

BHARAT ALACRITY

1. INSTRUCTIONS

It is responsibility of all participants to read and understand rules carefully. At the very least, these rules should be read before the pre-race meeting.

If you have any questions, please email us at bharatalacrity@gmail.com before The Race .

The words used within the Rules are fairly common terms used for cycling. If you have any questions about the definitions of any words or phrases used within this document, please email us at bharatalacrity@gmail.com for clarification.

Penalties will be assessed against the Racer or Crew for their mistakes.

Ignorance of the rules is no excuse.

These rules exist for 3 main reasons:

1. Safety
2. Fairness
3. To uphold the integrity of the race

As you make your way around the country please remember:

Treat other racers as you would wish to be treated.

Treat other crews as you would want yours to be treated.

Treat other road users as you would wish to be treated.

Treat the communities which the race passes through as you would wish your community to be treated.

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2. DEFINITIONS:

Crew – Any person supporting a Racer throughout The Race. This also includes Media Crew. Also, any person who actively assists the Racer in any manner for any amount of time, physically or mentally.

Day Time – Day Time is from 06:00 to 18:00

Direct Follow or Direct Follow Support – Following directly behind the Racer with a properly equipped Follow Vehicle. Directly behind means within 10 meters.

Exchange Site – the location where a Racer Exchange or a Follow Vehicle Exchange is executed.

Exchange Zone – An area 0.5 kilometres before and after the point where a Racer Exchange takes place.

Follow Vehicle – A Support Vehicle that is functioning as the primary support for the Racer and nearest to the Racer. Under Night conditions, the Follow Vehicle will follow directly behind the Racer at all times.

Inspections - Pre-race inspections of vehicles, bicycles, equipment and paperwork. Participants must sign up for Inspection times. All Inspections must be complete and passed in order to compete.

Leapfrog Support – A type of support where the Follow Vehicle is not directly behind the Racer but instead leapfrogs (drives or 'jumps' ahead of the racer at the speed of traffic. The Follow Vehicle stops off the road, waits for a period of time, then catches the Racer and stops again. Leapfrog Support is not allowed during Night Time Conditions.

Night Riding – Night Time is from 18:00 to 06:00 OR any time when vehicles would normally have their night driving headlights on OR anytime visibility is less than 300m. If you have any doubt about the visibility conditions, operate as if it is night riding.

Caravanning – Two or more Support Vehicles of any Racer or Team travelling at the same speed behind a Racer except when waiting to pass.

Penalty – Punishment for violation of a Race Rule. A Penalty may be a Time Penalty or disqualification.

Race Officials may issue a Reminder, Warning or Penalty.

Race Headquarters – The main Race Office during the race. Responsible for tracking Racers, recording penalties, and monitoring the race on an on-going basis in conjunction with the Race Director and Race Officials.

Race Official – A Bharat Alacrity staff person designated to enforce these Rules. This includes Race Official, Race Headquarters Director, Race Director, and Race Management.

Race Route – The Official Race Route as designated in the Bharat Alacrity Route Book.

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Racer– For the purposes of this document, a Racer may refer to a racing entity (team or solo) or an individual on a team. Racers are those on the official roster and eligible to participate in The Race and ride towards the finish line.

Racer Exchange – For Teams, the point when the Racer on the road stops riding and a new Racer continues forward progress.

Racer Meeting – Pre-race meeting to be attended by ALL Racers, Support Crew and Media. Racer attendance is MANDATORY.

Rolling Exchange – A Racer Exchange where the new Racer starts riding while the incoming Racer overlaps wheels, and then stops.

Route Book – The Official Shivalik Signature Route Book which details the Race Route with instructions.

Stationary Exchange – A Racer Exchange where the incoming Racer stops and the new Racer starts.

Support Vehicle – A motorised vehicle with at least four wheels and is used to transport people and/or equipment necessary for use by a Racer

Spying– The use of Support Vehicles for the purpose of obtaining information about other Racers or Crews.

The Race or Race – Refers to the Shivalik Signature.

Time Station or TS – Designated points along the Race Route where participants must contact HQ and notify them of their arrival.

Bharat Alacrity –BA

Shivalik Signature- SS

3. RACE DIVISIONS

Racer Categories

- Solo Racers (Male and Female) – 1 Racer racing the entire distance on a regular bicycle.
 - Tandem (Male, Female and Mixed)-2 Racers sharing the entire distance on a tandem bicycle
 - 2-Person Team (Male, Female and Mixed) – 2 Racers sharing the entire distance.
 - 3-Person Team (Male, Female and Mixed) –2 or 3 Racers sharing the entire distance.
- 4-Person Team (Male, Female and Mixed) – 3 or 4 Racers sharing the entire distance.
- 8-Person Team – between 5 and 8 Racers sharing the entire distance (there is no official gender distinction)

Mixed - indicates there are at least one male or one female member.

Bike Type Categories:

Upright single (Road bike, Hybrid or MTB)

Tandem

Any mixing type bikes are allowed depending on the Indian road conditions.

Time and Checkpoints:

Start Time (IST)

- Saturday, April 7, 2018 at 0600 hrs –Teams and solos. Racers start at 2 to 5 minutes intervals.

Time Allowance:

All Races have a time allowance; racers must finish within their allowed time to be considered an official Finisher or official Team Finisher. As the Race has a staggered start, each Racer's or Team's time allowance begins from their assigned start time.

If you are concerned about finishing within the allowed time, please consult with the Race Director for possible consideration.

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4. CATEGORIES AND TIMING

EVENT	AGE CATEGORY(yrs)	CUT OFF TIME(hrs)	
SS-Men (RQ)	18-49	30	
SS-Men(RQ)	49+	32	
SS-Women(RQ)	18-49	32	
SS-Women(RQ)	49+	34	
Men(Non RQ)	Open	34	
Women(Non RQ)	Open	36	
Teamof2(Men/Women/Mixed)	18-49	28	
Teamof2(Men/Women/Mixed)	49+	30	
Teamof3(Men/Women/Mixed)	18-49	28	
Teamof3(Men/Women/Mixed)	49+	30	
Teamof4(Men/Women/Mixed)	18-49	28	
Teamof4(Men/Women/Mixed)	49+	30	
Teamof8(Men/Women/Mixed)	Open	28	
ULTRA 200 CHALLENGE	Open	10	

Time Considerations:

The staggered start times are excluded from the time allowance. Time accumulated via penalties is excluded from the time allowance and will be added on after the finish time is known. An official finish time may exceed the allowed time when penalties are added.

Safety is a primary concern. In an emergency, riders and their crews are expected to help and will be given credit for any lost time, if necessary.

Finishing Status:

To be considered an official RQ Shivalik Signature finisher/RAAM style Shivalik finisher a racer must:

- Finish within the time allowed for their division (exclusive of penalties)
- Still be eligible to race (not disqualified)

All others who cross the finish line beyond the time allowed have our full respect for their accomplishment though they are not given any finish time and will have a status of DNQ (did not qualify)

but they will be awarded with consolation certification if they reach second time station on time at least.

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Winners:

*All finishers within constrained cut off time will be awarded with finisher medal.

* The Racer with the lowest accumulated time in each Race Division and an official RQ Shivalik Signature finisher/RAAM style Shivalik finisher will be declared the winner of that Race Division. The lowest accumulated time will take into account penalties, credits, and staggered start time.

*In solo RQ/SS category,KOM and QOM segment winners will be awarded with KOM/QOM trophies.

Continuation:

Riders may continue riding if they are DNQ or outside the time cut-off however, they are not officially part of the race. Race Officials, Race Headquarters and Time Stations will not record the progress of these riders.

Riders will be listed in the results for the last mileage they completed officially. If a racer wishes to proceed along the Race Route after they are DNQ or when the cut-off time has been reached, they will ensure the concerned official/Race Headquarters that all official Race signage and associated logos have been removed. If a racer wishes to proceed to the finish line after they are DNQ or after the cutoff time has been reached, they must be aware of the following:

- They will not be classed as an Official Race Qualifier and will not receive an Official Qualifier medal.
- They will not qualify for Race across America.
- They will not be met by Race Officials at the finish.

5. RULES

Section 1: General Information

100 Intent and Purpose: These rules represent the minimum interference with Racer strategy and performance while effectively controlling The Race and preventing repeats of hazardous situations that have developed in other similar Races.

While the rules of The Race help to ensure maximum safety and competitive fairness, the ultimate responsibility for both safety and fairness remains with the Racer and Crew.

Safety is of paramount importance for everyone involved – Racers, Crew, Staff, and all others using the roads . Please pay attention to safety at all times.

Race Across America (RAAM) RULES may be referred to in the event that a situation is not covered in these rules. The race committee has the authority to override, modify or create rules based on extenuating circumstances.

101 Race Chain of Command:

The chain of command in The Race organization is as follows:

1. Race Director
2. Director of core Team
3. Director of Race Officials
4. Race Coordinator
5. Officials

102 Race Director's Rules Prerogative

The Race Director reserves the right to clarify the "intent of the rules" to preserve the integrity of The Race. The Race Director may construct new rules and penalties, or alter old rules and penalties if necessary, before, during, or after the event under circumstances that were not foreseen by any of the following rules, or if a Racer is trying to find "loopholes" in the rules.

