



THE MUNGA

THE TOUGHEST RACES ON EARTH

THE MUNGA

RACE RULES



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The Munga is a seriously tough race. This is not just a walk (or ride) in the park. We have to make sure that everyone on the route is safe, so every rider will be expected to follow these rules to the letter.

We don't want to sound like stiffs, but any rider found breaking the rules, will be penalised or disqualified. So, make sure you are familiar with the rules before setting out on your Munga journey.

INTRODUCTION AND THE DPA

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 infringes 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 contracts 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. Obviously 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 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.



Contents

1	CONTEXT	4
2	TERMS AND DEFINITIONS	4
3	ENTRIES, SUBSTITUTIONS AND CANCELLATIONS	4
4	PRIZE MONEY	6
5	RACE CATEGORY	6
6	TRANSPORT	6
7	RIDERS AND TEAMS	6
8	REGISTRATION	8
9	RIDER IDENTIFICATION AND MARKINGS:	8
10	TIMING	8
11	RACE START	8
12	RACE ROUTE	9
13	BICYCLES	9
14	CLOTHING	10
15	COMPULSORY EQUIPMENT	10
16	START TIMES AND SEEDING	11
17	CHECKPOINTS	11
18	NUTRITION AND HYDRATION	11
19	SUPPORT (INCLUDING FOOD, WATER AND MECHANICAL)	12
20	DRAFTING	12
21	LICENSING	13
22	MEDICAL	13
23	TRACKING	13
24	RACE WITHDRAWAL	14
25	PROTESTS AND COMPLAINTS	14
26	DISQUALIFICATION	14
27	ENVIRONMENTAL CONSIDERATIONS	15
28	DOPING	16



1 CONTEXT

- 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.
- The Rules are the complete set of Rules applicable to the Race.
- 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 CSA Commissaire, a warning and/or disqualification.
- 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.
- The interpretation of any Rule by the Chief Commissaire appointed by the CSA and the Race organizer acting jointly, will be final and binding on all Race participants.

2 TERMS AND DEFINITIONS

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

- "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)
- "CSA" means Cycling South Africa.
- "Cut-off Time" means 5 (five) days after the Race start, being a total of 120 (one hundred and twenty) hours. The Cut-off Time for the Race will be at 12pm on the Monday after the start
- "Race" means the Munga single stage mountain bicycle race.
- "Rules" means the rules in force at the start of the Race.
- 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.
- Where figures are referred to in numerals and in words, if there is a conflict between the two, the words shall prevail
- 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.

3 ENTRIES, SUBSTITUTIONS AND CANCELLATIONS

3.1 ENTRY FEES

- The entry fee is specified for each respective Munga event.



- Once your payment is received and confirmed by us, we will confirm your race entry by sending you a written confirmation thereof.
- Your entry is subject to the terms and conditions of any third parties with whom we place bookings, arrange accommodation, travel and like or provide any kind of facilities, sponsorship for or role of any kind for the Munga event. These third-party terms and conditions, once sent to you, will be deemed to have been accepted by you.

3.2 RACE CANCELLATION BY THE MUNGA

- The Munga reserves the right to cancel the event in its sole discretion.
- If for whatever reason the event for which you have entered, is cancelled, the entry fee will be credited to a full entry for the following year. There will be no refunds.

3.3 CANCELLATION BY RIDER

- If you cancel your race entry with us for any reason after paying the required amount, you will forfeit your entry fee.

