

# DNB OF150 - solo

## Race Rules

**2023**

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## 1. Introduction

All registered participants to the Offroad Finnmark race are obligated to have read, understood and accepted the rules of the race, including the terms of participation. The riders agree to the terms, rules and regulations by participating.

The rules of the race are created specifically for the Offroad Finnmark 150 solo.

Offroad Finnmark 150 will from here on be referred to as «the race».

The race is created by Offroad Finnmark in collaboration with a range of local cycling clubs and other parties.

### 1.1 General information

The race is an individual competition.

The race consists of a 150km long single stage with a mass start. The race is available to riders of good physical health who are well prepared for the physical and psychological demands of a race like Offroad Finnmark.

The race has an adventure race profile. The single stage aspect leads to the competition running non-stop for 7 – 16 hours, a small amount of mandatory rest and the terrain is demanding. The track consists of mainly rideable trails, but there are some stretches of marsh and hillsides that forces the riders to push their bikes.

All riders must follow the marked track using the GPS tracks and the maps achieved from the organizer. The last hundred meters there will be signs showing the way to the checkpoints.

All riders are expected to display good sportsmanship at all times, promoting team a fair contest. The riders must not use offensive or abusive language during the race, act in an unsporting manner, be disrespectful to the officials, or ignore the race regulations.

The race takes place on both private and public land, on public roads and through rugged outback. The environmental perspective is of vital importance to the race administration as well as the riders. The race participants and the officials must do their utmost to ensure that they make as little impact on the nature as possible before, during and after the race. This way we set out to ensure the most sustainable nature experience possible for the Norwegian bicycle sport.

## 2. Participation, signing up and withdrawals

### 2.1 Participation

The rider must have a suitable off road terrain bicycle.

All participants must wear helmets that comply with international standards.

The cyclists must turn 17 years in the year of the race.

### 2.2 Rider's license

All riders must have a valid rider's license.

### **2.3 Applications and start numbers**

No rider can enter the race without a valid application and start number. The organizer may withhold starting numbers exclusively for invited riders.

### **2.4 Payment**

Payment must be fulfilled before starting the race. No payment - no starting

### **2.5 Starting numbers**

Every competitor will receive a starting number that is to be mounted on the bike handlebar. Start number must at all times be visible during the race.

### **2.6 Withdrawals and refunds**

Registration is binding and not refundable. You accept by registration that you cannot claim a refund of your registration fee or any other paid fees».

## **3. Classes and requirements for completion**

### **3.1 Classes**

There are these classes M/F 17-19, M/F 20-39, M/F 40-49, M/F 50-59, M/F 60+

### **3.2 Requirements for approved completion**

Riders must check in and check out of all checkpoints along the route regardless of plans to stop and rest. There is a mandatory 10 minute stop at every checkpoint.

### **3.3 Maximum race time**

If it doesn't seem probable that the rider will be able to finish by the maximum race time, the rider will be forced to leave the competition.

### **3.4 Denied start**

The race management may deny riders to start or continue the race. Reasons for this may be medical, equipment failure than can't be fixed, use of drugs and/or doping, exhaustion etc.

### **3.5 Official finisher**

Any competitor that completes the race will be deemed an official finisher of the race.

### **3.6 Disrupted race participation**

Riders who have to withdraw from the competition must do so at the checkpoints. Exceptions can only be done in case of emergency and in accordance with the race administration/jury.

Participants deciding to withdraw are obligated to report their decision to the race management immediately.

If a participant can't be located during the race, a search and rescue operation will be launched. If the search and rescue operation turns out to be needless due to a participant failing to inform the race management of a decision to withdraw from the race, the costs of the search and rescue will be charged the rider(s) failing to comply with the rules of withdrawal.

Please note that informing a volunteer along the race track of a decision to withdraw does not qualify as complying with the rules of withdrawal. All participants choosing to withdraw are

obligated to inform the checkpoint manager or the race administration of their decision.

## 4. Equipment

All participants in the race are obligated to comply with these requirements the entire race (including the first lap).

- All riders are tracked (live) on a tracker. This device must follow the rider the entire race.

### 4.1 Wearing a helmet

When a bike is used as a means of transportation between of the time of the start and the crossing of the finish line, a helmet approved by NCF/UCI must be worn at all times. The helmet must be worn during warm ups, in the race and whenever else the bike is used.

