



2018 Race Rules

The Tour de Timor

1. First held in 2009 as an initiative of then President Jose Ramos-Horta, the Tour de Timor is an annual multi-stage mountain bike event held in Timor-Leste. The Tour de Timor is normally held in the dry season, September, and its route and number of stages may change from year to year to provide different riding experiences for the entrants, and to expose all the Municipalities of Timor-Leste to the sport of mountain biking.
2. Riders race unsupported in age-categories, open and teams of 4. In addition to these categories, Timor-Leste riders are also ranked in a separate set of individual results to highlight the best Timor-Leste performances.

Authority

3. This section refers to a Chief Commissaire. In the absence of a qualified international commissaire appointed by the Race Organisers, the functions of the Chief Commissaire will be performed by the Race Director with the same level of authority. The Chief Commissaire will ensure the race is conducted under the guidelines of these rules and in accordance with the Timor-Leste Cycling Federation.
4. The race organizers, the Chief Commissaire, or the Race Director reserve the right to change any rules and regulations at any time to provide fair and safe riding conditions. Riders will be required to sight a copy of the final rules and regulations at rider registration. After rider registration, any changes to rules and regulations will be announced at race briefings.
5. Riders, volunteer and support staff must obey the directions of Race Officials, Tour de Timor Organisers, Police and Medical Personnel at all times.
6. The Chief Commissaire will adjudicate on disagreements concerning the rules and regulations and upon all offences or matters not specifically mentioned in the rules and regulations. Commonsense will prevail at all times. If there is a rule dispute, the English language version of the rules will be used to decide the outcome.
7. The Chief Commissaire has absolute authority in ruling on infringements, having taken advice from the organisers, race director, medical staff, time-keepers and course marshals. The Chief Commissaire and one jurist will adjudicate on any protests. The jurist will be selected based on their extensive knowledge of mountain biking and racing. The Race Director will appoint the jurist in consultation with the Chief Commissaire, but the Race Director cannot be a jurist. If needed, the Chief Commissaire casts the deciding vote. The Chief Commissaire may impose penalties ranging from a warning, through to disqualification or expulsion from the Tour. The Chief Commissaire's decisions are final and cannot be appealed.
8. Officials in charge of ensuring the general organisation and the smooth running of the race are:
 - The Race Organiser of the Tour de Timor;
 - The Race Director;
 - Regulators on motorcycles.
9. Officials in charge of ensuring the regulatory compliance checks and arbitration for the competition in collaboration with the management of the race are:
 - The Chief Commissaire (also the chairman of the Commissaires Panel);

- The finish judge;
- The timekeepers.

10. The finish judge determines of the intermediate rankings during the race (eg: KOM Sprints) and the ranking at the finish. If for some reason they are unable to do so, their functions can be fulfilled by the timekeepers, any other race official, or any licensed member of the organisation.

Drug Testing, Protests and Penalties

11. **Drug Testing (Performance Enhancing Drugs).** The Tour de Timor adheres to the WADA code on the use of performance enhancing drugs. Riders need to be prepared for drug testing by the national anti-doping agency of Timor-Leste or another agency appointed by the Race Organiser. Chaperones and escorts will be provided by the organizer. Riders may be chosen for testing at the sole discretion of the testing agency. The race numbers of riders to be tested will be published on a board at the finish line for each stage. If a selected rider does not present for testing, they will be disqualified.

12. **Protests.** Protests will be heard by the Commissaire Panel, and must be accompanied by US\$50.00, which will be refunded if the protest is upheld or the jury determines that the protest was not frivolous. Protests can only be submitted by riders, volunteers or event staff.

13. **Fines.** Fines or other penalties including disqualification from a stage or the event may be imposed for flagrant breaches of the rules & regulations.

14. **Offences.** If any competitor does not conform with the rules the jury is entitled to pronounce fines or (immediate) disqualification.

- 1st offence: caution
- 2nd offence: time penalty or fine
- 3rd offence: disqualification

15. **Disqualification.** The Organisers may exclude from the event any team or any of its members in the following cases:

- A breach of the event's rules, including those concerning the event's internal discipline
- A serious breach of Timor-Leste law.
- Indecent appearance or inappropriate behaviour.
- Acts of vandalism performed during or outside the race.