The interpretation of any rule will be primarily governed by these two principles:

- Safety is always followed.

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- Any action of a Racer or Crew which results in either an unfair advantage to the Racer or an unfair disadvantage to another Racer will result in a penalty. Full responsibility for any rule decision and any penalty will be borne by the Race Director.

Furthermore if a penalty is disputed and the decision is upheld another penalty may be given. If a new rule is created or a rule is clarified, upon verification by the Race Director, all Racers or Crews will be notified within 2 hours. Notification will be via Time Station call-ins to Race Headquarters. It is the responsibility of whoever received the message on a Crew to pass the information along to the rest of the Crew and Racers.

103 Race Officials

Race Officials are instructed to keep interaction with Crew and Racers to a minimum. They will be friendly but cannot give aid or favor to any one Racer except in the case of medical emergency.

104 Contacting a Race Official

If a Crew or Racer needs to confer with a Race Official, the Crew may signal a Race Official vehicle by blinking headlights several times and waving an arm up and down out a side window. If a Race Official cannot be contacted this way, crew or racer will call race headquarters.

105 Questions

Concerns or questions about rules should be relayed to Race Headquarters or Race Officials. You may also contact the Race Director for questions.

106 Covert Officials

There are Race Officials in marked vehicles, many of which will cover the entire Race Route as well as covert Race Officials who may appear on the Race Route from time to time. These "covert" Race Officials may appear anywhere at any time without warning. They may give penalties on the spot, or they may report a violation of the rules, which will be assessed by the Race Director at a later time.

107 Contingencies:

During The Race, Racers and Crew are likely to experience one or more unplanned events. The race organization cannot be held accountable for such events and will not issue time credits, deduct time off a Racer's overall time, or move a Racer up the course due to unplanned events such as traffic light malfunctions, traffic jams, trains, winds, storms and other 'force majeure', detours, road construction, and any other similar occurrences or unplanned events over which the race organization had no control.

It is possible that one Racer has to follow longer detour option during daylight road construction and then the direct route is open again at night for the following Racers. These routine inconveniences are all part of The Race and part of Shivalik Signature by bicycle.

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108 Official Race Time:

The race clock will be set at the start and will not stop for any reason. The Race Director, however, may make time adjustments after the start of The Race to account for extenuating circumstances.

109 Official Language:

The official language of The Race is English. All racers are responsible for reading and understanding these Official Rules and Regulations. All official race signs, directions, and oral instructions will be in English.

110 Media & Race Publicity:

1) Riders and support crew agree to the use of their images for the purpose of Race Promotion in all Media.

2). Riders and support crew must not through their actions on any media (print, social, internet, FB, twitter, etc) harm Race Reputation. The continuation of the Race is dependent on maintaining its integrity and reputation and any action that is considered harmful to the Race Reputation may result in a disqualification or a ban from future races.

111 Emergencies – Medical and Other

If an injury is life threatening, call 108 immediately.

If Police are needed for other situations, call 100

If the injury is non-life threatening, but should be checked out by a professional, treat and transport to the nearest Hospital Accident and Emergency Room (these are listed in the Routebook). All injuries and accidents must be reported to Race HQ as soon as possible.

Section 2 :Rules Violations

201 Penalties

Time penalties for traffic law violations or race rule violations will accumulate throughout The Race. These time penalties are cumulative.

Racers are allowed 4 penalties, and then disqualified upon being given the 5th penalty. Violation of any rule may result in a penalty being issued.

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Penalty Structure:

1st Penalty 10 minutes

2nd Penalty 20 minutes (Total – 30 minutes)

3rd Penalty 40 minutes (Total – 70 minutes)

4th Penalty 80 minutes (Total – 150minutes)

5th Penalty Disqualification

1. Any Racer, Crew, or personal film/media Crew observed by a Race Official violating traffic or race rules may be penalized. These penalties are served by the associated Racer. Not knowing these rules is not an excuse for non-compliance.

2. Race officials and volunteers may issue warnings to riders and support crew for minor violations not including willful cheating. If the situation warrants a penalty may be issued at the first offense.

3. In the situation of a race such as this, race marshals may take spot decisions that will be conveyed to the Race Committee. Every attempt will be made to convey it to the racer's crew and racer, but Race Officials may not be held responsible if contact is not made with the crew for this purpose.

4. Repeating an offense will result in a penalty, regardless of whether the racer or crew has been notified or warned about the first offence.

5 Race officials reserve the right to immediately disqualify a rider and/or support crew member and ban them from future races for inappropriate behavior or if the situation warrants it. It is within the discretionary powers of Race officials to make a decision about warnings, penalties or disqualifications, based on their judgment and observations.

202 Race Officials prerogative

A Race Official may stop a Racer and/or Crew at any time to discuss safety or rule concerns without allowing offsetting time. While not a penalty, it is within the Race Official's discretion to use up to 1 hour as a 'cooling off' time as well as an opportunity to discuss and explain to the Racer and/or Crew the details contained in these rules

203 Discipline:

1) Riders and support crew members must conduct themselves in a civil manner at all times during the race.

2. Riders and support crew members may not act maliciously toward any other person for any reason. Riders and support crew members may not intentionally impede the progress of or misdirect any other person for any reason.

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3. Riders and support crew must at all times behave respectfully toward all Race officials and volunteers.

4. Violation of the conduct rules and/or any other inappropriate behavior by a rider or support crew member will result in the rider's immediate disqualification and possible suspension from future events.

This may include the suspension of crew members, from participation or supporting any Bharat Alacrity Races.

204 Credits

A time credit may be given in an unusual circumstance. You should race The Race as if time credits do not exist. Asking for a time credit significantly reduces the possibility of receiving one.

205 Notification

If you are assessed a warning or a penalty, a Race Official will notify one of the Racers or one of the Crew. It is the responsibility of the person notified to notify the rest of the crew.

When possible, the notification will be by a Race Official on the course. When possible, the notification will include a copy of the penalty sheet. Not knowing these rules is not an excuse for non-compliance.

In a few cases Race Officials may need to evaluate further circumstances to determine if a penalty is warranted. In these cases, a Race Official or Race Headquarters will notify one of the Racers or one of the Crew within 3 hours of the violation being observed that Race Staff are reviewing a potential penalty. A Race Official or Race Headquarters will notify one of the Racers or one of the Crew of the results of the review within 6 hours of the violation being observed.

206 Warnings

Warnings may be given at the discretion of Race Officials or Race Director. Warnings can be given at any time. A warning does not have to be given before a penalty can be assessed.

207 Public Reporting

A warning or penalty may be given if a rule violation is observed from video during The Race. Video may be from race film crews, Racer film crews, the Internet, or other publicly available sources. A warning may be given if a rule violation is reported during The Race by someone in the community along the course. These reports may be made to Race Officials, to Race Headquarters, or to the Race Director.

208 Disqualifications

The following are considered flagrant offenses and are grounds for immediate disqualification:

1. Refusal to agree and abide by the contractual requirements necessary to participate in The Race. Racers and Crew must conduct themselves in a positive and professional manner, provide release of

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liability waiver and insurance waiver, and satisfy Racer conditions to race, title sponsor requirements, etc.

2. Use of illegal drugs or intake of alcohol of any kind by a Racer or Crew.
3. Use of banned substances by a Racer.
4. Use of a motor or any other form of technological fraud.
5. Racer advancing along the Race Route without a bike or in any Vehicle with the intent of not riding a section of the Race Route.
6. Improperly registered or improperly insured Support Vehicles or improperly licensed Support Vehicle operators.
7. Illegal drafting of any Vehicle.
8. Holding onto another Vehicle (motorized or non-motorized) to aid or augment forward travel.
9. Refusing to take a sleep (off bike) break, as requested by a Race Official.
10. Behavior on the part of a Racer or Crew that is deemed inappropriate and that might cause safety, legal, or reputation problems for The Race or other Racers and their Crew.
11. Willfully altering roads signs to misdirect other Racers or for any other reason.
13. Accumulation of more than 4 penalties of any kind shall result in disqualification upon notification by a Race Official of the 5th penalty.
14. Illegal dumping of any kind
15. Racer proceeding at night without a Follow Vehicle

209 Suspension and Banishment

For any of the violations resulting in disqualification from The Race, the following applies and will cumulate over each year of competition.

- 1st flagrant offense = Disqualification
- Double flagrant offense = Race suspension for one year.
- Triple flagrant offense = Race permanent banishment.

The Management of Bharat Alacrity reserves the right to permanently ban anyone from The Race if they determine that this person is a serious liability or detriment to the organization, for any reason whatsoever. This provision is intended to be used only in extreme cases.

