

Ishavskraft OF700 SOLO

Race Rules

2023

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Last 5th of august 2022

1. Introduction

All registered participants to the Offroad Finnmark 700 solo 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 700 solo race.

Offroad Finnmark 700 Solo will from here on be referred to as «the race».

The race is created by Finnmarksrittet in collaboration with a range of local bicycle clubs and other parties.

1.1 General information

The race consists of a single stage of 700km with 10-15,000 meters vertical climb. The race is available to riders of extremely 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 3-5 full days, with a small amount of mandatory rest. The terrain is highly demanding. The track consists of mainly rideable trails, but there are some stretches of marsh and hillsides that forces the riders to carry or push their bikes. All riders must follow the marked track using the GPS tracks and the maps provided by Offroad Finnmark. 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 spirit and 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. We strongly recommend full suspension bikes.

All participants must wear helmets that comply with international standards.

The cyclists must be 18 years old to participate in the race.

The race administration can disqualify riders that are not perceived to be physically or mentally fit to enter the race. This can also take effect during the race. The race administration will consult with the race doctor before taking such action.

The race administration reserves the right to disqualify participants from the start line for non-medical reasons as well.

2.2 Rider's license

All riders must have a valid rider's license.

2.3 Application and start numbers

No participant can enter the race without a valid application and start number.

The organizer may withhold starting numbers exclusively for invited teams/participants.

2.4 Payment

No riders can start race with unfulfilled payment. No payment implies no race.

2.5 Starting numbers

Every contestant 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.

2.7 Changes in case of illness and similar

Participant can give their starting number to another new participant

- Before april 15th, paying a 250NOK administration fee
- After april 15th paying a 500NOK administration fee

Withdrawals and changes must be sent to the race administration using post@offroadfinnmark.no

3. Classes and requirements for completion

3.1 Participants

A participant must cross the finish line. If a participant must withdraw from the competition, this must be done at one of the checkpoints. A withdrawal must be reported and registered with the checkpoint manager. Alternatively, a withdrawal can be done to an ATV driver, but it must immediately be reported to secretariat, and the race manager.

3.2 Classes

There are 2 classes; men and women

3.3 Requirements for official completion

The rider must ride on the track at all times to be approved

If the rider fail to comply with the race route, there will be an individually decided time penalty. If the rider repeatedly deviates from the race route and/or strays very far from the race route, the rider may be disqualified.

If it doesn't seem probable that the rider will be able to reach the finish line in Alta within the maximum stage time, the race jury may decide to cancel the rider's participation (DNF). The

maximum stage time is noted in the checkpoint description information.

NOTE: The official race track may, due to weather conditions, be forced to make a shortcut in the end of the race. The Jury will take this decision during race and the last weather forecast will be taken into consideration. This will occur if weather conditions make it impossible for normal to strong teams to reach the official finish line at maximum time limit. This kind of change of track will not inflict the riders rights to claim prizes.

If this occurs, riders will be noticed about changes to the route. Jury can make shortcut decision in only one or two of the classes. E.G: Women can be forced (by the jury) to take a shortcut but Men must ride the original track.

3.4 Time measurement and results

The winners of the classes are based on the first rider crossing the finish line, unless there are time penalties or other breaches of the rules and regulations.

3.5 Maximum race time

The official finish line time is absolute. If it seems probable that the rider won't be able to finish within the time limit, the rider's participation will be canceled. Closing time for the various checkpoints is noted the checkpoint description information.

3.6 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.

3.7 Official finisher

Any competitor that completes the race will be deemed an official finisher of the race. Being an official finisher automatically qualifies the riders for early (discounted) sign up for next year's race.

3.8 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.

Riders who, for whatever reason, no longer can or will participate in the race are obligated to inform the race management about their decision immediately either by reporting this in person to the checkpoint manager, by calling the race administration.

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 Offroad Finnmark are obligated to comply with these requirements all the race (including the first lap).

- All teams are tracked (live). This device must follow the team all the race.

4.1 Wearing a helmet

When a bike is used as a means of transportation between of the time of the first start and the last team member to cross 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 foils¹⁵.
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

- Mosquito- and weather protective gear. Mosquito repellent, windproof hard or soft shell clothing. The soft shell clothing is supposed to be loose fitting so it also works as a mosquito barrier as well as an insulating layer. All participants must also bring some clothes to protect against possible cold weather. A layer of wool underwear or something similar will do.
- Sufficient amounts of food and drinks
- Matches/lighter in a waterproof bag
- First aid equipment: tape, strips, bandages, small scissors or knife, rescue film (redningsfolie)
- Cell phone with a fully charged battery and external battery with min 8000mA(emergency phone, must at all times during race be online)
- GPS with map, tracks and extra batteries (we recommend stem mounted GPS)

4.4 Recommended equipment

- Maps and a compass (Maps will be available at the Offroad Finnmark website, riders must make their own print)
- 1-2 tires
- 3 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)
- Elastic rope for pulling
- 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 teams 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'll be using before the race. Switching bikes during the race is prohibited. The participants must use the same bike throughout the entire 700km race. Participants that cross the finish line using another bike than the team's registered bike, there will be a minimum time penalty of 120 minutes. The team 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. Mandatory information meetings

There will be held an information meeting "Riders meeting". The meeting is mandatory. 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. The information will be given by the race administration.