Participation

16. **Categories and Ages.** The minimum age for entering the Tour de Timor is 18. A rider's age is calculated on 1 September of the year that the race is held. Rider's are required to produce a photo ID at registration showing their name, nationality and date of birth. A rider cannot change their category, or team once the race has started, however the Race Director can impose a category change if they have been entered incorrectly or remove the rider from the results if incorrect personal information has been supplied. There are male and female divisions in each category. All riders are automatically entered in the Open category. Timor-Leste nationals will additionally automatically be entered in the Timor-Leste category. Age categories are:

- 18-29
- 30-39
- 40-49
- 50-59
- 60+

17. If a rider younger than 18 wishes to enter, their parent or guardian can apply to the Race Organiser for permission, which is at the sole discretion of the Race Organiser to grant. Supplementary information,

such as previous race performances or support from qualified coaches will assist the Race Organiser in making the determination. The Race Organiser may refuse, or they may grant permission subject to certain conditions, which may include the requirement for the rider to be accompanied by an adult, or not to participate in certain stages.

18. The race features the following general rankings:

- Individual time ranking; applicable to the open placing and the various age-group and regional categories.
- Individual best male and female climber ranking;
- Team time ranking; applicable to the team rankings, including male, female and mixed category.

19. **General Individual Time Ranking (General Classification [GC]).** The general individual time ranking is established by adding together the times achieved by a rider in all stages, including any time penalties. The riders with the lowest cumulative times are the winners in each category and open as applicable. In the event of a tie in the general ranking, the rider best placing on count back of stage placings will determine the winner, ie the most wins etc. If a tie should still result from this, then as a last resort, the place obtained in the final stage is counted. In order to appear in the general time ranking, riders must have started every stage of the Tour de Timor.

20. **King and Queen of the Mountain (KOM).** Points will be awarded on daily stages at KOM sprints. These will be indicated in race briefings. There may be more than one KOM sprint per stage. The start of the KOM will be signed and marked with a white signage/banner and the finish of the KOM will be marked with a red and white polka dot signage/banner. The general best climber ranking is established by adding together the KOM points obtained from all stages, according to the following points scoring: 20, 18, 15 points respectively for the first three (3) riders to finish each KOM sprint.

21. In the event of a tie between two riders in the general best climber ranking, the rider with the most first places at KOM Sprints, then most second places etc, is declared the winner. If the riders are still tied, the rider with best open individual placing will be awarded the winner. Riders must start each stage of the Tour de Timor in order to appear in the best climber rankings.

22. **Timor-Leste Rider Ranking.** The Timor rider ranking is reserved for riders born in Timor-Leste. The daily leader of this ranking is the highest placed Timor-Leste rider in the general individual time ranking. After the final stage, the leader of this ranking is declared the winner of the Timor-Leste rider ranking. Riders must start each stage of the Tour de Timor in order to appear in the best Timor-Leste rider GC.

23. **Team Classification.** Teams comprise 4 riders. Team names must be unique. The recorded stage time for a team is the total time of all 4 riders in a team. The team with the lowest cumulative total time for each stage will be the stage winner. If all 4 riders from a team do not start a stage, then that team is not eligible to receive team prizes in the Tour de Timor and their team is removed from the results. There are Male, Female and Mixed team classifications. Teams cannot change their team category or team members after the first stage has started. The Team GC result is determined by adding the recorded Team-Time for each team from each stage.

24. **Registration, Medical Check-in and Race Briefing.** Competitors are required to present themselves at the Tour de Timor HQ for Rider Registration between 10am and 3pm on the day prior to the first stage and again at 4pm that day for the Rider Briefing. By reason of their enrolment, presence and participation in the Tour de Timor, each rider, team and accredited person, hereby declare that they fully accept the provisions of these regulations and undertake to respect them.

25. **Rider Ranking.** The ranking of riders within categories, the assignment of race numbers, and their position on the start grid is at the sole discretion of the Tour de Timor. Race numbers 200 (men) and 300 (women) are reserved for the defending champions. From Stage 2 onwards, the wearers of the Yellow, Pink and KOM/QOM Jerseys must start from the front row of the grid, which is reserved for them only.

26. **Risk.** Each competitor enters and competes at his/her own account and risk. Mountain biking can be a dangerous activity and the competitor assumes all risk and responsibility for their safety and well-being. Travel insurance and racing insurance is strongly recommended for all international competitors.

27. **Sign-On.** Each rider is to “sign on” at race registration at the start point daily. A quick pre-start briefing before each stage will be given by the Race Director at the start line. The race will start as per the posted times and it is the

responsibility of the rider to arrive at the start line 30 minutes before start time. Riders who do not sign-on will be recorded as a DNS.

28. **DNF.** A rider withdrawing from a stage is to notify the Race Director (via the course marshals or other officials) as soon as practicable. If a competitor fails to finish any stage then they will be allowed to continue the race subject to medical clearance. Riders who decide to withdraw from the remainder of the Tour de Timor must inform the Race Director of their decision prior to the sign-on for the next stage.