Section 3: Police, Traffic Laws and Waste Management

301 Police:

The Race is conducted over public roads and is subject to national and local rules and law. Prior to The Race, Police Authorities have been contacted and any concerns brought up by them with regard to The Race have been addressed. We trust that you will receive cooperation from these authorities, however note the following points:

- The authority of police officers in exacting compliance to the rules of the road for all users of the public roads supersedes all Race rules.
- On occasion, an officer fails to be informed of The Race and takes action to interfere with a Racer's progress or the operation of a pacing vehicle. A Racer must comply with any officer requests. A Racer may even be forced to leave the Race Route. If any dispute arises with local authorities, the Race Director will determine the merits of the case and whether any time or distance adjustment should be made. If the action was a result of the Racer or Crew vehicle driver not conforming to traffic laws, Race rules and directions, or riding/driving unsafely, no time or distance adjustment will be made.
- The Race is conducted on public roads. At all times, be polite and courteous to other road users. You are Cycling Ambassadors of goodwill.

302 Traffic Laws:

1. Turning left at a red light, making an immediate U-turn and another left turn to avoid waiting at a red light is not allowed.
2. Riders, follow vehicles and support crew members must obey traffic laws at all times. Violation of any traffic law by racers or crew may result in a penalty. This includes, but is not limited to: driving on the correct side of the road, stopping and waiting at red lights until they turn green, stopping at stop signs and checking for traffic before proceeding, using hand signals for all turns, keeping as far to the left as safety permits, using the shoulder whenever possible and obeying speed limits, dipping high beams to avoid blinding oncoming traffic.

303 Waste Management:

Racers or crew members who are seen disposing of waste materials in an illegal manner will be disqualified. Food and normal household waste must be disposed of in litter bins or brought with you. Human waste, toilet paper and sanitary towels must also be disposed of appropriately if used by you.

The severity of the penalty which will be given in relation to any form of waste disposal will be at the behest of the Race Organization.

Section 4: Pre-Race Requirements:

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401 Readiness:

The Race Staff has to accommodate many Solos and Teams. Our time is valuable, your time is valuable, and all other Racers' time is valuable. Respect our time and we will respect yours.

Time Penalties will be assessed for being late or not being ready. These penalties will not count towards disqualification status, but they will be added on to your overall time.

The following are each a 10 minute penalty:

1. Failure to show up at Inspection on time with all Support Vehicles and bicycles.
2. Failure to be ready at Inspection with all Support Vehicles and bicycles.
3. Failure to show up at registration with all the necessary documentation.
4. Failure to attend Racer Meeting/crew meeting, if an interview is requested by Race Media, it is mandatory to participate in that interview.

402 Clearance to Race:

In order to race, you must turn in your Registration Documentation with all tasks signed-off by a Race Official. *Refer to the Registration Documentation cover page for the full list of requirements. You should refer to the Forms in the Registration Documentation to review details that will be checked during Inspection.*

Section 5: Support Vehicles:

501 General

1. There is no maximum number of Support Vehicles or Crew that a Racer may have.
We do recommend that each Solo Racer or Team of 2 must have at least 1 Support Vehicle with at least 2 licensed drivers. In this case, each Crew member must plan for and take a minimum of a 4 hour sleep break per day.
2. All Support Vehicles must be properly registered and carry at least the minimum insurance required by law by the state of registration. Only 4 wheeled vehicles may be used as support vehicle. Please ensure that it is well maintained and in proper condition before start of race
3. All Support Vehicle drivers (Crew or Racers) must possess a valid operator's license for the vehicle being operated.
4. All Support Vehicles must pass an Inspection prior to the race start.
5. All Support Vehicles must display official Race signage which is provided at Registration time.

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All support vehicles must display a "SLOW-MOVING VEHICLE TRIANGLE". "Slow-moving vehicle triangles" may be purchased at most auto parts or hardware stores. In the absence of a "Slow-moving vehicle triangle", the support vehicle must prominently display, a reflective sticker not less than 2 feet in length

6. All Support Vehicles must use their headlights whenever the vehicle is in operation, day or night. This will make all of our Support Vehicles much more visible at all times during The Race.

7. Rear emergency flashers (Parking lights/Hazard lights) must be used while supporting a rider, driving slowly or whenever pulled over. Support vehicle with a Bike rack mounted at rear must use a rear red flashing light mounted on the bike rack.

8. No Support Vehicle may block or impede the progress of another Racer.

9. All Support Vehicles must travel at normal regulated speed when not following behind their Racer.

10. The Support Vehicle may not pass the Racer more than 4 times per hour (to prevent a regular wind "push" from it as it passes) and must do so at normal traffic speed.

11. Support vehicle must display Race signage in the manner instructed at time of briefing. Race signage may not be removed for the entire duration of the race, except if the rider/s drop out of the race or are disqualified.

12. If a Support Vehicle is unexpectedly lost, the Crew must immediately notify Race Headquarters. Based on the Racer's location in the race, distance travelled, Crew experience, etc., the Race Director will determine as to whether or not an additional Support Vehicle will have to be obtained to finish The Race.

13. Motorcycles may not be used as support vehicles. They may be used by media crews however this is at the discretion of the Race Management and permission must be sought beforehand

14. In addition to the race signage, each Racer/Team will be given an Indicator that is to be displayed at all times on the Support vehicle following the racer. In case of Racer/Team with more than one support vehicle, this indicator must be transferred to indicate which vehicle is on active duty. Each Racer or Team must have their own support vehicle. Support vehicle may not be shared

15. Never stop in the roadway

502 Vehicle Lights:

1. All Support Vehicle lights must be operational. This includes head lights, rear lights, indicator lights, reverse lights, and parking lights.

2. Additional vehicle driving lights such as roof or bumper mounted lights are allowed as long as they do not shine in a manner so as to project undue glare toward oncoming traffic.

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503 Vehicle Signage:

1. The windscreen, left and right, front and rear side windows must be clear of all stickers or solid obstructions. The driver must have a view of following traffic with inside or outside mirrors.
2. All Support Vehicles must display their Racer number on all four sides with easily visible numbers.
3. All Support Vehicles must display a bright sign which says 'Caution Bicycles Ahead'.
4. Bike racks mounted to the rear bumper of Support Vehicles must not obstruct the required The Race vehicle signage including Racer.
5. Support Vehicles may not display number signage from another event at any point during the Race. NOTE: All Lighting and Signage will be checked during Inspection and all manned control points.

504 Follow Vehicles:

1. Each Racer must be supported by at least one primary Follow Vehicle intended to accompany the Racer.
2. The Support Vehicle designated as the Follow Vehicle may change during The Race.
3. Follow Vehicles must have a minimum of two Crew members with driver's licenses at all times when following a Racer.
4. Although a Racer may enter The Race with two or more Follow Vehicles meeting all the requirements of a Follow Vehicle, only the vehicle following the Racer will be termed "the Follow Vehicle".
5. Music and public address systems may be installed, but their use must be curtailed during hours of darkness.

505 Follow Vehicle Specifications:

1. The Follow Vehicle must be no more than 2 metres (80 inches) in width, measured at 1 metre (3.3 feet) from the ground. The width across this point is the width of the vehicle, not including side mirrors.
2. The Follow Vehicle itself must not be more than 2.3 metres (90 inches) in height. Measurements are of the vehicle only and not racks, lights, or other attachments.
3. The Follow Vehicle itself must not be more than 6.2 metres (244 inches) in length. Measurements are of the vehicle only and not racks, lights, or other attachments.
4. Follow Vehicles shall not be a commercial delivery truck.
5. Vehicles following a Racer may not tow any kind of vehicle, trailer, motorcycle, or motor scooter.

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506 Spying:

1. Support Vehicles used for spying are Support Vehicles and must have all signage for Support Vehicles. They must also pass inspection.
2. Support Vehicles used for spying must conform to the normal flow of traffic. No caravanning.
3. Spies may not pass a Racer being spied upon more often than two times in one hour or more frequently than once in fifteen minutes.
4. Support Vehicles used for spying parked along the Race Route must be far enough off the roadway so as not interfere with the passage of a Racer or Follow Vehicle.
5. Spies must not verbally annoy the Racer or use a Support Vehicle engine noise, loud music, wind gust and road dust, or exhaust offensively or employ other harassing behavior.
6. Spies may not use bicycles or other human powered vehicles or devices (e.g., skates) anywhere near a Racer.

507 Caravanning:

1. Caravanning is prohibited at all times for all Support Vehicles, except when waiting to pass under normal traffic circumstances.
2. Caravanning is prohibited by all Support Vehicles regardless of which Solo/Team the vehicles are supporting. All vehicles behind the Follow Vehicle which is behind a Racer will be penalized.

Section 6: Bicycles

601 General:

1. Bicycles must be propelled solely by human force.
2. Any number of bicycles or replacement parts may be used during The Race.
3. Aero bars and their accessories are allowed.
4. Disk wheels, composite spoke wheels, and wheel covers are allowed.
5. Bharat Alacrity Management reserves the right to disallow, either before The Race or when observed in use during The Race, any bicycle or component that the Race Director determines to be unacceptable for use in The Race competition. It is the obligation of the Racer to bring any nonstandard or custom equipment to the attention of the Race Director before The Race for an acceptability determination.
6. Tandems, recumbent, and hand-cycles are permitted and must be known beforehand.

