



THE MUNGA GRIT CRADLE

HALF AIN'T EASY

The MUNGA GRIT CRADLE Race Rules (Updated 31st August 2021)

1. Introduction and the DPA:

*Note: We have tried to keep these rules as similar as we can to the MUNGA MTB race as the flavour and spirit of both events are the same. Knowing one, you should know the other!

These rules serve as a guideline for both riders and the Race Director and Commissaire. For the riders, they should use these rules to develop a good understanding of the criteria through which fairness is applied. For the Race Director and Commissaire, these rules will inform and guide their thinking into making a fair decision when dealing with rule infringements and contraventions. The Race Director will use a **Dual Principle Approach (DPA)** in deciding what is a fair decision. The two principles in the DPA are the letter of the law and the spirit or motivation behind the contravention. The following describes what these two principles are about:

1. The letter of the law: This is the actual rules document that break down the various rules and constructs and consequent penalties. So what does the rule specifically say and what is its intention?
2. The spirit or motivation of the offence: This means what was

motivating the individual when he broke a rule? Was it a complete accident, or was he intentionally trying to obtain an unfair advantage?

In using the DPA, the Race Director will look at both aspects. The first will be easy to determine as the rules document lays out the law so to speak. The second one is harder to determine but the Race Director, along with the Commissaire and any other person that the Race Director deems relevant in the specific case, will assess what motivated the rider when he broke a rule. Using both principles, the Race Director will then make a call whether the infraction has been unfair to other competitors or not, and whether the rider in question has gained an advantage. The ultimate objective is to make a fair decision. The rules are subservient to the principle of fairness.

In addition, the Munga Grit Cradle is a semi-supported race and as such, there are some unique elements to the Race. This means the parameters and rules need to be clearly defined, appreciated and understood by all riders. It is the rider's responsibility to make sure he is familiar with and understands all of the Rules and the implications thereof, as well as the DPA. If a rider is unclear about any of the Rules, the onus is on the rider to contact the Race organizer and seek clarity.

2. **Index:**

1. Introduction
2. Index
3. Context
4. Terms and definitions
5. Prize money
6. Race categories
7. Riders and Teams
8. Registration
9. Rider identification and markings
10. Timing
11. Race start

12. Race route
13. Bicycles
14. Clothing
15. Compulsory equipment
16. Start times and seeding
17. Checkpoints
18. Nutrition and hydration
19. Support
20. Drafting
21. Licensing
22. Medical
23. Tracking
24. Race withdrawal
25. Protests and complaints
26. Disqualification
27. Environmental considerations
28. Left or abandoned gear and equipment
29. Refund, roll over and substitution policy
30. Doping

3. **Context:**

- 3.1. These Rules are specific to and particular to the Race and are to be read together with the Terms and Conditions and the Indemnity, signed by the rider on registration.
- 3.2. The Rules are the complete set of Rules applicable to the Race.
- 3.3. Failure of a rider to comply with any of the Rules may result in a penalty, which may include, in the discretion of the Race organizer and Commissaire, a warning and/or disqualification.
- 3.4. It is the Race organizer's right to amend and update the Rules as and when deemed necessary. The version of the Rules in force at the start of the Race is the version applicable to the Race for its entire duration.

3.5. The interpretation of any Rule by the Chief Commissaire and the Race organizer acting jointly, will be final and binding on all Race participants.

4. **Terms and definitions:**

For the purposes of the Rules, the following terms shall have the meanings set out below:

4.1. **"Bicycle"** means a vehicle with two wheels of equal diameter. The front wheel shall be steerable; the rear wheel shall be driven through a system comprising pedals and a chain. (UCI)

4.2. **"Cut-off Time"** means 50 (fifty) hours after after the Race start. The Cut-off Time for the 2021 Race will be at 2pm on the 3rd October 2021.

4.3. **"Race"** means the Munga Grit Cradle single stage mountain bicycle race.

4.4. **"Rules"** means the rules in force at the start of the Race.

4.5. Unless it appears otherwise from the context, words importing any one gender shall include the other and words importing the singular shall include the plural and *vice versa*.

4.6. Where figures are referred to in numerals and in words, if there is a conflict between the two, the words shall prevail.