29. **Fit to Ride.** The Race Organisers reserve the right to withdraw a competitor from any or all stages of the race upon advice from the official Event Doctor or any medical authority recognized by the race organizers.

Course

30. Race organisers reserve the right to make changes to the track, stages, and organization as may be required for the betterment of the race, for safety, or other reasons.

31. Competitors must keep to the marked road/track at all times. Cutting off portions of road/track or riding on unmarked track is prohibited and will result in disqualification. Competitors must complete 100% of the designated track in order to complete the stage. If a rider leaves the course for any reason, they must re-join the course at the point they left it.

32. Lead vehicles and general signposting will provide race directions. Riders will be provided race maps at registration. It is recommended that you carry stage maps each day. It is the Rider's responsibility to follow the course for the stage.

33. **Neutral Start.** If a stage has a neutral start, the lead vehicle will display a white flag while the neutral portion is underway. Riders are forbidden to overtake the lead vehicle while this flag is flying. When the neutral portion ends, the lead vehicle will sound 5 horn blasts, withdraw the flags, and open from the leading riders. The race is then underway from when the flags are withdrawn.

34. **Abandoning a Stage.** The Stage may be abandoned due to extreme weather, emergencies or any other reason decided by the Race Director or Chief Commissaire. If a stage (or the Event) is abandoned, there will be no refunds or other considerations once it has started.

Timekeeping and Results

35. At the finish of each stage, all the riders are credited with their individual stage time. The timekeeper officiates until the arrival of the "SAG wagon". The timekeeper also records the times of riders who arrive outside the permitted times and delivers this list, with the corresponding times, to the Commissaires Panel. All times registered by the timekeeper are rounded down to the nearest second, and only these rounded times are taken into consideration for the general ranking. Riders should check that their stage times appear in the day's results and inform the timekeepers if their time is missing.

36. Riders who cross the finish line having completed the stage will receive the time taken to ride the stage as their recorded time. Riders who Did Not Finish (DNF) a stage or who are collected by the SAG wagon will receive a time for the stage equal to the last finisher in their age category, plus 1 hour. If they are the only rider in their age category, or if no riders in their age category finish that stage, then they are awarded the time of the slowest rider to complete the stage, plus 1 hour. They can continue in the Tour, but riders who Did Not Start (DNS) a stage are not eligible for prizes nor will they appear in the GC results.

Medical Care

37. General first aid care during the race is provided by members of the official medical services, from the moment riders enter the starting area until they leave the finishing area. Interventions during the race can only be carried out in a stationary position. Riders must dismount from their bikes. Outside the race, riders may call upon the services of the

Medical team by presenting at the Medical tent in the campsite. They may also call upon the services of a doctor of their choosing but they must advise the official medical services of the outcome of any such external consultation. The intervention of the medical service may be modified to comply with new legal provisions or general conditions on the road and availability of immediate medical support.

38. **Medical Clearance and Withdrawal.** Riders who are judged unsafe to ride due to illness or injury by the medical staff will be withdrawn from the race for that day. They will be reviewed by either the medical director or other medical staff at once, or have their case discussed via phone call if remote. If they are a danger to themselves, others, or are otherwise deemed unfit to race for medical reasons, they will not be allowed to start (or continue to ride) that day. If they choose to continue with the tour, they can be reviewed daily, until they become fit to ride again, or be evacuated to Dili according to medical priority if deemed necessary by medical staff.

39. Those with specific medical conditions listed below or at the discretion of the medical team, presenting during or after a days racing, will be required to re-present to a morning medical review clinic between 5.30 - 6.15 am for final medical clearance to ride that day.

40. Medical conditions requiring mandatory morning review include, but are not limited to;
- Athletes who received IV fluids for any reason
 - Athletes with moderate to severe dehydration (with or without i/v fluids required)
 - Athletes with moderate to severe heat illness as diagnosed by the medical team
 - Athletes with moderate to severe gastrointestinal upset (diarrhoea and or vomiting)
 - Athletes who suffered any form of concussion or loss of consciousness
 - Athletes with eye injuries
 - Athletes with other illness or injury at the discretion of medical staff

41. Equipment

42. **Helmets** International Standards approved bicycle helmets must be worn at all times while riding a bike during competition and practice. The following helmets are accepted: AS/NZ 2063, ANSI Z90.4, SNELL B or N Series, ASTM F-1447, CAN/CSA-D113.2-M, US CPSC standard for bicycle helmets, European CEN standard EN1078. Failure to meet this requirement may result in immediate disqualification from the event. Damaged helmets must be replaced. Skate style helmets are not approved for this race (due to ventilation and over-heating issues). The mounting bracket for a helmet-mounted camera must not compromise the structure of the helmet. For example, it can be attached by straps, velcro or glue - but it cannot be bolted to the helmet.