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7. Solo Racers must have a road bike as a primary bike and may choose to have a hybrid/mtb as a spare bike for bad road sections.
8. There are no restrictions on gearing, wheel, or tyre size.
9. All bicycles must have reflective material on the rear seat stays, fork blades, crank arms, and pedals.
10. All bicycles must have a front and rear light.
11. All wheels must have reflective material.
12. Special bikes will be considered and ruled upon by the Race Director.
13. All bicycles must be deemed to be in race condition. If a bicycle is judged to be unfit or unsafe to ride, riders may NOT use it until the issue is resolved to the satisfaction of the Race Director.

Section 7 Helmets, Lights And Reflective clothing:

- 1) Riders must wear approved helmet all the time during race.
- 2) Riders must use at least one steady white front light visible from 150 mtr of 150 lumens or more) mounted to the bicycle and a steady (not flashing) red rear light visible from 100 mtr mounted to the bicycle.
- 3) Riders must wear a reflective gear during the night hours, in the form of a vest or bandoleer. (Adhesive reflective material and jerseys with reflective material stitched to them, are not acceptable in lieu of reflective gear)
- 4) Lights and reflective gear must be used during night hours from 18:00 – 06:00 or low visibility conditions (e.g. when passing through a tunnel etc). All lighting requirements must be met by all riders, during the night hours (mandatory direct follow hours). Any rider caught riding without lights and/or reflective gear during the night hours will be immediately disqualified (no warnings)
- 5) Support crew must wear Reflective gear during the night hours. It is recommended that they wear reflective gear during daylight hours when they are outside the vehicle during daylight hours as well.

Section 8: Racers

801 General

1. Racers must complete all necessary Registration Documentation before the Race – Including screening form and waiver.
2. Racers must complete the full Race Route as described in the Route book or as modified from time to time by Police, Local Authorities or Race HQ.

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3. Racers must not be driven up the course under any conditions except to hotels or in emergencies and in such a case a Race Official must be notified as soon as possible, preferably before doing so. Racer must give in writing about where he has planned to take rest during the race and must submit the booking detail in case of hotel stay or if going to stay with some of relatives' enroute, he/she must submit the proper address at the time of registration
4. Racers must not ride on the Race Route in reverse direction. If a Racer rides past an Exchange or support location, the Racer must get off the bicycle and walk back to that point or wait for the Support Vehicle to pick them up.
5. Racers must wear a properly fastened approved helmet at all times. THE HELMET MUST BE PROPERLY FASTENED AND NOT JUST SITTING ATOP THE HEAD.
6. Racers must clearly display their Racer number on the left and right sides of their helmets for the entire race.
7. A Racer may not receive any type of push-off from another person or vehicle. EXCEPTION: Team Racers may push or sling another teammate when exchanging Racers while cycling.
8. A Racer may not receive pacing of any form within sight of the Racer (on foot, by bicycle, roller skates, or anything else) from a Crew member or other person. Road side cheering is allowed from Crew members and race fans.
9. A Racer may ride a bicycle with a flat tyre or other mechanical problems. If a Race Official deems the problem unsafe, the Racer must stop or proceed on foot with the bike until the bicycle is replaced or repaired.
10. A Racer may proceed on foot along the Race Route as long as the bicycle is present (carried, dragged, or pushed). A Racer separated from their bicycle may not proceed along the Race Route.
11. Racers may ride alongside each other for 10 minutes per 12 hour period, and no more. Example: Racer A rides with Racer B for 10 minutes. These two Racers cannot repeat this until at least 12 hours passes; Racer A, however, can ride with Racer C for 10 minutes within 12 hours, but A and C cannot repeat this for 12 hours, etc.
12. Racers may not block or impede the progress of another Racer.
13. Racers may not draft any vehicle and must maintain a spacing of at least 10 meters from other Racers and Support Vehicles. This rule allows following traffic to pass each Racer and Follow Vehicle safely.
14. Racers must accommodate Race Media/Film Crews as much as possible. Intentionally drafting off a Media/Film Vehicle is prohibited. Racers must ride to the left of Media/Film Vehicles during interviews,

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not directly behind them, unless the Media/Film Vehicle is far enough ahead as not to create a wind draft – 5 meter minimum.

15. If a Media/Film Crew is causing problems for the Racer, politely ask them to leave or notify Race Officials of problems. If the problem continues, immediately notify a Race Official, the Race Director, or Race Headquarters.

16. As agreed in the Racer Agreement, Racers must cooperate in making themselves available for conducting national and/or local media, television and radio interviews, Race Start and Finish. **Failure to grant interviews at reasonable times may result in a penalty** and/or forfeiture of prize money and/or trophies otherwise due to the Racer.

17. Pocket-size stereos such as MP3 players and smartphones are permitted, though the volume must be kept low enough to hear sirens and/or voices from passing. Support Vehicle or Race Official's vehicles AND, PROVIDED, that only one speaker be used in one ear. The other earpiece may be tucked into the jersey collar and must be disabled by being wrapped semipermanently in tape or cut off entirely and available for inspection by Race Officials at any time. Infraction of this rule will result in a penalty – no exception. One ear must be clear of obstructions at all times during The Race.

Section 9: Support Crew

901 General :

1. All Crew must have signed and agreed to the terms in the release of liability waiver prior to being permitted to participate in The Race.

2. The Racer is accountable for the behaviour of the Crew. A Crew's misconduct may result in the penalisation or disqualification of a Race entrant. If it is determined that a Crew member is a liability, he or she may be suspended from participating in the event.

3. A Racer may add Crew members at any time during The Race provided the new members(s) agree (by signing) to all the terms explained in the release of liability waiver and Race Headquarters must be immediately notified and a copy of the signed agreement delivered to the nearest Race Official. The Crew Chief must have additional copies of the waiver form available to be signed by add-on Crew.

4. One Crew member will be designated Crew Chief and will speak for the Crew and Racer in reporting problems, suggestions, or other information to Race Officials. Other persons in their capacity as Crew should not speak in an official capacity to Race Officials, unless the Crew Chief is not available. Crew Chief may designate another person to act on his/her behalf when necessary.

5. A Crew member may offer assistance to any Racer or Crew participating in The Race at any time but cannot give misdirection on routing to another Racer or Crew.

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6. Each Crew must be self-sufficient, communicating between their vehicles, locating food, water, fuel, supplies, hotels, medical facilities and any other requirements along the Race Route.
7. Race Officials are not allowed to assist Crew members unless there is a medical emergency. All riders should be self-sufficient and properly equipped. Riders and/or their support crew should have everything necessary to repair or adjust the rider's bicycle and combat the elements. Race officials may help, but take no responsibility or make any guarantees to fix mechanical problems when and where they occur.
8. Riders and support crew members may assist one another with mechanical or other problems, but no time credit will be given unless it is an emergency or extenuating situation.
9. Outside assistance may be used, for example a bike shop on route. However if the racer is leaving the course for this or any reason, race officials have to be informed about the location from which the departure is made, prior to leaving the course, and the racer must return to the same location, inform race officials and then continue.
10. One Crew may service two Racers as an act of "good sportsmanship".
 11. A Racer or Crew member may switch to another Racer's Crew during The Race only after the first Racer has officially finished or abandoned.
 12. If a Crew member willfully violates or attempts to violate a rule in order to aid the Racer, the other Crew members have the obligation to make reasonable effort to stop and correct continued violation including reporting such violation to a Race Official. Crew members have a moral obligation to the rules no less than the Racers.
 13. If a Crew member is unexpectedly lost, the Crew must immediately notify Race Headquarters. Based on the Racer's location in the race, distance travelled, Crew experience, etc., the Race Director will determine as to whether or not an additional Crew will have to be obtained to finish The Race.
14. Safety, for Racers, Crew, Race Officials and other Race participants, and for the persons and property along the Race Route, is the single most important concern for everyone connected with The Race. In an emergency where human life is in jeopardy, all attention should be directed to the injured.
 15. If a Racer loses time due to responding to an injury-related situation, wherein the Racer's or Crew's assistance is warranted, the Race Director will determine a proper time adjustment for the Racer if appropriate. If the intercession of the Racer/Crew was not warranted in the injury situation, the Race Director may determine that no time adjustment be given.
16. Crew members must wear reflective hi-vis vests at night.
17. Support vehicle with a minimum of 2 support crew capable of driving the vehicle, for solo riders is Mandatory. For safety it is advised that there be 3 crew in the vehicle. 3 and 4 person Teams may

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manage with a single support crew member who is the dedicated driver, provided team members (riders) are prepared to share the driving. 2 Persons teams are required to have 2 crew that can both drive.

18. Support vehicles may leap frog their rider during the day .At night, they must follow directly behind their rider at all times. It is mandatory for the Racer to be within the headlights of the support vehicle during night time hours.

19. Support crew members must obey all of the rules and regulations. If a support crew member violates a rule, it will result in their expulsion from the race and penalties and/or disqualification for their rider.

20. Support crew members must be considerate of the surrounding area in which the course travels. They should not behave in a disruptive manner, and pay all bills of purchases made on the course.