4.7. The headings of clauses are used for reference purposes only and are not in any way to be deemed to explain, modify, amplify or aid in the interpretation of these Rules.

5. **Prize money:**

*Please note: the below description is based on a valuation done on the 14th June 2020, and is intended as a reference only. To work out the actual value, the current value of one bitcoin needs to be used.

- 5.1. The 2021 prize money pool is made up of **0.375 bitcoins**. As of the 14th June 2020, this totals a ZAR amount of R60 163. Sixty thousand, one hundred and sixty three rands.
- 5.2. Each category is worth 0.125 bitcoin. (3 categories x 0.125 = 0.375)
- 5.3. Each category shares the 0.125 bitcoin with the following percentages:
- 5.3.1.- 1st Place = 50% (0.0625 bitcoin)
 - 5.3.2.- 2nd Place = 30% (0.0375 bitcoin)
 - 5.3.3.- 3rd Place = 20% (0.025 bitcoin)
- 5.4. Provided that none of the Rules have been contravened, the rider that wins the Race in their respective category i.e. the first male, female or development rider to cross the finish line shall each receive **50% of 0.125 bitcoin** in prize money. In the above example this amounts to R10 027.
- 5.5. The rider which is placed second in their respective category shall each receive **30% of 0.125 bitcoin** in prize money. In the above example this amounts to R6016.
- 5.6. The rider that finishes in third place in their respective category shall receive **20% of 0.125 bitcoin** in prize money. In the above example this amounts to R4010.
- 5.7. All bitcoin sits in a Munga account with Bitstamp, a bitcoin exchange. When a rider wins their prize, they can elect to sell their

portion of bitcoin by sending an email to info@themunga.com with the instruction: "please sell my bitcoin." – after the two week waiting period. Alternatively, they can elect to hold on to their bitcoin for any period of time before they sell it. A sell instruction will mean the Munga will sell their portion of bitcoin at the prevailing price, and transfer the ZAR rand amount to an account of their choice.

- 5.8. Note: Using a crypto-currency as prize money is not without its challenges. Also, our experience with the Munga race is that most riders have no idea what bitcoin is about, and need some time to figure it out. So, no rider who receives bitcoin as a prize will be able to sell their prize money for a period of 14 days, irrespective of which way the price of bitcoin is moving, up or down, and any prize money winner will have no claim from the Munga if the value has decreased in that 14 day period. After this time period they can elect to sell or keep their bitcoin as per the rules.
- 5.9. Only the first overall rider in the race shall receive a free entry into next years race.
- 5.10. Where two riders cross the line at the same time and be eligible for a prize, the race director will decide the method to determine in which order the riders place.
- 5.11. The award of the prize money by the Race organizer as well as the determination of the prize winners is final and is not subject to challenge in any form or by any person whatsoever.
- 5.12. For prize money to be awarded in a category there needs to be three or more competitors in each category.

6. **Race Categories:**

- 6.1. The Race is only open to single entries and has three categories,

namely: Male, Female and Development (being male or female).

7. **Riders and Teams:**

- 7.1. All riders that take part in the Race agree to be bound by the Rules and the Terms and Conditions of the Race. Riders who do not agree to the aforesaid may not participate in the Race.
- 7.2. Riders may only enter the race as a single participant but may ride in groups as long as the drafting rules, referred to later in these rules, are adhered to.
- 7.3. In order for a rider to be classified as finishing the Race, he must complete the full distance and cross the finish line within the cut-off period.
- 7.4. Only riders that finish the Race are eligible for prize money.
- 7.5. Riders may cross the finish line on foot provided that they have their complete bicycles with them, which includes both wheels.
- 7.6. Riders may carry clothing, bicycle equipment, sports products and nutrition ("**equipment**") with them, provided it is legal. The Race organizer reserves the right to confiscate equipment that they, in their sole discretion, deem to be illegal or inappropriate for a Race of this nature.
- 7.7. Each rider must use his physical power to power his bicycle forward.
- 7.8. Riders may not use any motorized form of power to move them forward along the Race route.
- 7.9. Every rider has to sign in at all two race stations situated at the individual Race Villages.
- 7.10. Every rider has to sign out at all two race stations.