43. **Mountain Bikes.** Your bike must conform to the UCI general rules for mountain bike racing. 26", 29" or 650B mountain bike wheels and mountain bikes are the only style of bikes/equipment to be ridden in the race. No other type of bike is allowed, including flat bar road bikes, touring bikes with road type bars or tandems. Expressly forbidden are road and cyclo-cross bikes and any form of power assisted, electric or other engine or non-human propulsion. A minimum tyre width of 1.6" or 40mm is required. Front suspension is recommended as a minimum but not compulsory. Bar ends are allowed but only on the ends of the bar. Triathlon style bars, aero bars and drop-bars are not allowed.

44. **Race Numbers.** Your race numbers is unique and must be fitted to your mountain bike during all stages of the race. It contains your timing chips. The number is to be fitted to the bar of the bike in such a manner that the number is clearly visible when viewed from ahead of the bike. If you are changing bikes the race number must be transferred to the new bike. Race Numbers are not to be manipulated, reduced in size or discarded.

45. **Rider Ranking.** The ranking of riders within categories, the assignment of race numbers, and their position on the start grid is at the sole discretion of the Tour de Timor. The defending Open champions will be give numbers 200 (male) and 300 (female) From Stage 2 onwards, the wearers of the Yellow, Pink and KOM/QOM Jerseys must start from the front row of the grid, which is reserved for them only.

46. **Additional Mountain Bikes.** You are allowed to use a spare/replacement bike in the Tour de Timor however a bike cannot be swapped or replaced during a Stage. Bikes must be in a safe working condition at the start of each stage. Organisers may withdraw a competitor if his or her bicycle is considered to be unsafe. Each competitor has to

repair their own bike during the stage, other riders may assist. No other outside assistance is allowed during a stage. The mechanics will assist you before and after each stage.

47. **Tracking Transponders.** Riders must carry transponder tracking devices if these are provided by the race organisers. As a minimum, the top 10 men and top 5 women can be expected to be required to wear them, however any rider can be instructed by the race organisers to wear a transponder for tracking, rule compliance or safety purposes. Riders not carrying a transponder may be required by the race organisers to carry an equivalent weight item.

48. **Carrying Items During the Race.** iPods or other musical playing devices are not permitted for riders while on course. Riders are permitted (and encouraged) to carry mobile phones or 2-way radios on course, but these must not use earpieces, and the riders must stop and pull off the course when they are using them. Riders are allowed to wear cameras, fitted either to their helmet, body or bike, in practice and during the race. The mounting bracket for a helmet-mounted camera must not compromise the structure of the helmet. For example, it can be attached by straps, velcro or glue - but it cannot be bolted to the helmet.

49. **Leader Jerseys.** GC leaders and KOM/QOM Leaders must wear the leaders jersey with sponsorship labels provided by the race management. There must not be any alterations or obstruction made to the sponsorship labels, as the promoter must be visible. Personal and team sponsorship labels are allowed on the front of the leaders jerseys underneath the official sponsors, to a maximum size of 150mm x100mm (without obstructing race sponsor logo). In the event that the GC leader is also the KOM/QOM leader, then the rider placed 2nd in the KOM/QOM is required to wear the KOM/QOM jersey in the subsequent stage.

Technical Assistance

50. Mechanical assistance during a Stage (repair and material) from unofficial persons is forbidden (exceptions are possible with prior approval or in emergency). If you have a mechanical problem and continue to walk your bike along the course to the end of the stage, then that stage will be counted. If you shortcut the course to return to the start or the finish then that stage will not be counted and you will record a DNF for the stage.

51. Mechanical assistance will be provided at each active Tour de Timor campsite for a modest fee. Parts are limited so you should bring your own hangers, spare inner tubes, tyres. If you bring your own CO2 cannisters to Timor-Leste, be sure to gain the necessary airline approvals for carriage of dangerous goods.

52. For all stages, aid stations will be provided at least every 20kms. Water and fruit should be available at the aid stations as well as limited first aid kits. The water will be bottled and riders are responsible to fill their own bidons or hydration packs. Please dispose of the plastic bottles within a 300m zone after the aid station, using bins where they are provided. Riders are permitted, and encouraged, to buy food and bottled water along the course as required and where available.

53. Unofficial vehicles or motorcycles are not allowed to follow, pace or assist riders during a stage. This includes team vehicles.

