

Championship Details

Name of the Championship : MTB Kerala 2012
Dates of The Championship : 2 - 4 November, 2012
Events : International Cross Country (XCO)
: International Four Cross (4X)

Accommodation Details

Date: From 31st October-3rd November
Hotel Kumar Palace
T B Junction, Punalur,
Kollam, Kerala.

Date: From 31st October-3rd November
Hotel Kilas Mahal
Main Road, Punalur,
Kollam, Kerala

Date: From 3rd November to 5th November
Hotel Chaithram (KTDC)
Thampanoor, Trivandrum
Kerala

Race Head Quarters

Date: From 31st October-3rd November
Hotel Kumar Palace
T B Junction, Punalur,
Kollam, Kerala.

Date: From 3rd November to 5th November
Hotel Chaithram (KTDC)
Thampanoor, Trivandrum
Kerala

Team Manager's Meeting

Date: 1st November at 5.00 pm (XCO)
Board Room
Hotel Kumar Palace
T B Junction, Punalur,
Kollam, Kerala.

Date: 3rd November at 2.30 pm (4X)
Conference Room
Hotel Chaithram (KTDC)
Thampanoor, Trivandrum
Kerala

Associated Hospital

Poyanil Hospital
Punalur,
Kollam, Kerala.
0475 2230600
www.poyanilhospitals.com



Programme Schedule

1st November 2012

07.00 am - 08.00 am : Breakfast
08.00 am : Transfer start to Thenmala
09.30 am - 11.30 am : Official Training XCO
12.00 Noon : Transfer to Hotel
01.00 pm - 02.30 pm : Lunch
02.30 pm - 04.30 pm : Registration
05.00 pm - 05.30 pm : Team Managers Meeting
07.30 pm - 09.00 pm : Dinner

2nd November 2012

07.00 am - 08.00 am : Breakfast
08.00 am : Transfer start to Thenmala
09.00 am - 10.30 am : Opening Ceremony
10.30 am - 12.30 pm : International XCO(1hr30min-1hr45min)
12.45 pm : Prize distribution
01.00 pm - 02.00 pm : Lunch
02.30 pm : Transfer to Hotel
Free for the day

3rd November 2012

07.00 am - 08.00 am : Breakfast
08.30 am : Transfer start to Thiruvananthapuram
10.30 am : Check in Hotel Chaithram
01.00 pm - 02.00 pm : Lunch
02.30 pm - 03.00 pm : Team Managers Meeting
03.30 pm : Transfer start to Kovalam
04.30 pm - 06.30 pm : Official Training Four cross
07.00 pm : Transfer to Hotel
08.00 pm - 09.30 pm : Dinner

4th November 2012

07.00 am - 08.00 am : Breakfast
08.30 am : Transfer starts to Kovalam
09.30 pm - 11.30 pm : Official Training Four cross
12.00 pm : Transfer starts to Hotel
01.00 pm - 02.00 pm : Lunch
03.00 pm : Transfer starts to Kovalam
05.00 pm : Qualifying round / Qualifiers Race number distribution
05.30 pm : Heat round
05.50 pm : Quarter final round
06.10 pm : Semi final round
06.25 pm : Small final
06.40 pm : Final
07.00 pm - 09.00 pm : Prize Distribution
08.00 pm - 09.15 pm : Transfer Starts to Hotel

1. Organisation

- 1.1 The Kerala International Mountain Bike Challenge- MTB Kerala 2012 is a two day mountain bike race comprising of XCO and 4X organised by Kerala Tourism at Thenmala and Kovalam. It is to be held from 1st to 4th November 2012.
- 1.2 Participants in MTB Kerala undertake this challenge with the expectation that they understand and accept the principal and general cycling regulation set by the organisation and governing bodies.

2. Sanctioning Body

- 2.1. MTB Kerala is organised according to the UCI cycling regulations. MTB Kerala is sanctioned by The Cycling Federation of India (CFI) as an Invitation International Mountain Bike Race and by State of Kerala as the host State.

