
| • Biking without helmet/taking the helmet off during the race | disqualification                |
| • Deliberate obstruction of other participants                | warning & time penalty          |
| • Threats and insults   | disqualification                |
| • Failing to complete the race                                | disqualification                |
| • Holding onto a motorised vehicle                            | warning & penalty 30 min        |
| • Doping  | disqualification                |
| • Disobeying the traffic regulations                          | warning & penalty 30 min        |
| • Disobeying the rules of the race (trail, start, control..)  | disqualification/penalty 30 min |
| • Dropping and leaving garbage behind during the race         | disqualification/penalty 30 min |
| • Overall leaders not wearing assigned leader's jerseys       | time penalty 30 min             |
| • Team members are more than 2 minutes apart                  | time penalty 30 min             |
| • Fail to attend winner ceremony                              | time penalty 30 min             |
| • mechanical joining of bicycles (towing)                     | disqualification/penalty 30 min |

---

## 24. Luggage Transfers

- Hand luggage transfer
  - The organiser will provide a hand luggage transfer from start area and finish area of the race when needed. Participants must leave their luggage on the positions set out by the organisers and within the pre-set period.
  - The exact schedule will be given on the event website at least 15 days prior to the start of the race.
  - Maximum size of hand luggage is 25l bag.
- Luggage transfer
  - The organiser will provide a luggage transfer between stages of the race when needed. Participants must leave their luggage on the positions set out by the organisers and within the pre-set period.
  - The exact schedule will be given on the event website at least 15 days prior to the start of the race.

---

## 25. Cancellation of the race

- The organiser reserves the right to cancel or discontinue the race at any time in case of a force majeure, unpredictable situations, or safety violation of participants of the race or other persons.
- In case of race cancellation due to the conditions listed above, participants of the race have no right to compensation.
- In case of race cancellation due to force majeure, the organiser is not obliged to make refunds in the full amount.



---

## **27. Complaints**

- Complaint on the events during the race can be submitted to chief referee only in a written form and no more than 15 minutes after the contestant has finished the race. Complaint must be submitted with a 15 EUR deposit.
- Complaints on the results can be submitted to chief referee only in a written form and no more than 15 minutes after the race has finished. Complaint must be submitted with a 15 EUR deposit.
- In case that complaint is accepted, the deposit will be returned to the contestant. If the complaint is rejected, the deposit will be used for development of the MITAS 4 Islands Race.

---

## **28. The race routes are subject to change**

- The organiser reserves the right to change the routes, even right before the start of the race, which could result with the routes being longer or shorter than anticipated.
- The organiser reserves the right to change the location of stages in the event of a windstorm or a major storm.

In Zagreb, 01.06.2019.  
4 ISLANDS Ltd,  
Mihovljanska 11A  
10 000 Zagreb  
OIB 58687990560