Presentations

54. **Stage Medals and Race Jerseys Presentations.** A Presentation Ceremony, followed by a race briefing will be held each day following the finish of the stage at approximately 7pm. Riders who are to be awarded race prizes are to be ready for the Stage and Race presentation at least 10 minutes before the scheduled race presentation times. Dress for riders at the ceremonies is their normal racing kit, with the exception of helmet (not allowed) and shoes (may be recreational footwear). These times will be notified at the daily race briefing for the subsequent day. Stage winners and place getters will need to be available for 30 minutes post race presentation for media access and interviews. After each stage finish, the prize-giving ceremony is led by the Race Director or their representative. The following awards are distributed daily:

- 1/2/3 Stage placings for Male and Female in; Open, Timor-Leste and KOM.
- Leader of the GC male ranking on time, who receives the yellow jersey;
- Leader of the GC female ranking on time, who receives the pink jersey;

- Leader of the GC ranking of best male climber, who receives the red polka dot jersey;
- Leader of the GC ranking of best female climber, who receives the pink polka dot jersey;
- Leader of the GC Timor-Leste male national ranking on time;
- Leader of the GC Timor-Leste female national ranking on time;

55. Out of respect for the public, the wearing of glasses, other than corrective glasses, and of helmets is forbidden during all of the official proceedings at the presentations. Any prize-winner who refuses to take part in the official proceedings at the finish in their race outfit may be penalised (except for extraordinary medical circumstances which are duly recognised by the race officials).

56. **Tour Open and Category Prizes and Medals.** Prizes and Medals for the open and category winners and place getters for the Tour de Timor will be awarded at the final presentations in Dili. There are a variety of prizes in various categories. This is a significant media event which would normally occur beginning at 6:00pm on the day of the final stage. Unless prior clearance has been obtained from the Race Organisers, all podium placegetters (1,2,3 for general categories and 1,2,3,4,5 for the Open Male and Female) must attend this presentation in order to be eligible for prizes.

57. **Distribution of Prize Money to Individual Riders.** For individual riders, each Age-Group category and the Timor-Leste rider category have their own prize money for the tour result. In addition there is Open prize money for the best placed overall male and female riders, plus KOM and Team prize money. If a rider achieves a placing in several categories, then they will receive the prize money associated with each placing they achieve. This means that it is possible for a rider to receive several sets of prize money from the Tour de Timor.

Unless prior arrangements have been made by the Race Organiser, prize money is distributed to riders and teams at 10:00am on the day following the Tour de Timor presentation Ceremony.

Don't Trash Timor

58. Organisers and competitors are obliged to keep the start and finish area clean and to avoid any damage to official or private property. Competitors are advised that throwing away waste materials (especially plastic bottles or cans) along the racing route is prohibited. Please carry your trash to the finish line or place it in a recognised disposal container in order to keep Timor-Leste beautiful.

Competitors must ensure that the cleaning or repair of bicycles is not undertaken in a manner or place that results in a deposit of rubbish, grease, oil etc. Penalties may apply.

Taking and Use of Images

59. To allow for the widest possible broadcast and promotion of the Tour de Timor, each team, and therefore each rider composing it, recognises that participation in the race authorises the organisers and their entitled parties to reproduce and to show, without any compensation whatsoever, their names, voices, images, biographies and, in general, their sporting performance in the Tour de Timor as well as the brand(s) of their equipment and sponsors, in any form, or any medium existing or future, in any format, for purposes of communication to the public throughout the world, for any use, including advertising and/or commercial purposes without any limitation other than those listed hereinafter, and for the entire period for which these uses are protected by legal and regulatory provisions, by legal decisions and/or rulings of any country, as well as current or future international agreements, including any extensions that may be made to this period of protection.

60. However, the organisers, when they authorise a third party to use images from the race for purposes of advertising and promotion, will not authorise these third parties to use the name, voice, image, biographies or the riders' sporting performance nor the brands of their sponsors or equipment makers for purposes of establishing a direct or indirect association between riders, sponsors' and or equipment makers' brands and the product, service, brand or commercial name of the said third parties without obtaining prior express authorisation of riders, sponsors or equipment makers concerned. Likewise, the organiser will not use and will not permit the use of an individual image of a rider as part of the commercialisation or merchandising of derivative products, with the exception of books, photographic albums, comics and cartoons, in whatever published

form, videocassettes, CD-ROMs, DVDs or more generally all videograms or videodiscs, in whatever medium or format of which the subject is wholly or partly Tour de Timor, posters, logbooks, autograph books, postcards and official programmes relating to the Tour de Timor.