21. Support crew members are not allowed to ride a bicycle on the course at any time during the race.

902 Media Crew:

1. Bharat Alacrity may have Media along the course and may hire an independent Media Crew to document The Race in a fair, safe and neutral manner.

2. Local television or radio stations may also report on The Race near their area in a fair, safe and neutral manner.

3. Personal Media Crew must be registered with the BA Office 30 days before The Race. A fee will be charged for each Media Support Vehicle for "MEDIA CREW" signage (4 signs) plus the associated Racer name and number signs.

4. Personal Media Crew will be considered part of the host Racer's Crew and must be acknowledged by the Racer as such. All reporting and filming must be done in a fair, safe and neutral manner.

5. Unsafe driving or any circumstance which provides an undue advantage to any racer by a Personal Media Crew will result in a penalty of the host Racer. Even if the Media Crew is interviewing another Racer, unsafe actions by the Media Crew could result in a penalty to their host Racer.

6. Media Crew Vehicles are subject to the same Support Vehicle rules of the road as Follow Vehicles. Emergency flashers must be used.

7. Failure to yield to following or oncoming traffic will result in a penalty to the associated Racer.

8. All Media Crew Support Vehicles must be labelled on four sides with "MEDIA CREW" signs. Signage is available from the BA Office. Personal Media Crew Support Vehicles must also display the Racer number of their host Racer.

9. A Media Crew not associated with a specific Racer may be required to post a deposit to ensure their compliance with race rules.

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10. Media Crews may drive alongside a racer for several minutes to capture video footage or conduct an interview. This can be done for no more than 10 minutes within any single hour and no more than 6 times in a day.

11. Media Crews may not block normal traffic flow during filming or interviewing.

Section 10: Route

1001 General

1) Each Racer must ride or walk with their bicycle on the Race Route as listed in the Route Book exactly as listed. The only exception is where road construction or other unforeseen issues (i.e., mistakes in the published directions) forces a change to the Race Route. In those sections of the Race Route, the Racers must follow alternate directions which are supplied by a Race Official or Race Headquarters. It is the responsibility of the Crew to regularly check in with Race Headquarters for any such updates.

2) If for any reason racers are forced off route by road construction, diversion due to accidents or by traffic police for any reason, crew must immediately contact one of the Race Officials and report exact details of diversion. Racers may continue to race without support vehicle only in the daylight hours. If for any reason they are unable to establish a telephone call, they must send a text/WhatsApp message, giving co-ordinates or location point of start of diversion. They must do the same at the time of re-joining the race route.

3) Race Committee will assess whether a time penalty is to be added to Racer/Team time or whether a time deduction is required. This decision will be conveyed to the crew so that they can re-calculate race cut-off time for the racer/team

4) Route is unmarked however certain points may be marked if deemed necessary. No credit will be given for any navigational errors or for leaving the course. Navigation is part of Race challenge.

1002 Checkpoints

1. At a manned checkpoint, Riders or crew must report their arrival with the Race Card to the official when they arrive, and sign the checkpoint log. Time will be recorded as of when they report, not when they arrive, if there is a lapse. At an unmanned checkpoint Riders or crew must report their arrival in the manner prescribed.

2. Support crew can report at unmanned control points instead of the rider during daylight hours. Rider may continue riding, except at unmanned control points and at the finish of their event, at which time

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the rider must check in. At night it is mandatory for the racer to stop until the checkpoint procedure is completed whether it is manned or unmanned control point.

3. It is solely the rider's and crews responsibility to make sure their time is recorded, when they pass through a manned checkpoint. Failure to do so will result in penalties and/or disqualification. The support crew may not report before a rider has physically crossed that particular time control.

4. The Cut-off times for the checkpoints are guidelines, not hard cutoffs; however Race Officials will only be available at manned check points to validate Racers doing it within Finishers Bharat Alacrity timings. For RAAM Qualification, you have to reach the Finish within the Time cut offs of your respective Category, however if you arrive at Manned checkpoints, after the Race Officials have left, you will be automatically disqualified from RAAM Qualification.

5. Riders may not be eligible for Finishers awards if they reach a manned checkpoint after it has closed and officials have departed. Participants may continue riding the course but their timings will not be validated.

1003 Route Errors:

1. If a Racer makes a wrong turn and rides off the course regardless of the reason, the Racer may safely and legally cycle or be driven back to the spot where the course deviation was made, then continue riding.

2. If a wrong turn is made by a Team Racer, then a new Team member may begin riding at the point where the wrong turn was made. This is the only time Team members do not have to overlap wheels during an exchange.

3. If the wrong turn was due to a Racer/Crew error, no time credit will be given to the Racer.

4. If the wrong turn was due to an error in the Route Book (mistaken turn instruction), BA will compensate the Racer in time accordingly, providing an accurate time, distance, and location record is written down and provided as evidence associated with the route error. **Any errors in the electronic version of the Race Route will not be considered a basis for time compensation.**

5. "Unclear" as a cause of a routing error is established only if a significant number of Racers have similar problems with that particular set of routing instructions. Any time compensation allowed will be granted at the sole discretion of the Race Director.

6. Solo Racers cannot be shuttled up the course for any reason except for going to a hotel or emergency situations. They must then return to the point where they last left the Race Route to begin riding again.

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Section 11: Categories

1101 Solo

The Solo Division is considered as one cyclist riding the entire distance from start to finish. These rules apply to Tandem Bicycles when two cyclists are riding the same bicycle for the entire distance while competing in the Solo Tandem Division.

1102 Tandem:

1. In the Tandem Division, racers may not be changed during the event.
2. Every seat on a bicycle being moved forward along the course towards the finish line must have a Racer with the bike. In the case of a tandem, 2 Racers must always be with the bike while it is progressing towards the finish line whether riding or walking. This is true for Solo and Team Divisions with Tandems. One member may not ride the bike while others rest in a vehicle.
3. There are no restrictions on captaining and stoking. Either Racer may assume either position at any time during The Race.

1103 Team:

The Rules for solo Racers apply to Team Racers. Additional Team rules include:

1. One or any combination of a Team's registered Racers may cycle at any one time (subject to further rules below). The same rules and regulations that apply to individual riders, apply to teams and their support crews. Drafting is permitted within the same Team, but not between rival Teams, solo racers or any other side
2. A temporary ban on drafting may be imposed if the Team of Racers creates undue traffic problems that could be remedied by having only one Racer on the road.
3. There are no requirements as to how much time or how many kilometers each Racer can ride. Rider exchanges may take place anywhere on the course and at any frequency depending on team strategy. Any number of teammates may ride at the same time. A team's official time is calculated when the first rider crosses the finish line.
4. 8 person Teams must enter with a minimum of 5 Racers; 4 person Teams must enter with a minimum of three Racers; 3person Teams must enter with a minimum of two racers. If one or more of the Team members gets hurt or cannot ride, no substitutions are allowed. Only one Racer has to finish. This means that the rest of the Racers can drop out.
5. Team Relay Racer Exchanges mandatorily require wheels to overlap between retiring racer and fresh racer, to ensure that there is no gap in time or space in the teams' race. This rule will be strictly imposed. Teams will be issued a time penalty for first offense and be disqualified on second offense.

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6. Penalties for rule violations will be imposed to the entire Team, not just to the Racer responsible. The entire Team must stop at the penalty box to serve the cumulative penalties.

7. If a wrong turn is made by a Team Racer, then a new Team Racer may begin riding at the point where the wrong turn was made. This is the only time Team Racers do not have to overlap wheels during an exchange.

8. If one Team is about to pass another, the Team being passed must yield right of way to the passing Team and both Teams must maintain or exceed spacing of 10 meters.

9). In the day time rolling exchanges may take place, with support vehicles going ahead to place the fresh racer and waiting in readiness for retiring racer to arrive and overlap wheels. At night, due to mandatory direct follow rules, both racer and vehicle have to stop and remain in vehicle headlights.

10). Team members may support their team when they are not riding, but must obey all rules regarding support crew members, with the exception of the rule banning support crew members from riding on the course

11) Drafting is allowed between teammates, but not between rival teams, solo racers or any other rider.

12). Each Team must have a team leader, who should be a member of the team. Any decision regarding penalties or disqualification will be conveyed to the team leader or the crew chief.

Section 12:

Start:

Event Date: 07-04-2018

EVENT	AGE CATEGORY(yrs)	
SS-Men (RQ)	18-49	
SS-Men(RQ)	49+	
SS-Women(RQ)	18-49	
SS-Women(RQ)	49+	
Men(Non RQ)	Open	
Women(Non RQ)	Open	
Teamof2(Men/Women/Mixed	18-49	
Teamof2(Men/Women/Mixed	49+	
Teamof3(Men/Women/Mixed	18-49	
Teamof3(Men/Women/Mixed	49+	
Teamof4(Men/Women/Mixed	18-49	
Teamof4(Men/Women/Mixed	49+	
Teamof8(Men/Women/Mixed	Open	
ULTRA 200 CHALLENGE	Open	

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Race start venue: Manohar Singh & Co. New Chandigarh

Pre Race Registrations :

Bib collection, Photo session/interview of racers(Or racers & crew): Apr 6,2018 (9a.m.onwards)

Vehicle & Bike Inspection: Apr 6,2018(12 p.m.onwards)

Pre Race briefing followed by dinner: Apr 6,2018 (5p.m.onwards)

Medals distribution ceremony: Apr 8,2018 (7p.m.)