3. General terms and regulations.

- 3.1. Eligibility - Minimum age for participation is 19 years old and above. Riders up to 39 years old shall be allowed. The riders may be asked to produce the proof of DOB.
- 3.2. Safety Measures/Liability/health Insurance - In spite of all safety measures taken by the organiser in the course, riders should save themselves from any mishap and accidents. Mountain bike race has possible dangerous factors and riders are responsible for their own injury, damage, losses that may occur during the event. The participants are responsible for their own health conditions. It is strongly recommended that the rider should have personal health insurance and personal liability insurance for these kind of events.

4. Body number and frame number.

- 4.1. All riders must display one body number fixed on the hip and waist junction and one frame number on the handle bar.
- 4.2. Riders are shown up without one of these numbers will be warned and the second offence will be a disqualification.



5. Specific Rules for XCO

5.1. Course

- 5.1.1. The xco venue is at Thenmala area. The distance from the hotel to the venue is 26 km. The journey may take about 35 to 45 minutes.
- 5.1.2. The course is of 4 km.
- 5.1.3. The number of laps for XCO shall be decided by commissaires panel.
- 5.1.4. There shall be two feeding zone. The FTZ-1 is at 1.2km from the start finish line. The FTZ-2 is at 600mtr before the start finish line.
- 5.1.5. There is a water stream at 2.8 km. from the start line which the riders have to cross.
- 5.1.6. The entire course has been marked with the signage as justified and the probable trails has been taped for directions.
- 5.1.7. There shall be check point to check the riders to ensure that there are no short cut being taken by the riders.

5.2. Medical support.

- 5.2.1. There shall be two ambulances with doctors available.
- 5.2.2. Medical unit-1 is at the 300mtr from the start finish zone and Medical unit -2 at and near FTZ-2.
- 5.2.3. Other than the medical unit, there shall be 5 more medical staff with volunteers on the course at approximately 600 meters Interval.

5.3. 80% pull out Rule

- 5.3.1. 80% rules shall be applied and the rider having 80% slower time as of the first rider's first lap time shall be posted as per lap down at the time of pull out. The rider shall be classified.

5.4. Protection and clothing:

- 5.4.1 The riders having no helmet and the recommended clothing as per uci shall not be allowed to start.
- 5.4.2. The riders without having the body and the frame number shall not be allowed to start.

5.5. Call up box- staging- start grid

- 5.5.1. Riders shall be given the start order as per the ranking and then by lots.
- 5.5.2. Rider's number shall be displayed on the call up box chart and the riders have to present themselves in the call up box. The riders does not exit from the call up box shall be marked DNS.
- 5.5.3. The staging shall be strictly controlled by the staging commissaries and the start grid shall be determined by the PCP.

5.6. Start Procedure :

- 5.6.1. The start commissaries shall give the start counting from 3 minutes to go, then by 1 minute to go followed by 30 seconds to go and lastly 15 seconds to go. After the 15 second announcement the starter may give the whistle at any time.

5.7. Rules to be followed for the FTZ :

- 5.7.1. The riders are allowed to take feeding and the technical assistance from the same team members only.
- 5.7.2. Spraying and pouring of water on the riders are not allowed.
- 5.7.3. Running along with the riders are not allowed.
- 5.7.4. Only two persons are allowed for each team in the FTZ.
- 5.7.5. There shall be neutral service for the riders having no team members to assist.

5.8. Podium:

- 5.8.1. The results shall be posted on the display board after the race. The prizes shall be distributed within 60 minutes of the finish of the race.
- 5.8.2. It has to be strictly followed that on the podium, the national / state jersey is to be worn.
- 5.8.3. No slippers and open sandals are allowed to maintain the dignity of the sports.
- 5.8.4. No spectacle, goggles shall be worn during the podium.