3.4 ENTRY TRANSFER

- Your entry can be transferred (rolled over) only once to the following year and only for the same event that you have entered.
- There will be an admin fee applicable, that is 10% of the Normal Entry fee related to the year that you entered.
- Transfers are only allowed till the official entry closing date as listed on The Munga website. This means that the transfer admin fee needs to be received by the official entry closing date as listed on The Munga website. No transfers will be accepted after the official event closing date.
- No transfers will be accepted after the official entry closing date as listed on The Munga website

3.5 ENTRY SUBSTITUTIONS

- A rider can substitute his entry with another rider.
- Rider substitution will only be allowed once.
- There will be a substitution fee applicable, that is 10% of the Normal Entry fee related to the year that you entered
- Rider substitution will only be allowed till the official event entry closing date as listed on The Munga website. This means that the substitution admin fee needs to be received by the official entry closing date as listed on The Munga website. No substitutions will be accepted after the official event closing date



3.6 SPECIAL ENTRIES

- Special entries are awarded only by The Munga organisers at their sole discretion for any of their events
- Special Entries are only eligible for the rider that it has been awarded to by The Munga organisers.
- Special Entries cannot be substituted at all
- Should the rider not be able to ride in the event that the special entry was awarded for they forfeit their entry. Riders that have been awarded a special entry are not eligible to transfer (roll over) these entries.

3.7 FORCE MAJEURE

- The Munga accepts no liability to make any refund of your entry fee by reason of the cancellation or disruption of the race due to government-imposed lock-down or prohibition, acts of god and circumstances out of our control, such as war, riots, terrorist activity, natural disaster, adverse weather, pandemics, fire, adverse weather conditions and the like.

4 PRIZE MONEY

- There is currently not prize money for The Munga. Should this change participants will be notified.

5 RACE CATEGORY

- The Race is only open to single entries and has two categories, namely: Male, Female.

6 TRANSPORT

- Riders are responsible for arranging their own transport to the race start and from the race finish. Riders are similarly responsible for arranging their own transport should a rider drop out of a race at any point for any reason or require to be transported to any medical facility before, during or after participation in any event for any reason, If any person employed by or associated with or on behalf of the Munga undertakes the transportation of any rider for any purpose, such transportation shall take place at the sole risk of the rider

7 RIDERS AND TEAMS

- 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.
- 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.



- 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.
- Only riders that finish the Race are eligible for prize money, if there is .
- Riders may cross the finish line on foot provided that they have their complete bicycles with them, which includes both wheels.
- 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.
- Each rider must use his physical power to power his bicycle forward.
- Riders may not use any motorized form of power to move them forward along the Race route.
- Every rider has to sign in at all five race stations situated at the individual Race Villages.
- Every rider has to sign out at all five race stations.
- No towing of any form is allowed.
- A rider may not give his bicycle frame to another rider.
- 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.
- The Race cut off is 120 (one hundred and twenty) hours i.e., 5 (five) days 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 rider’s own cost.
- The minimum age of a rider is eighteen years old on or before the date on which the Race begins
- 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. The cut-offs and times shall be as follows:
 - RV1 Vanderkloof: 12pm Thursday
 - RV2 Britstown: 12pm Friday
 - RV3 Loxton: 12pm Saturday
 - RV4 Sutherland: 11am Sunday
 - WP9: 3pm Sunday
 - RV5 Ceres: 8am Monday

Please note: These cut-off times may be changed by The Munga organisers, and the cut-off times that are published in the Race Preparation documents and communicated at the race briefing will be deemed as correct and enforced accordingly.



8 REGISTRATION

- 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.
- The exact location will be publicly revealed at the discretion of the race organiser, but no later than one week before the start of the race.
- Riders must report for registration at the published time in possession of a photo ID and a valid CSA racing license or their national federation equivalent.

9 RIDER IDENTIFICATION AND MARKINGS:

- 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:
- All riders must display their race numbers on the front of their bicycles at all times.
- A rider found without a number will be given a warning.
- A rider is allowed two number warnings.
- A third number warning will result in a disqualification of the rider.
- Riders can use any sponsor logos on their clothing or bicycle as long as it does not cover their Race number.

10 TIMING

- Once the Race starts the Race clock begins and will not stop until the Cut-off Time five days (120 hours) later.
- 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 device batteries.
- No rider may swop a tracker with another rider under any circumstance whatsoever.
- Each rider is allowed to carry only one tracker.

11 RACE START

- The Race start chute will open one hour before the start of the Race unless communicated otherwise.
- There is no staggered or seeded start. All riders will start in the same chute and batch at the same time.