Distance:615 km

Solo riders will have to ride the whole distance, crew will provide them all the support.

Racing age is = Racing year-Year of birth

Team event is relay style. At a time one rider rides and rest of the team mates move up in the support vehicle.

Team age is the average of age of all racers(e.g.in a team of 2 of riders of age 36 and 38,team age is $36+38/2=37$ years)

Section 13: Racing

1301 Race Communications

1. Mobile phones are mandatory. Support Vehicles must have a mobile phone which is on at all times. The numbers of these phones must be supplied as part of the Registration Documentation
2. At every Time Station the Racer or support Crew must contact Race Headquarters on the 'Racer Reporting phone number' to tell Race Headquarters of the Racer's location by chosen method. If there is an important update from Race Headquarters a message will be relayed to the Racer or Crew.
3. Every Racer/Crew representative must contact Race Headquarters at every Time Station if official is not available there OR in case of emergency to check about Race Route changes or important updates and to ensure Race Headquarters is aware of Racer's progress and safety.

1302 Time Reporting Procedures:

- 1) Only Racer himself or CREW Chief will have direct telephonic conversation with our officials.
- 2) Crew Chief and Racer will send their whatsapp live location after every 7 hours.
- 3) No one will call Race Head quarters after three hours themselves.
- 4) Racer will get calls from Race headquarters to know about their location if required.
- 5) Call from Racer/crew Chief end will be only in case of Emergency or something very serious.
- 6) At all the time stations, our officials will be deployed. So Time Station reporting won't be an issue.
- 7) At unmanned controls, or in case Racer is taking break somewhere longer than 30 minutes, again that won't be on call but you are supposed to put MESSAGE on whatsapp 5 kms.prior. One of our official will

be deployed to check the updates of this whatsapp from time to time. Our Officials may call up Racers anytime.

8) The location of Time Stations is very specific and listed in the Route Book. Racers and Crew must follow ALL Race Route instructions to reach the Time Stations.

9) Failure to report accurate time of arrival at a Time Station within 30 minutes of arrival without a valid reason for not doing so may result in a penalty or disqualification. (In case Official is not present there)

10) Race Headquarters will issue and record a confirmation number for each Time Station report. It is the responsibility of the Racer or Crew to keep a record of the confirmation numbers issued by Race Headquarters so as to be able to accurately explain any discrepancies that may arise associated with time or location recorded..

11) Each Racer or Crew must call in once and only once to report passage through a Time Station (in case official is not there)

12) At night if it is necessary for the Follow Vehicle to stop and make the call, then the Racer must stop also.

13) Race Route changes and other official news will be communicated during call-ins.

Race Headquarters is set up to handle Time Station reporting and official race notifications (such as Race Route changes). **Do not call Race Headquarters to inquire as to where other Racers are.**

1303 Phone Problems

1. If the Race Headquarters line is busy, even though the Racer may be stopped (at night and the Follow car is making the call), keep trying for at least 3 minutes. If the reporting Crew is not from the Follow Vehicle, the call should be attempted for at least 10 minutes. If problems persist call from the next working phone and describe problems connecting. The Race Headquarters has several phone lines and these numbers will be provided to you at Inspection.

2. If the phone at a Time Station is found to be inoperative or missing, make the report from the next working phone, reporting that the Time Station phone has failed. This will allow Race Headquarters to update other Racers of the inoperative phone at that Time Station.

3. A time penalty may be issued to a Racer if a Crew fails to call in from a Time Station due to phone problems when Racers ahead and behind are successful in making the required report.
(*1303 is not applicable in this Race)

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1304 Information Distribution:

1. Time Station Staff may answer any questions a Crew may have about other Racers' locations or other publicly available information. Locations of all Racers on the Race Route at any given time are open knowledge.
2. All official information will come from Race Headquarters or the website.
3. While every effort is made to keep location information as correct as possible, BA is not responsible for any rumours or the accuracy of information obtained by Crew at local Time Stations other than Race Route or rule changes.
4. Any information provided to Time Station Staff about a Racer's condition or race strategy must be assumed to be common knowledge now available to all Crew and Racers.

1305 Other Reporting:

Crew must notify Race Headquarters or a Race Official in the following situations:

1. A Solo Racer is, or plans to be, off the course hidden from view longer than 30 minutes. This information is for Race Headquarters use only to track Racers.
2. A casual non-race rider continues riding within 10 meters of a Racer and is a nuisance.
3. If the primary Follow Vehicle has broken down and the Racer is being supported by another Support Vehicle.
4. To obtain permission for Crew additions or changes.
5. If delayed more than 30 minutes by being sent off course, wrong turn on the Race Route, or detained by police longer than 30 minutes.

1306 Crew and Racer Rest:

1. There are no restrictions on how many hours a Racer may ride without off-bike rest or a Crew member can go without a sleep break. However, if in the opinion of a Race Official sleep deprivation in any participant is compromising safety, the Race Official may assess a penalty against the Racer. In addition, if a suitably rested replacement Racer or Crew member is not available, the Race Official may impose an immediate mandatory rest break of up to 4 hours.
2. It is the responsibility of the Crew and Racer to make sure they are rested, well and fit enough to proceed safely. The Follow Vehicle Crew must be prepared for the rigors of the night by getting what rest they need during the preceding day.

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3. If a Racer refuses to comply with the demands of the Crew to rest and the Crew feels the Racer is in danger, a Race Official or Race Headquarters must be notified immediately.

4. It is the responsibility of the Crew including the Crew Chief and the Racer to ensure the Crew is receiving adequate rest to proceed safely and for safe operation of Support Vehicles. If no adequately rested drivers are available for safe operation of vehicles, the Racer must voluntarily stop. THIS RULE WILL BE HEAVILY ENFORCED.

1307 Sportsmanship:

1. All Racers and Crew are expected to exhibit the highest sportsmanship towards all competitors and Race Staff at all times. This includes proper consideration for fairness, support, courtesy, ethics, respect, and even camaraderie with all Racers, Crew, and Race Officials.

2. All Racers and Crew are to be respectful and courteous towards all competitors and Race Staff at all times. Harassment of any Racer, Crew member, or Race Staff is not allowed.

1308 Providing Support:

1. A Racer may have more than one Follow Vehicle meeting the requirements noted above however, only one Follow Vehicle may follow the Racer at any given time.

2. No Support Vehicle may lead the Racer through fog or traffic. The Racer must stay in front of the Follow Vehicle.

3. When travelling alongside a Racer, the Follow Vehicle MUST NOT INTERFERE WITH THE NORMAL FLOW OF TRAFFIC IN EITHER DIRECTION.

4. Remaining alongside longer than necessary in order to provide the Racer an advantage against prevailing wind is prohibited.

5. The Follow Vehicle must pull off the road and let traffic pass when three or more vehicles are waiting to pass. During the day the Racer may proceed alone, with the Follow Vehicle catching up once traffic is clear. At night the Racer must also pull off the road.

6. Follow Vehicles should follow their Racer as far to the left of the lane as possible or on the hard shoulder.

7. During daylight, the Racer may proceed unescorted. The Follow Vehicle may stop, allowing the Racer to continue on alone for a short time even when out of sight. The Follow Vehicle may then drive at NORMAL TRAFFIC SPEED to catch up to the Racer. Racer protection and safety is a primary job of the Follow Vehicle and therefore it is recommended that you follow your Racer whenever possible in accordance with these rules.

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8. Under no circumstances will the following Follow Vehicle pull ahead of a Racer for the purpose of proceeding to an intersection to cause the traffic signal to change to the Racer's benefit.

In case there is extra support vehicle, it is compulsory to define Primary support vehicle and secondary support vehicle. Secondary support vehicle can provide only leap frog support to the racer at the most 4 times in an hour. In no case carvanning should occur, otherwise penalty will be issued.

9. When directly following a Racer, the Follow Vehicle must have the vehicle emergency flashers of the vehicle on.

10. For a turn, the Follow Vehicle may turn off the vehicle emergency flashers up to 0.5 kilometres (¼ mile) before a turn to use the vehicle turn signal. The vehicle emergency flashers must be on within 0.5 kilometres (¼ mile) after the turn unless there is another turn within 0.5 kilometres (¼ mile).

11. Music systems may not be used during Night conditions. All other public address systems or megaphones must have the volume reduced during Night conditions.

12. All stopped Support Vehicles must have all 4 wheels completely off the roadway.

1309 Handoffs:

1. Travel alongside a Racer, when safe to do so is permitted for handing off food and supplies to the Racer and exchanging information and is limited to 1 minute per exchange and 4 times per hour. Penalties will be issued for driving on or over the white line or for travelling alongside a Racer for extended periods of time which in the sole judgment of the Race Official constitutes a hazard.