- 7.11. No towing of any form is allowed.
- 7.12. A rider may not give his bicycle frame to another rider.
- 7.13. Riders can stop for as long as they choose at the two race stations. Should a rider choose to sleep at any of the stations, facilities will be available for him to do so.
- 7.14. The Race cut off is 50 (fifty) hours i.e. 2 (two) days and 2 (two) hours after the start gun goes off for the Race. Those riders that are still out in the field after the cut off time will be collected together with their bicycles and equipment in sweeper vehicles and transported to the next race station along the route. From this race station transportation will be at the riders own cost.
- 7.15. The minimum age of a rider is eighteen years old on or before the date on which the Race begins.
- 7.16. The Race organizers shall implement cut-off points along the route which points must be reached by the riders within specific times. It is the Race Directors discretion whether or not he wants to enforce these cut-offs.

8. **Registration:**

- 8.1. Race registration will take place at the start venue at a specific time and place as revealed in the Race Prep documents sent to riders.
- 8.2. The exact location will be publically revealed at the discretion of the race organiser, but no later than one week before the start of the race.

8.3. Riders must report for registration at the published time in possession of a photo ID.

9. **Rider identification and markings:**

9.1. Rider identification and marking will be at the discretion of the Race Director. If he decides riders need to wear such, then the following will apply:

9.2. All riders must display their race numbers on the front of their bicycles at all times.

9.3. A rider found without a number will be given a warning.

9.4. A rider is allowed two number warnings.

9.5. A third number warning will result in a disqualification of the rider.

9.6. Riders can use any sponsor logos on their clothing or bicycle as long as it does not cover their Race number.

10. **Timing:**

10.1. Once the Race starts the Race clock begins and will not stop until the Cut-off Time 50 hours later.

10.2. Each rider will carry a working tracker for the duration of the Race. These will be loaded with AAA batteries that should be sufficient for the duration of the race. If a tracker shows low levels, the Race Village lead will swop out the devices batteries.

10.3. No rider may swop a tracker with another rider under any circumstance whatsoever.

10.4. Each rider is allowed to carry only one tracker.

10.5. Each rider will sign for his tracker at registration and it is his

responsibility to return it or pay for its replacement at R1700.

11. Race start:

11.1. The Race start chute will open one hour before the start of the Race unless communicated otherwise.

11.2. There is no staggered or seeded start. All riders will start in the same chute and batch at the same time.

11.3. The start chute will close twenty minutes before the Race start.

11.4. Riders must enter the start chute with their own bicycles.

11.5. No rider is allowed to start late without approval of the Race organizer.

11.6. Any rider who cannot make the start must report to the Race organizer immediately.

12. Race route:

12.1. All riders have to follow the designated Race route and may not deviate therefrom in any circumstances whatsoever.

12.2. If a rider inadvertently leaves the Race route, he has to return to the Race route at the same point at which he left it. Failure to do so is certain to incur a time penalty unless the Race Director deems the deviation to be self-penalising.

12.3. No rider shall trespass at any time on land which is not open to the public.

12.4. Riders may backtrack if they choose provided they are considerate of other riders.

- 12.5. Any walking, running or riding which is carried out without the intention of directly re-joining the route, or any other activity in breach of the Rules, which takes place outside of the marked route, is not permitted.
- 12.6. The Race route will be made available to the riders in GPS format at a time decided on by the race director.
- 12.7. Parts of the race route may be marked.
- 12.8. The Race route and distance may vary from the published distance or route and no rider shall have any claim against the Race organizer arising therefrom.
- 12.9. No short cuts are permitted.
- 12.10. Riders may never be in, on or attached, in any form or manner, to a motorized vehicle.
- 12.11. The Race organizer has the right to change the route at any time if it is deemed necessary.
- 12.12. Parts of the Race will take place on public roads.
- 12.13. These roads will not be closed to public traffic and as such, normal traffic regulations must be observed at all times during the Race. This means riding on the left hand side of the road and obeying all the rules of the road.
- 12.14. The instructions of marshals along the route must be strictly adhered to at all times. Failure to do so may result in a warning or a disqualification