- The start chute will close twenty minutes before the Race start.
- Riders must enter the start chute with their own bicycles.
- No rider is allowed to start late without approval of the Race organizer.
- Any rider who cannot make the start must report to the Race organizer immediately.

12 RACE ROUTE

- All riders have to follow the designated Race route and may not deviate therefrom in any circumstances whatsoever.
- 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.
- No rider shall trespass at any time on land which is not open to the public.
- Riders may backtrack if they choose provided, they are considerate of other riders.
- 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.
- The Race route will be made available to the riders in GPS format at a time decided on by the race director.
- Parts of the race route may be marked.
- 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.
- No short cuts are permitted.
- Riders may never be in, on or attached, in any form or manner, to a motorized vehicle.
- The Race organizer has the right to change the route at any time if it is deemed necessary.
- Parts of the Race will take place on public roads.
- 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.
- 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

- 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.



- Riders may not use a tandem mountain bicycle.
- Riders may use a cyclo-cross bicycle.
- 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.
- 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.
- Riders may use any form of GPS or bicycle computer.
- All bicycles must at all times be marked with official Race boards.
- Bicycles are only allowed to be propelled by a chain set and the rider's physical power. No other form of assistance is permitted, including but not limited to a motor, a windsock or otherwise.
- 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.
- 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

- All riders must ride the entire route with a helmet. Helmets may only be removed once the rider has dismounted his bicycle.
- A helmet must comply with the international 'ANSI' standards.
- It is the rider's responsibility to make sure his helmet is compliant with 'ANSI' standards.
- A rider found during the Race outside of the stations or water-points on his bicycle without a helmet will be disqualified.
- 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 race makes it impractical to always enforce rules 15.1 to 15.6. Thus, compulsory equipment will be checked at Registration. If a rider chooses to leave something behind or loses an item on the checklist during the race, it is the riders' 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, the rider declares he is an adult, and we will treat him as such.

- Every rider has to carry a space blanket.
- Every rider must have the capacity to carry at least 2.5 litres of water.



- Every rider must carry a fully charged mobile phone.
- Every rider must carry a tracker.
- Every rider must carry a working light on the front as well as the rear of his bicycle.
- Every rider must carry a working GPS unit.

16 START TIMES AND SEEDING

The start time for the Race will be confirmed at the Race briefing.

There is no seeding, and all competitors will start at the same time together.

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

- There are two Race stations along the route. These will also serve as checkpoints.
- It is compulsory for all riders to sign in at every Race station checkpoint.
- It is compulsory to sign out at every Race station checkpoint.
- If a rider is not planning to stop at a checkpoint, he must still sign in and out.
- Aside from the five Race station checkpoints, hidden checkpoints may also form part of the Race.
- The location of these hidden checkpoints will not be published but the Rules applying to the five official Race stations will apply to the hidden checkpoints mutatis mutandis.

18 NUTRITION AND HYDRATION

- The five Race stations will provide adequate food and drinks to the riders.
- These five stations will be situated approximately 175 to 220 kms apart.
- The Race organizer reserves the right to change the location and distance of these five Race stations.
- In addition to the above five stations, the Race will have ten official water points along the route.
- These water points will be situated approximately 60 to 90kms from either another waterpoint or race village.
- 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.
- It is the rider's responsibility to ensure they carry enough food and water between these checkpoints and water stations.



19 SUPPORT (INCLUDING FOOD, WATER AND MECHANICAL)

- Each of the five Race stations will have food and drinks available 24 hours a day after the start of the Race. This support will end at the cut off time for each Race station.
- Each station will have sleep and shower facilities available 24 hours a day from the start of the Race.
- Each station will have a mechanical bay available 24 hours a day from the start of the Race.
- Riders may not receive any kind of pre-arranged assistance or support along the route, including at any of the five Race stations. This includes water bottles and snacks.
- 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.
- In the five Race stations, riders may receive Race-supplied support only.
- Riders will have access to bike mechanics and mechanical supplies in the five Race stations.
- 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.
- Other than the five 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.
- Riders may buy food and drink in these towns.
- Riders may sleep in these towns.
- Riders may use any commercial bicycle shop in these towns.
- Riders may not receive any physical help or support from friends or family in these towns.
- Riders may receive emotional and psychological support in the form of encouragement from friends and family in these towns and in the five 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. 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.
- 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.
- Riders may not exchange bicycles.