2. If traffic conditions do not allow driving alongside the Racer for handoffs, the Follow Vehicle should proceed ahead, stop off the pavement, and use a pedestrian handoff as the Racer passes. During night time the Follow Vehicle may not move ahead. If it is not possible to drive alongside the Racer then both Follow Vehicle and Racer must stop off the roadway.

3. A pedestrian may execute "hand-to-hand" handoffs to the Racer while the Racer is moving or vice versa. These handoffs must be passed from the hand of the "giver" to the hand of the "receiver."

4. When a rider with a follow vehicle passes another rider, use this procedure: rider A passes rider B and gets clear. When a gap of 10 meters forms between the two riders, rider A's follow vehicle may pass rider B (and their follow vehicle) and continue to follow their rider. Rider B (and their follow vehicle) may not impede the progress of rider A or their follow vehicle.

5. Inserting something into the Racer's pocket, water bottle cage or any bike or clothing adjustments between Racer and moving Support Vehicle are **prohibited**.

6. Riders may not be pushed, pulled, towed or otherwise assisted by their follow vehicle. This will result in immediate disqualification.

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7. Make sure that crew and the racer plan ahead and refuel and restock before 6:00 pm to avoid wasting the race time at night. Before 2200 hrs make sure you have enough supplies and fuel to make it through the entire night. On some parts of the route, it may be difficult to find food or fuel after that.

8. A moving Racer may toss discarded items to a Crew provided this is done in a safe manner and no littering takes place.

9. Giving mechanical assistance to the racer while moving is prohibited.

Note:

No handoffs allowed on bridges, flyovers, under construction stretches and stretches under diversion

1310 Passing:

1. If another Racer is approaching you, you must either: a. race ahead, increase your speed, and maintain the 10 metre separation OR you must yield, move to the left, slow down, allow the pass, and again maintain the 10 metre separation.

2. Special attention by the Follow Vehicle drivers must be taken in passing situations when one Racer overtakes another. The Racer and Follow Vehicle in the lead and being passed must yield by slowly moving to the left. The following Racer must accelerate and pass on the right. Do not pass on the left. Always yield to the normal flow of traffic. It is advisable for the Crew to notify the Racer being passed when a pass is taking place.

3. If two Racers decide to ride together (for up to 10 minutes), one of the Follow Vehicles follows both Racers while the other remains parked on the side of the road or drives up ahead and stops. Under no circumstances should two or more Follow Vehicles of different Racers caravan down the road or travel side by side at the speed of the Racer. Both Racers will be penalized.

4. After a pass, both racers MUST pace themselves appropriately to maintain the 10 meter separation between racers.

1311 Drafting:

1) Drafting is not allowed in any category, except for teams.

2) Riders must maintain at least a 10 meter space cushion between each other and vehicles. When passing, riders may encroach on the 10 meter space cushion as necessary, but if they linger, they will be considered to be drafting. Drafting any motor vehicle is not allowed.

3). Any violation of the drafting rules will result in a rider's immediate disqualification.

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1312 Night Riding and Safety:

1. Night riding shall be considered:
 - a. from 18.00 until 06:00am. (approx. ½ hour each side of sunset and sunrise)
 - b. any time when vehicles would normally have their night driving headlights on
 - c. anytime visibility is less than 300m (1000 feet).
2. If you have any doubt about the visibility conditions, **operate as if it is Night time.**
3. Racers may not proceed beyond the Follow Vehicle lights during Night time, even when displaying legal required bike lights. Racers must be no more than 10m in front of the Follow Vehicle at Night with no other vehicles between the Racer and Follow Vehicle. The Follow Vehicle and Racer become a single entity under Night riding conditions. Follow Vehicles may temporarily pull alongside the Racer when conditions safely permit to conduct a handoff of food, water & normal supplies. The Racer must at all times be able to safely see the roadway in front of the follow vehicle lighted by the Follow Vehicle lights.
4. The rules for handoffs, city traffic, mountain climbs, and other difficult pacing situations must be modified at night so that the bicycle never leaves the Follow Vehicle headlights.
5. The Follow Vehicle must have all appropriate signage and lighting when operating under Night conditions.
6. Each Crew member **MUST** wear a reflective safety vest at night when outside the vehicle. These vests should not have “Marshal” or “Official” written on them and should be made available for inspection before the start.

1313 Cheating

1. Drafting of any motorized vehicle is strictly forbidden. Any rider seen attempting to gain advantage by drafting a motorized vehicle will be immediately disqualified.
2. Towing any vehicle is strictly forbidden. A violation will lead to immediate disqualification and a ban from future races.
- 3 Any Racer seen using a motorized vehicle to move ahead on the course will be disqualified. If for any reason a racer decides to withdraw from the race, she/he or their crew must inform a race official before moving ahead on the course in a vehicle. If telephonic contact cannot be established, a text message/sms or WhatsApp message must be sent.
4. Any deliberate act of taking advantage over others is considered cheating and will lead to immediate disqualification.

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5. A very serious view is taken of any manner of cheating. If found cheating Race officials WILL immediately disqualify a rider and/or support crew members and ban them from future races.

Section 14: Exchanges

1401 General:

Racer and Vehicle Exchanges are one of the most hazardous situations of the The Race. As such they will be discussed in detail below. The primary factor with respect to Racer and Vehicle Exchanges is safety! Race Officials will be watching Racer Exchanges closely. What makes Racer and Vehicle

Exchanges hazardous are that all other traffic and Racers on the road do not know what is happening. Your Team will know what's happening – other road users may not. You must remember this fact.

Here is an example of the most dangerous Racer Exchange – and this one is illegal!

A Follow Vehicle is behind a Racer and there are vehicles behind that Follow Vehicle – either directly behind or vehicles approaching from behind. The Follow Vehicle and Racer are approaching an Exchange where the New Racer and a New Follow Vehicle are waiting on the shoulder. The Retiring Follow Vehicle pulls off the roadway behind the New Follow Vehicle. Then the New Follow Vehicle hits the fuel to enter the roadway and get behind the New Racer. Here are the dangers:

- Traffic behind the Retiring Follow Vehicle will have no indication the Retiring Follow Vehicle is pulling off the roadway.
- Traffic behind the Retiring Follow Vehicle may not be able to see either Racer.
- Traffic behind the Retiring Follow Vehicle may not be able to see the New Follow Vehicle.
- Traffic behind the Retiring Follow Vehicle will have no indication the New Follow Vehicle will be entering the roadway quickly.
- The New Follow Vehicle will have difficulty seeing Traffic behind the Retiring Follow Vehicle.
- The New Follow Vehicle may hit either Racer while trying to re-enter the roadway while watching Traffic. This is compounded at night or in poor visibility conditions (fog, low light, storms).

Below are the Rules for Racer Exchanges and Vehicle Exchanges. DO NOT get creative or imaginative with these rules – you will be penalized immediately. These rules have the intention of safety and we will enforce the intention of the rule. Failure to read these rules and ask questions before The Race is no excuse. Read all the rules before asking questions.

The safest Racer Exchanges are regarded as being the ones where the teams use one full time Follow Vehicle that doesn't leave the roadway. The Racer Exchanges are made at naturally slow riding locations

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such as stop signs or gradual uphill. The Racer Exchanges can be made at 15 mph in less than 50 meters even at night within the car headlights.

1402 Exchange Site :These rules apply to Racer Exchanges AND Follow Vehicle Exchanges.

1. You must select an Exchange Site that does not interfere with road traffic. Safety is a main concern and if in doubt about the choice of the Exchange Site, it is best to have both Racers stop for the Racer Exchange or move on to a different Exchange Site.
 - a. Look for good visibility in both directions for your Exchange Site – minimum 100 meters/yards rearward visibility of overtaking traffic and allow a greater distance if traffic speed is above 55 kph (35 mph).
 - b. Do not choose an Exchange Site on a curve or bend in the road or near the crest of a hill where visibility may be limited. Be careful on a downhill section of a hill so that you can see beyond the crest.
 - c. Avoid an Exchange Site where a double line signifying no passing is present on the road unless you have a wide shoulder or good turnout space.
2. Common sense and caution must rule. You will receive a penalty or be disqualified if, in the opinion of a Race Official, you follow dangerous procedures that put your Racer, Crew or other road users at risk.
3. You must have sufficient and safe parking space for all Support Vehicles (1 or 2) involved in a Racer Exchange at a Racer Exchange Site.
4. All stopped Support Vehicles must have all 4 wheels completely off the roadway. Do not park in driveways of private residential property.
5. A maximum of two (2) Support Vehicles from your team may be parked at an Exchange Site that is on the shoulder of a road. If you use a car park, side-street, or other off road area for parking, you may have more than two (2) Support Vehicles present.
6. Side-streets, car parks, etc. may be used as an Exchange Site. If you use one of these, all rules for Vehicle Parking and wait times must be observed. Do not get creative with these areas. Do not use private driveways.
7. The Exchange Site must be on the left side of the road for all major roads. On minor roads parking on the right is permitted as long as it is safe to do so.