13. **Bicycles:**

- 13.1. Riders may use any type of mountain bicycle provided it is in good working order and race ready prior to the start of the Race.
- 13.2. Riders may not use a tandem mountain bicycle.
- 13.3. Riders may use a cyclo-cross bicycle.
- 13.4. Riders may use a gravel bicycle.
- 13.5. Riders may only use one bicycle. The bicycle on which the rider starts the Race is the same bicycle on which the rider is to finish the Race.
- 13.6. For purposes of the Race, a bicycle constitutes the frame. Riders may replace any part of the bicycle other than the frame. This includes wheels, rims and brakes.
- 13.7. Riders may use any form of GPS or bicycle computer.
- 13.8. All bicycles must at all times be marked with official Race boards.
- 13.9. Bicycles are only allowed to be propelled by a chainset and the rider's physical power. No other form of assistance is permitted, including but not limited to a motor, a windsock or otherwise.
- 13.10. It is the rider's responsibility to ensure his bicycle is adequately marked with the appropriate boards. No unmarked bicycle will be allowed onto the start line.
- 13.11. Each rider is responsible for the maintenance and repair of his own bicycle for the duration of the Race but is allowed to make use of the Bike Stations and mechanics at all race Villages.

14. **Clothing:**

- 14.1. All riders must ride the entire route with a helmet. Helmets may

only be removed once the rider has dismounted his bicycle.

- 14.2. A helmet must comply with the international 'ANSI' standards.
- 14.3. It is the rider's responsibility to make sure his helmet is compliant with 'ANSI' standards.
- 14.4. A rider found during the Race outside of the stations or water-points on his bicycle without a helmet will be disqualified.
- 14.5. Helmets must be securely fastened with a chin strap at all times when a rider is mounted on their bicycle.

15. **Compulsory equipment:**

Note*: The nature of the Munga Grit Cradle race makes it impracticable to always enforce rules 15.1 to 15.6. Thus, compulsory equipment will be checked at a random and undisclosed location during the race. If a rider chooses to leave something behind or loses an item on the checklist during the race, it is the rider's responsibility to either go without it or replace it. In the opinion of the Race Director, such a rider will be at a disadvantage. However, by entering the Munga Grit Cradle, the rider declares he is an adult and we will treat him as such. If a rider is found to be without one of the following items at the random checkpoint, he will incur a time penalty of a minimum of 30 minutes. This will be served immediately.

- 15.1. Every rider has to carry a space blanket.
- 15.2. Every rider must have the capacity to carry at least 1.5 litres of water.
- 15.3. Every rider must carry a fully charged mobile phone.

- 15.4. Every rider must carry a tracker (supplied by the race at registration).
- 15.5. Every rider must carry a working light on the front as well as the rear of his bicycle.
- 15.6. Every rider must carry a working GPS unit.

16. **Start times and seeding:**

- 16.1. The start time for the Race will be confirmed at the Race briefing.
- 16.2. There is no seeding and all competitors will start at the same time together.
- 16.3. Any rider that misses the Race start can start later but no later than one hour after the official start time and only with approval of the Race organizer.

17. **Checkpoints:**

- 17.1. There are two Race Villages along the route. These will also serve as checkpoints.
- 17.2. It is compulsory for all riders to sign in at every Race Village checkpoint.
- 17.3. It is compulsory to sign out at every Race Village checkpoint.
- 17.4. If a rider is not planning to stop at a Race Village, he must still sign in and out.
- 17.5. Aside from the two Race Village checkpoints, hidden checkpoints may also form part of the Race.

17.6. The location of these hidden checkpoints will not be published but the Rules applying to the two official Race Villages will apply to the hidden checkpoints *mutatis mutandis*.

18. **Nutrition and hydration:**

18.1. The two Race Villages will provide adequate food and drinks to the riders.

18.2. These two stations will be situated approximately 175 to 220 kms apart.

18.3. The Race organizer reserves the right to change the location and distance of these two Race Villages.

18.4. In addition to the above two stations, the Race will have four official water points along the route.

18.5. These water points will be situated approximately 75 to 100kms from either another waterpoint or race village.

18.6. Only liquids and race type snacks will be available at these points. No excessive use of water other than for drinking will be permitted at these water points.

18.7. It is the rider's responsibility to ensure they carry enough food and water between these checkpoints and water stations.

18.8. In addition to the official water-points, there will be a JoJo tank with water only roughly halfway between water-points and race villages.