5.9. Transportation to the race venue:

- 5.9.1. The riders shall be taken to the race venue by the truck and carry van.
- 5.9.2. The times shall be displayed on the information board for the riders with transport number and the rider's number.
- 5.9.3. The return from the venue is also followed by the same way.
- 5.9.4. The riders are requested to carry their own bike on the truck himself and follow them along with them to ensure the safe landing at the hotel.
- 5.9.5. The team manager and the officials shall be carried to the venue and back to the hotel by the same way with their designated vehicle.
- 5.9.6. Please follow the time schedule of the transportation at the race venue official post board.



6. Specific rules for 4X

6.1. Course

6.1.1. The 4x venue is at Kovalam area. The distance from the hotel to the venue is 16 km. The journey may take about 25 to 35 minutes.

6.1.2. The course is of 430 meters.

6.1.3. There shall be one ambulance with doctors available.

6.1.4. Medical unit-1 is at the finish zone

6.2. Protection and clothing:

6.2.1. The riders having no protective clothing as per uci shall not be allowed to start.

6.2.2. The riders without having the body and the frame number shall not be allowed to start.

6.3. Call up box- staging- start grid

6.3.1. Riders shall be given the start order as per the ranking and then by lots for the qualifying round.

6.3.2. Rider's number shall be displayed on the call up box chart and the riders have to present themselves in the call up box. The riders does not exit from the call up box shall be marked DNS.

6.3.3. The staging shall be strictly controlled by the staging commissaries.

6.4. Start Procedure:

6.4.1. The start commissaries shall give the start with rider ready and then whistle.

6.4.2. Any rider having false start shall be disqualified.

6.4.3. The riders shall be taken back to the start area with the open back SUV.

6.5. Podium:

6.5.1. The results shall be posted on the display board after each qualifying round, heats, quarter final, semi final small final and the finals.

6.5.2. The prizes shall be distributed within 60 minutes of the finish of the race.

6.5.3. It has to be strictly followed that on the podium, the national / state jersey is to be worn.

6.5.4. No slippers and open sandals are allowed to maintain the dignity of the sports.

6.5.5. No spectacle, goggles shall be worn during the podium.

6.6. Transportation to the race venue:

6.6.1. The riders shall be taken to the race venue by the truck and carry van.

6.6.2. The times shall be displayed on the board for the riders with transport number and the rider's number.

6.6.3. The return from the venue is also followed by the same way.

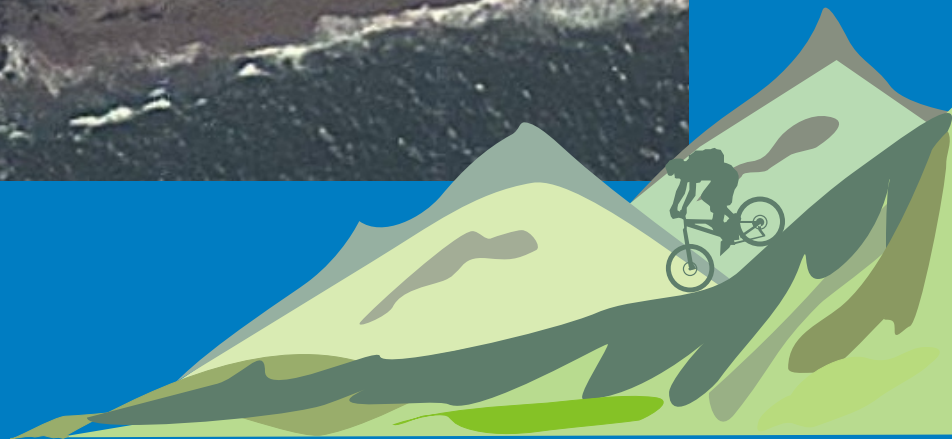
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6.6.6. Please follow the time schedule of the transportation at the race venue official post board.



Four cross Track Layout



Cross Country Course Layout