1403 Exchange Zones

Safety Issue All Racer Exchanges must be done within an Exchange Zone. Failure to do so may result in penalty and/or disqualification.

1. In the Exchange Zone only one Follow Vehicle per team may be in motion at cycling speeds on the roadway at any one time.
2. If using two Support Vehicles and one will be stopped at the Exchange Site, that second Support Vehicle must be stopped at least one (1) minute before the Racer Exchange happens.
3. If using two Support Vehicles and both stop at the Exchange Site, both vehicles must wait at least one (1) minute before the first Support Vehicle may continue. The second Support Vehicle must wait at least one (1) minute after the first Support Vehicle leaves.
4. All other Support Vehicles must either be stopped off the roadway or travelling at traffic speed during a Racer Exchange in the Exchange Zone.
5. The Follow Vehicle may not stop in the traffic lane during a Racer Exchange.

1404 Racer Exchanges

1. New Racers must overlap wheels with Racers they are replacing.
2. There are two types of Exchanges – Rolling and Stationary.
 - Stationary Exchange – The New Racer is stopped and waits until the Retiring Racer has passed before starting.
 - Rolling Exchange – the New Racer begins riding and wheel overlap is done with both riders in motion. The Retiring Racer then stops.
3. Follow Vehicles may not cross the road centreline during a Racer Exchange.
4. If traffic conditions safely permit, Racers may make a Rolling Exchange at cycling speed and ride side by side.
5. It is **illegal** to do a Rolling Exchange AND **change Follow Vehicles**.
6. If there is a Solo Racer within 10 meters you must yield to that Racer. Either slow down and do the Racer Exchange before you are within 10 meters or pass the Solo Racer and do the Racer Exchange when you 10 meters beyond the Solo Racer.

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7. If there are two Teams within 10 meters of each other, the Team that is doing a Racer Exchange must yield to the Team that is not. Either slow down and do the Racer Exchange before you are within 10 meters or pass the other Team Racer and do the Racer Exchange when you are 10 meters beyond the Team Racer.

8. No Racer may RIDE the course in the REVERSE direction at any time.

1405 Night Exchanges:

Note: No rolling exchange at night is allowed.

1. Night time exchanges must happen within the headlights of the Follow Vehicle.

2. At night, the retiring Racer must stop within the headlight of the stopped Support Vehicle picking him/her up and may not ride back to the vehicle. The Racer must walk the bicycle back along the shoulder, off the travelled portion of the road if backtracking is required at any time. No Racer may ride the course in the REVERSE direction at any time.

3. During a night time Racer Exchange, the New Racer must be waiting and start within the headlights of a stopped Support Vehicle.

1406 Direct Support

The following are Legal Racer Exchanges under Direct Support, which is a Follow Vehicle directly behind the racer. Direct Support is always applicable under Night conditions.

1: Stationary Racer Exchange 1- Same Follow Vehicle

- The Follow Vehicle approaches the Exchange Site and stops off the roadway during the Racer Exchange. The Follow Vehicle may not stop in the traffic lane during a Racer Exchange.
- The Follow Vehicle may re-enter the roadway after waiting one (1) minute AND when there is no traffic approaching from behind.
- At night, the New Racer must wait for the Follow Vehicle.
- If there is a second Support Vehicle, it must be parked for at least one (1) minute before the Racer Exchange happens and must remain parked for at least one (1) minute after the Follow Vehicle leaves.
- This is the ONLY way to do an Exchange under Night conditions with just one Support Vehicle. With just one Support Vehicle, the Retiring Racer must stop with the Follow Vehicle and the New Racer may not begin until the Follow Vehicle is ready.

Exchange 2 – Switch Follow Vehicle

- The Retiring Follow Vehicle approaches Exchange Site and stops off the roadway behind a waiting New Follow Vehicle, which is also parked completely off the roadway or on the left side of the yellow line.
- The New Follow Vehicle may enter the roadway after waiting one (1) minute AND when there is no traffic approaching from behind.
- At night, the New Racer must wait for the Follow Vehicle.
- The Retiring Follow Vehicle must wait at least one (1) minute after the New Follow Vehicle leaves.

2 Rolling Racer Exchange

Exchange 3 – Same Follow Vehicle

- The Follow Vehicle approaches the Exchange Site and remains moving (never stops) in the traffic lane. The New Racer accelerates while the Retiring Racer pulls off. This must happen in front of the Follow Vehicle and at night within the headlights of the Follow Vehicle.
- If there is a second Support Vehicle, it must be parked for at least one (1) minute before the Racer Exchange happens and must remain parked for at least one (1) minute after the Follow Vehicle leaves.
- See Rules above regarding how Retiring Racers must stop.

Exchange 4 – Same Follow Vehicle

- The Follow Vehicle approaches the Exchange Site and remains moving (never stops) in the traffic lane. The New Racer, waiting in the headlights of a stopped Support Vehicle, accelerates and rides with the Retiring Racer in front of the Follow Vehicle
- The Follow Vehicle and Support Vehicles may not caravan together waiting for the retiring Racer to find a safe place to stop.
- The Support Vehicle that was stopped proceeds ahead around the Follow Vehicle (with both racers) and finds a safe spot to stop. The Support Vehicle waiting to pick up the Retiring Racer must wait off the roadway while both Racers are riding together.
- This secondary Support Vehicle must be parked for at least one (1) minute before the Retiring Racer approaches and must remain parked for at least one (1) minute after the Follow Vehicle (with Racer) passes.
- This strategy will work for fast rolling exchanges but the Retiring Racer might have to ride for an extra few minutes.

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1407 Leapfrog Support:

If Leapfrog Support is being used (Daytime Only), all Support Vehicles are stopped and a Rolling or Stationary Exchange may be done. You must comply with all other rules for Exchanges including having Support Vehicles arrive at the Exchange Site at least one minute before the Exchange and they may not leave the Exchange Site until at least one minute after the Exchange.

Follow Vehicle Exchange:

1. Exchange No. 2 above is the only legal way of switching Follow Vehicles during a Racer Exchange.
2. The procedure in Exchange No.2 may also be used to switch Follow Vehicles between Racer Exchanges.
3. The following is the only other legal way to switch Follow Vehicles. This is a ROLLING Follow Vehicle Exchange.

a. All rules for determining an Exchange Site must be followed.

b. The New Follow Vehicle approaches the Retiring Follow Vehicle from behind on the roadway. The New Follow Vehicle signals to the Retiring Follow Vehicle they are ready. The Retiring Follow Vehicle will then safely pass the Racer and accelerate to traffic speed or pull safely off to the shoulder. The New Follow Vehicle comes in behind the Racer.

c. From the time the New Follow Vehicle is in place, this must be executed within 15 seconds.

d. The Racer should be notified of the Vehicle Exchange so they know why one vehicle is leaving.

1408 Appeals:

1). During the course of the race, a racer may make a verbal protest to any Race Official or the Race Director, but it must be made privately and respectfully. Any public protest or display of disgust with the contents of the Rules, their application or to a Race Official may result in a penalty.

2) Any rider wishing to make an official protest must do so in writing and submit it to the Race Director along with fees of 4000 rupees no later than three hours after their race's respective time limit has expired. The Race committee will rule on all protests after due deliberation, as time permits.

3) Cheating versus Mistakes – Mistakes may happen. Cheating is purposeful violation of the rules. Riders and support crew may not make allegations of cheating in public or in social media of any kind. Racers may not make allegation of cheating to Race Officials without substantiating it with evidence. Protocol is to be observed. Riders must submit a formal letter of complaint to the Race committee along with eye-witness accounts, evidence and a complaint fee, for it to be taken seriously.

4). Complaint fee will be refunded in full if the Race committee rules in favor of the complaint. In the absence of substantiating evidence, race committee will be unable to take action.

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5). Airing opinions, making allegations and complaints regarding Race and Race officials over Social or other Media before or after making a formal protest, that are considered harmful to the Race Reputation may result in a disqualification or a ban from future races.

6). All Racers and Crew are encouraged to report to race officials, any suspicions (with or without evidence) if they see some infraction of rules by other teams or racers. These reports must be made during the course of the race, with details of racer/team no. and location, to enable race officials to check on the report. Any racer or crew, witnessing a cheating or rule infraction and not reporting it to race officials immediately, will lead to witnesses being held complicit in the act itself.

Summary of Mandatory Reports The Crew must notify Race Headquarters or a Race Official for the following:

- In the event of an emergency – medical or otherwise.
- Arrival of a Racer at each Time Station.
- If Racer is riding dangerously and refuses to rest or obey Race Rules.
- If delayed, sent off course, or detained by police.
- If they lose a Crew or a Support Vehicle.
- When a solo Racer is, or plans to be, off the course hidden from view longer than 30 minutes. This information is for Race Headquarters use only to track Racers.
- If a casual non-Race rider continues riding within 10 meters (30 ft.) of a Racer and is a nuisance.
- If the primary Follow Vehicle has broken down and the Racer is being supported by another Support Vehicle.
- To obtain permission for Crew additions or changes.
- If delayed more than 30 minutes by being sent off course, wrong turn on the Race Route, or detained by police longer than 30 minutes