6. Race assistance

6.1 Private support

Participants can receive assistance from private support and all of the race officials and service units, both stationary and mobile, as described in the end of this section. The main rule is that all service is to be given at the checkpoints and as the judges may decide to allow.

The race management can, in case of emergency delegate assistance duties to the private support crews to cover the needs of both their own rider and others.

Private support must be registered with the race management.

If a team has private support in addition to the Offroad Finnmark support, the private support must not in any way interfere with the Offroad Finnmark support team. Private support crews may not meddle with Offroad Finnmark's offered food, service, lodging etc. Washing bikes, food preparation and such must be done using private equipment. Failing to comply with the private support rules will result in time penalties for the team.

It's strictly prohibited for any participant to receive assistance from a third party outside the checkpoint. 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 and/or private support before checking out.
- Accidents where a participant has been injured. The race administration's ambulant team will come to the scene and the rider must wait till the race administration has given their explicit authorization for the team to continue. In these situations, the rider must expect 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. Please remember that receiving private support outside the checkpoints is strictly prohibited.

6.2 Technical support

The technical support car will stay ahead of the field as possible. The tech support car will only be available at the official checkpoints and at special technical points. The tech support car offers gear for maintenance work and adjustments. Parts costs standard retail prices and will be charged the team after the race.

The tech support car will carry the spare parts the teams have turned in before the race and some of the most common spare parts such as chains, tires, tubes, knobs, bolts and wires. There will be some tools available at all checkpoints for simple repairs. If a team needs gear turned in to the tech support car prior to the race, they must call the tech car and report what they need and at which checkpoint they may get their gear. All gear turned in to technical support must be labeled with name and team number.

6.3 Sweap rider

Sweap rider's function is to make sure that the race get`s the most possible finishers. If a rider must break and teammate wants to ride on, sweap rider can contribute as a temporary or permanent teammate so that the rider can finish. If the rider is later connected to another cyclist and they want to ride faster than the sweap raider, it's ok, but this must be reported to the secretariat.

Sweap rider OF700 follows the race when its about 300 km to finish. The person cycles at the back of the field. Important that the last teams get the opportunity to complete their plan without too much influence from the sweap rider. Sweap rider is considered a cyclist in the regulations and can therefore assist other riders with simple technical service as well as assist with parts. The sweep rider can not in any way help physically, for example, to carry weight to others, or to drag other riders to the goal.

7. Checkpoints

There are signs leading to the checkpoints as well being clearly marked on the maps. The teams are obligated to ensure they're checked in and checked out of each checkpoint. There is a 15 minute mandatory stop at every 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.

There are 2 mandatory long stops at checkpoints, minimum 2 hours and both together at least 9 hours. All riders must pack three bags. Two small with the most necessary equipment and a large bag containing all the equipment the rider will need. The large bag will be placed on the long rest stops. All bags must be labeled with the name, rider number and bag number.

8. Traffic rules

8.1 Traffic rules

The of700 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 teams. Failing to comply with the right side regulations can result in sanctions such as time penalties, demotion/degradation or the team/rider being banned from the competition. The jury will decide the individual penalty in each and every instance.

8.3 Passing slower teams

The slower teams/riders have to make way for faster riders who clearly intend to pass them, the passing team must verbally or otherwise signal their intent. Slower riders must pay special attention to passing teams 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, rider must call both 113 and the race administration. Participants finding an other rider having suffered severe injury are bound to stop and do their utmost to be of help. Awaiting helicopter and authorized emergency personnel, the teams must perform first aid using the first aid kits carried in their backpacks. If need be, emergency

personnel can instruct the team members 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 team passing, or in any way block the competing teams.

9. Protests, penalties, jury

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.

Cataloging all conceivable breaches of race rules is impossible. Therefore, only a few are listed with the expressed annotation that the race jurors in consultation with the race organizers may impose penalties for actions and infringements that are not listed specifically. The following breaches of regulations will be reprimanded at least with a time penalty:

- Failing to check in/out at all of the checkpoints
- 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 numbers
- Tampering with starting numbers or mounting them in violation of race rules
- Receiving assistance from a third party outside of the checkpoint areas
- Inconsiderate riding / unfair behavior or actions
- Repeatedly and willfully taking shortcuts
- Thwart competitors
- Private support crews getting in the way of other competitors at the checkpoints
- Private support crews using Offroad Finnmark's support at checkpoints

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 other kinds of 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 teams' names.

9.5 Doping

The race organizers of the Offroad Finnmark 700 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 of700in 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



Have fun out there!