### 4.2 All riders must have:

1. 113 app must be downloaded on the front of the phone
2. Effective mosquito and weather protection
3. Mosquito repellent
4. Mosquito hat/net for head
5. 2 rescue foils<sup>15</sup>.
6. Down jacket
7. Shell clothing for the whole body (windproof/water repellent) Not tight fitting
8. Warm clothes
9. One layer of dry underwear (super or wool)
10. Food in sufficient quantities
11. First aid equipment (tape, strips, bandage, small scissors/knife.
12. Match/lighter (in waterproof bag)
13. GPS + extra fully charged power pack minimum 8000 mah.
14. Must be able to load maps and tracks, as well as display maps on screen

If the GPS strikes

15. Extra map and compass , or GPX tracks and maps downloaded on mobile, or

Or additional GPS

16. Extra mobile phone for emergencies
17. Approved helmet according to NCF/UCI regulations
18. Bicycle

- You should ride a full shock absorber or a very good trail bike. Hardtail with cane creek seat damper pin can be an option

#### 4.3 Recommended equipment

- Compass and map
- 1 tire
- 1-2 tubes
- Chain cutter + spare chain (spare chain links)
- Small tools: Pliers/multi-tool, umbracos, screwdrivers, duct tape, strong wire, strong rope
- Air pump / air cartridge
- Common spare parts such as brake rubber/brake pads, brake wire, gear wire)
- Gear dropout (+ spare rear gear)

The participants must be dressed and have appropriate gear to be prepared for different types of weather. This includes having to seek shelter/sit still for long periods. Despite the race taking place in the end of July, the contestants can still face very varying types of weather, cold fronts, snow both in the air and on the ground, rain, wind and high temperatures with sunshine.

There will be random controls on whether the participants bring the mandatory equipment.

#### 4.5 Returning borrowed gear

Upon race completion, the participants are obligated to return all equipment they have borrowed. This is also the case for participants that withdraw from the race.

#### 4.6 Switching bikes

Each rider must report what kind of bike they will be using. Switching bikes during the race is prohibited. The participants must use the same bike throughout the entire race. Participants that cross the finish line using another bike than the registered bike, there will be a minimum time penalty of 120 minutes. The rider can also lose their right to win prizes. If there is a complete bike break down, the rider must apply the race jury for permission to switch to another bike.

## 5. Information meeting

There will be held an information meeting before the race. We recommend the participants attend. The information meeting topics will be the track, areas requiring special attention from the riders, dangerous areas, special challenges, weather forecasts and other information that's crucial to the riders and for completing the race.

## 6. Race assistance

### 6.1 Private support

Private support is **not** allowed.

Participants can receive assistance from all of the race officials and service units, both stationary and mobile. The main rule is that all service is to be given at the checkpoints.

It's strictly prohibited for any participant to receive assistance from a third party between checkpoints. Breaking this rule will cause a minimum of 120 minutes time penalty at the first offense, and disqualification on the second instance. The exceptions are:

- Assistance at the official checkpoints during the race. The riders must check in before receiving assistance.
- Accidents where a participant has been injured. The race administration's ambulant team will come to the scene. In these situations, the rider must expect they will have to wait a while. If the injuries are deemed severe, the race administration will send for a helicopter.
- Riders can share/borrow/lend clothes/spare parts with each other
- Riders may stop and purchase food and drinks at “physical installations” such as grocery stores, gas stations and such along the race route.

### 6.2 Technical support

The technical support car will be available at some of the official checkpoints. The technical support car offers gear for maintenance work and adjustments. Parts costs standard retail prices and will be charged the rider after the race.

The technical support car will carry some of the most common spare parts such as chains, tires, tubes, knobs, bolts and wires. There will be tools available at all checkpoints for simple repairs.

## 7. Checkpoints

There are signs leading to the checkpoints as well being clearly marked on the maps. The riders are obliged to ensure they're checked in and checked out of each checkpoint. Riders will receive a 120 minutes time penalty for each checkpoint they've missed checking in/out of. The checkpoints offer different degrees of service, the details of these are to be found in the checkpoint description information.

At all checkpoints, there will be **ten (10) minutes** obligatory stop. The riders themselves are responsible for these stops. The riders themselves decide how much time they want to spend at the various checkpoints, however, all riders must check in and out of all checkpoints. If a rider return to checkpoint after checking out it will be their first check-in time that is counting.

## 8. Traffic rules

### 8.1 Traffic rules

The race takes place on public roads and trails that are not closed off to use by others. In turn, all riders have to adhere strictly to the applicable rules of the road (national traffic rules) – also if in a race situation. All regular Norwegian traffic regulations must be observed at all times during the race. The race takes place on private and public roads, paths, tracks and cart roads. Any and all

instructions by traffic marshals and race officials must be adhered to. All riders are obliged to yield for other traffic when on private tracks/paths as well as showing the utmost care when passing hikers/pedestrians. It is not allowed to ride on footpaths in cities and urban areas.

### **8.2 Right side driving**

The traffic law of keeping to the right side of the road/track/trail applies. Riders cannot cut corners under any circumstances. All trail and road sections, particularly those with blind corners, have to be ridden with utmost care, thus ensuring the safety of oncoming traffic and passing riders. Failing to comply with the right side regulations can result in sanctions such as time penalties, demotion/degradation or the rider being banned from the competition. The jury will decide the individual penalty in each and every instance.

### **8.3 Passing slower riders**

The slower riders have to make way for faster riders who clearly intend to pass them; the passing rider must verbally or otherwise signal their intent. Slower riders must pay special attention to passing riders on steep sections where the slower riders might already be pushing/carrying their bikes.