20 DRAFTING

- Drafting of another rider on a bicycle is allowed at all times.



- Any rider may draft any other rider at any point during the race, as long as both riders are on a bicycle.
- No rider may draft behind any motorised vehicle of any sort at any time during the Race.

21 LICENSING

The Race could be a CSA sanctioned event. As such, all riders must be a member of CSA for the calendar year in which the Race takes place, or riders have the option of purchasing a day license for every day of participation in the Race. The cost of this is R50 per day so R250 for five days - *As of June 2020.

For the licensing process and relevant fees, see the following CSA link

22 MEDICAL

- 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.
- 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.
- It is the rider's responsibility to make sure he is in good health and adequately trained for the Race.
- All riders must have completed a Race medical form and have it signed by a licensed medical practitioner no sooner than six months 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.
- It is the rider's responsibility to carry at all times the pre-supplied 1st Aid kit and be knowledgeable in its effective use.
- 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

- Every rider has to carry a Munga issued tracking device.
- A rider will not be permitted to continue past a Race station without their tracking device, and should obtain a replacement unit from the Race Village if they have lost their unit



- The tracker is not a pre-requisite for determining the legitimacy of the rider's route or time, as a tracker could stop working or be lost, and cannot be held against the rider, as this will be against the spirit of the Munga. Please note that the tracking devices are there firstly to assist Race Official and support staff to identify where riders are, should they require assistance. secondly to provide family and friends the ability to follow their rider and enhance the enjoyment and participation in the Munga events. The tracking system can however be used to track back and see the riders route history if deemed necessary by the Race Director or Race Officials for any reason and be used in their decision making.
- Riders that have lost their tracking unit will be held liable for the cost of replacement of the unit and will be invoiced accordingly.

24 RACE WITHDRAWAL

- 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.
- 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

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.

Riders have one hour to submit a complaint or protest after the Cut-off Time, and it must be done in writing.

- 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

- A rider may at any time (during or after the Race) be disqualified for any of the following reasons:
- a rider using any power other than his own physical power to move his bicycle forward along the route.



- a rider climbing into a vehicle and at some point, continuing to Race
- a rider failing to sign in or out of one of the five Race station checkpoints.
- a rider physically towing another rider.
- a rider being younger than the minimum stipulated Race age.
- a rider failing to adequately display his bicycle number or their Race number.
- 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.
- a rider found taking a short cut.
- a rider found taking down or defacing route markings.
- a rider found to be ignoring or contravening the traffic regulations on public roads.
- a rider found to be using a different bicycle frame to that on which he started the Race.
- a rider found without a helmet outside of one of the five Race stations and on their bicycle.
- a rider found without one of the compulsory pieces of equipment.
- a rider who starts the Race later than one hour after the official Race start and does not have approval to do so.
- a rider receiving prearranged support anywhere along the route or in the Race stations
- a rider caught drafting a competing rider for a second time after the first Race station.
- a rider found without a working tracker.
- a rider found littering.
- 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.
- It is the Race Directors sole discretion to disqualify a rider. As such, after assessing the evidence and applying the DPA, he may decide not to disqualify the rider.

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:

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



28 DOPING

- 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.
- For the WADA code and more information, please see the following WADA: [link](#)
- The Race organizer reserves the right to test all participants as and when it deems appropriate, and no rider shall object thereto.
- The top ten finishing riders can expect to be tested as part of the normal Race procedure.
- All riders can expect random testing throughout the race. This will be at the race organisers discretion.
- Any Rider caught doping, will be banned from The Munga Race for life.