19. **Support (including food, water and mechanical):**

19.1. Each of the two Race Villages will have food and drinks available 24 hours a day after the start of the Race.

- 19.2. Each station will have sleep and shower facilities available 24 hours a day from the start of the Race.
- 19.3. Each station will have a mechanical bay available 24 hours a day from the start of the Race.
- 19.4. Riders may not receive any kind of pre-arranged assistance or support along the route, including at any of the two Race stations. This includes water bottles and snacks.
- 19.5. For purposes of these Rules, “**pre-arranged**” means that a rider has arranged to receive something along the route that no other competitor would have access to.
- 19.6. In the two Race stations, riders may receive Race-supplied support only.
- 19.7. Riders will have access to bike mechanics and mechanical supplies in the two Race stations.
- 19.8. Riders may carry whatever mechanical spares they feel they need in order to carry out their own repairs on route outside of the Race stations.
- 19.9. Other than the two Race stations, the route may also run through towns. Riders may, within the ambit of these Rules, use what is commercially available in these towns.
- 19.10. Riders may buy food and drink in these towns.
- 19.11. Riders may sleep in these towns.
- 19.12. Riders may use any commercial bicycle shop in these towns.
- 19.13. Riders may not receive any physical help or support from friends or family in these towns.

19.14. Riders may receive emotional and psychological support in the form of encouragement from friends and family in these towns and in the two towns where the Race Villages are located. ***Note: no family member or friend will have access to the actual Race Village guesthouse or hotel etc, nor will they have access to any of the Water Points. Note also that current CSA regulations forbid any spectators due to Covid-19.** We cannot stop them from coming into the towns where the RVs are located, but they will not be allowed to enter the RV itself. Any rider friend or family member found inside the RVs or WPS will be kindly asked to leave and their corresponding rider will receive a time penalty.

19.15. Riders may receive any form of assistance from any other rider in the Race both in and out of the Race stations and anywhere along the route.

19.16. Riders may not exchange bicycles.

20. **Drafting:**

Note*: The same ethos applies here as in Rule 15. You are racing with adults. If someone is drafting you and you have an issue with him, first try and resolve it with the rider in question. Failing that, please report it to a marshal, Race Village lead or the Race Director.

20.1. Drafting of a competitor is only allowed up to Water Point 2, and after Race Village 2. So no drafting is allowed between Water Point 2 and Race Village 2.

20.2. Drafting is defined as a position five meters or closer behind another rider.

20.3. A breach of this Rule will constitute a warning.

- 20.4. A rider will be allowed only one warning.
- 20.5. If a rider breaches this rule for a second time, the rider will no longer be eligible for any of the prize money, or a top ten finish, but may continue the race.
- 20.6. No rider will be allowed to draft behind any vehicle of any sort at any time during the Race.

21. **Licensing:**

- 21.1. The Race is a CSA sanctioned event. As such, each rider needs a CSA license or he can purchase a temporary day license at registration for a cost of R50.

22. **Medical:**

- 22.1. The Race is not simply an ordinary mountain bicycle race, it is arguably one of the toughest races in the world and will place enormous physiological and mental stress on each rider's body. As such, the Race medical team reserves the right to withdraw any rider from the Race if, in their opinion, it is deemed necessary.
- 22.2. A rider who has withdrawn from the Race will have no claim whatsoever against the Race organizer, its affiliates or any of its sub-contractors arising therefrom.
- 22.3. It is the rider's responsibility to make sure he is in good health and adequately trained for the Race.
- 22.4. All riders must have completed a Race medical form and have it signed by a licensed medical practitioner prior to Race registration. A rider may not participate in the Race if this form has not been signed thereby confirming that he is sufficiently well adapted and prepared for a Race of this nature.

22.5. It is the riders responsibility to carry at all times the pre-supplied 1st Aid kit, and be knowledgeable in its effective use.

22.6. Safety is your responsibility. Do not expect to see medical support on route between the Race Villages. Medical support will be based primarily at the Race Villages and will respond to trauma on route as soon as is possible.