### **8.4 Sportsmanship**

Everyone must be considerate of fellow race participants, spectators, pedestrians and hikers crossing or passing the race track. Participants must not use offensive or abusive language during the race, act in an unsporting manner, be disrespectful to the officials, or ignore the race regulations. Inconsiderate riding and/or unfair behavior or actions will be subject to penalties. The precept of considerateness, sportsmanship and fairness applies to each and every participant.

### **8.5 Technical skills**

Riders have to operate their bikes within their means and capabilities. Participants should be prepared for sudden brake maneuvers at any time but especially on downhill sections and technically demanding terrain. Any rider that isn't conducting the race in a safe and timely manner can be excluded from the race.

### **8.6 Stopping while on the race track**

In case of injuries or mechanical problems, it is imperative to get off the trail / road right away and initiate first response or repairs away from (race) traffic.

### **8.7 Risk assessment**

All participants are bound to assess the risk they're taking in every situation. Blind corner tracks/roads, passing vehicles/bikes or pedestrians must be traversed with the utmost care. The roads are not closed off to other traffic, it's therefore vital that all riders expect meeting hikers and on-coming traffic. Be prepared to expect the unexpected.

### **8.8 Accidents**

If a participant suffers severe injury, the rider must call both 113 and the race administration. Participants finding a rider having suffered severe injury are bound to stop and do their utmost to be of help. Awaiting helicopter and authorized emergency personnel, the rider must perform first aid using the first aid kits carried in their backpacks. If need be, emergency personnel can instruct the rider performing the first aid on the phone. Riders that assist during an injury situation qualify for time reduction.

## 8.9 Sprint

In case of a sprint among riders in the finish area, it is prohibited to change lanes the last 100 meters before the finish line, wavering with the bikes to hinder a faster rider passing, or in any way block the competing riders.

## 9. Protests, jury, penalties

### 9.1 Protests

Any protests must be submitted in writing after the rider has crossed the finish line, within the allocated time period, at the very latest 30 minutes after the official finish time. Result protests must be submitted along with an NOK 400 administration fee. If the protest is upheld, the deposit will be refunded. If the protest is not upheld, the deposit will be forfeited.

### 9.2 Jury

The race organizers will compile a jury that consists of 3-5 members. The jury will be in charge of result lists, race discrepancies and to judge over any protest that has been filed. Race participants acknowledge that they accept and comply with any decision reached by the jury and relinquish any contention to dispute possible claims or entitlements further.

### 9.3 Penalties and sanctions

Only the race jury can decide on implementing penalties and sanctions on participants breaking the rules or behave in any way that is damaging towards the race reputation, other participants or the sport itself. The race organizers' main goal is for as many riders to finalize the race as possible. A penalty in this context will therefore always be a time penalty in the first instance, unless the seriousness of the violation calls for an outright disqualification / exclusion as the only appropriate measure.

The following breaches of regulations will be reprimanded at least with a time penalty:

- Failing to check in/out at all of the checkpoints
- Failing to respect the five minute obligatory stops.
- Lack of respect for the nature and the environmental friendly profile of the race: improperly discarding garbage or other items
- Not carrying the mandatory backpack equipment
- Taking off a helmet during race activities
- Ride without wearing starting number
- Tampering with starting number or mounting them in violation of race rules
- Receiving assistance from a third party
- Inconsiderate riding / unfair behavior or actions
- Repeatedly and willfully taking shortcuts
- Thwart competitors

The following violations can lead to an immediate disqualification:

- Deliberately dangerous riding maneuvers especially when they jeopardize others, such as spectators and hikers.
- Hazardous riding maneuvers that may cause harm to animals
- Repeatedly breaches of the rules and regulations leading to time penalties.

### 9.4 Environmental aspects

Riders must respect the environment at all times, and no littering or damage to the environment will be tolerated. The race takes place in highly sensitive and vulnerable areas of wilderness. Any



wrongful disposal of garbage or other items, on both private and public areas, will result in time penalties. Anyone who improperly disposes of garbage or any other article (including water bottles) outside of a check point will receive a time penalty of 60 minutes. If repeated, it will cause a 120 minutes time penalty. The third penalty of this kind results in disqualification without recourse. All drinking bottles must be marked with the riders' names.

### **9.5 Doping**

The race organizers of the Offroad Finnmark distance themselves from anyone who, with the intention of procuring any kind of performance advantage, ingests or otherwise uses in whatever way unlawful substances or stimulants. A reasonably justified suspicion suffices for an immediate disqualification from the race in this context. The race organizers expressly reserve the right to perform unexpected and unannounced doping tests on all riders. Refusing to submit to testing will lead to immediate exclusion from the race and the participant being stricken from the result records. All test results will be forwarded to national cycling federations. Positive results will lead to the participant having to return all prizes received and lifelong ban from Offroad Finnmark.

Please keep yourself updated on information regarding times on [offroadfinnmark.no](http://offroadfinnmark.no)

Have fun out there!