23. **Tracking:**

23.1. Every rider has to carry a Munga Grit Cradle issued tracking device.

23.2. A rider will not be permitted to continue past a Race station without their tracking device.

24. **Race withdrawal:**

24.1. If a rider elects to withdraw from the Race due to medical reasons and is unable to continue to a Race station, the rider must notify either the Race organizer or someone from the medical team and a vehicle will be dispatched to collect the rider and transport him to the nearest Race Village down route (in the direction of the race finish). This vehicle will only carry the rider requiring medical attention.

24.2. If a rider wishes to withdraw from the Race for reasons other than medical, he can only make this decision at a Race station.

25. **Protests and complaints:**

- 25.1. If a rider has any complaint or protest, he must submit the complaint or protest after he has crossed the finish line and provided he is not in breach of any of the Rules.
- 25.2. Riders have one hour to submit a complaint or protest after the Cut-off Time, and it has to be done in writing.
- 25.3. In all matters relating to the Rules, complaints and protests, or interpreting any of the above-mentioned aspects, the chief Commissaire's decision is final and binding.

26. **Disqualification:**

- 26.1. A rider may at any time (during or after the Race) be disqualified for any of the following reasons:
 - 26.1.1. a rider using any power other than his own physical power to move his bicycle forward along the route;
 - 26.1.2. a rider climbing into a vehicle and at some point continuing to Race;
 - 26.1.3. a rider failing to sign in or out of one of the two Race station checkpoints;
 - 26.1.4. a rider physically towing another rider;
 - 26.1.5. a rider being younger than the minimum stipulated Race age;
 - 26.1.6. a rider failing to adequately display his bicycle number or their Race number;
 - 26.1.7. a rider found off the Race route and behaving in a manner that the Race organizer deems to be contrary to the spirit of the Race;

- 26.1.8. a rider found taking a short cut;
- 26.1.9. a rider found taking down or defacing route markings;
- 26.1.10. a rider found to be ignoring or contravening the traffic regulations on public roads;
- 26.1.11. a rider found to be using a different bicycle frame to that on which he started the Race;
- 26.1.12. a rider found without a helmet outside of one of the two Race stations and on their bicycle;
- 26.1.13. a rider found without one of the compulsory pieces of equipment;
- 26.1.14. a rider who starts the Race later than one hour after the official Race start and does not have approval to do so;
- 26.1.15. a rider receiving prearranged support anywhere along the route or in the Race stations;
- 26.1.16. a rider caught drafting a competing rider for a second time after the first Race station;
- 26.1.17. a rider found without a working tracker;
- 26.1.18. a rider found littering;
- 26.1.19. a rider behaving in a way that the Race organizer and/or chief Commissaire deem to be inappropriate, contrary to the spirit of the Race or otherwise in bad faith.
- 26.1.20. It is the Race Directors sole discretion to disqualify a rider depending on the outcome of a DPA assessment.

27. **Environmental considerations**

In the spirit of mountain biking it is incumbent on each rider to respect the environment. As such, each rider must also adhere to the following rules:

- 27.1. No littering of any form will be tolerated, including but not limited to dropping food packaging, bottles and mountain bicycle spares;
- 27.2. Smoking is not allowed anywhere along the route;
- 27.3. No rider is allowed to wilfully damage any plant or bush.

28. **Left or abandoned gear and equipment:**

- 28.1 Any piece of gear or equipment that is left at a water-point or race village by a rider will be donated to the development cycling clubs. The rider leaving this piece of gear or equipment behind will have no claim against the Munga.

29. **Refund, roll over and substitution policy:**

- 29.1 Refunds: As per the terms and conditions when you entered the race, the Munga has a zero refund policy.
- 29.2 Roll overs: Any roll over to the following Munga Grit race will carry a fee of 20% of the early bird entry fee.
- 29.3 Substitutions: Any substitution will carry a fee of 10% of the early bird entry fee and is for the same event only.

30. **Doping:**

- 30.1. The Race attempts to conform to the World Anti-Doping Agency Code and as such adopts a zero tolerance policy towards doping in all its forms.
- 30.2. For the WADA code and more information, please see the following WADA link: <https://www.wada-ama.org/en/resources/the-code/2009-world-anti-doping-code#.VAAoj7ySz18>
- 30.3. The Race organizer reserves the right to test all participants as and when it deems appropriate and no rider shall object thereto.
- 30.4. Any Rider caught doping, will be banned from The Munga Grit Cradle Race for life.