



THE GRIT

HALF AIN'T EASY

RACE RULES 2026



THE GRIT RULES

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.

INTRODUCTION AND THE DUAL PRINCIPAL APPROACH (DPA):

These rules serve as a guideline for both riders and the Race Director and Commissaire. The riders 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. In other words, the Race Director and the Commissaire will look at what the rules specifically say and what the rules' intention is.
- 2. The spirit or motivation of the offence:** This means the motivation behind the infringement of the individual will be considered. The Race Director and the Commissaire will look at whether the infringement was a complete accident, or whether the rider 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 Grit 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 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 organiser and seek clarity.

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1 CONTEXT:

- 1.1. These Rules are specific to and particular to the Grit Races and are to be read together with the Terms and Conditions as well as the Indemnity, signed by the rider during registration.
- 1.2. Upon registration online (on events portal) and at the event, the rider agrees to the terms and conditions of this race and therefore agrees to these rules.
- 1.3. These rules are the complete set of Rules applicable to the Munga Race.
- 1.4. In the event that a rider fails to comply with any of the Rules, it may result in a penalty, which may include a warning and/or disqualification. This is at the discretion of the Race organizer / Race Director.
- 1.5. It is the Race organizer's right to amend and update the Rules as and when deemed necessary.
- 1.6. The version of the Rules in force at the start of the Race is the version applicable to the Race for its entire duration.
- 1.7. The interpretation of any Rule by the Race organizer and Race Director 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:

- 2.1 "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.
- 2.2 "Cut-off Time" means 50 (fifty) hours after the Race start.
- 2.3 "Race" means the Grit single stage mountain bicycle race.
- 2.4 "Rules" means the rules in force at the start of the Race.
- 2.5 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.
- 2.6 Where figures are referred to in numerals and in words, if there is a conflict between the two, the words shall prevail
- 2.7 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.

3 ENTRIES, SUBSTITUTIONS AND CANCELLATIONS:

3.1 ENTRY FEES:

- 3.1.1 The entry fee is specified for each respective Munga event as per the online Entry Ninja Portal.
- 3.1.2 Upon receipt of the full entry fee, confirmation of your race entry will be emailed to you.
- 3.1.3 Your entry is subject to the terms and conditions of any third party with whom we place bookings, arrange accommodation, travel or provide any kind of facilities, sponsorship for or role of any kind for the Munga event. These third-party terms and conditions will be deemed to have been accepted by you.

3.2 RACE CANCELLATION/ ALTERATIONS BY THE MUNGA:

- 3.2.1 The Munga reserves the right to cancel the event, at its sole discretion.
- 3.2.2 In the event of poor weather conditions, The Munga reserves the right to cancel the event, reroute riders, delay the start time or stop the race temporarily. This is for safety reasons, and all factors will be considered by the race director.
- 3.2.3 If the event for which you have entered is cancelled prior to the official start time, the entry fee may be credited to the rider for the following year, this is at the sole discretion of the race director. All factors will reasonably be considered for a fair outcome.

3.3 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, pandemics, fire, adverse weather conditions and the like.

3.4 CANCELLATION BY RIDER:

- 3.4.1 Organising such an event has many challenges and can't be left to the last minute. **The refund policy schedule is based on certain suppliers, service providers, and volunteers that have been paid leading up to the preparation of the event weeks and months to the race.** If your refund, deferral or substitution is requested after the last cut-off as stated below, we have already prepared and paid for you to attend the event. It's not a matter of 'carrying-over' the entry (your money) to the following year – it's spent already. Which would mean we are paying you to either not attend this year or ride for free next year – which is not fair, hence warning you upfront.

This includes medical reasons as well.

3.4.2 If a rider wishes to cancel their entry to a race, a credit will be granted to them which could be used for any other Munga event, for the following year only (differed entry). This is subject to **clause 3.5.1. to 3.5.3.**

3.4.3 Entries can be deferred to the following year for any other future events **ONCE OFF.**

3.4.4 If the rider wishes to cancel their race entry for any reason after paying the required amount, they will forfeit their entry fee if not used or transferred within 12 months. No exception to this rule.

3.5 CANCELLATION PROCESS:

All cancellations must be submitted in writing to: jackblack@themunga.com and jayden@themunga.com. The **date of receipt** will determine the applicable terms.

3.5.1 CANCELLATION MORE THAN 8 WEEKS BEFORE THE EVENT:

If a rider cancels more than 8 weeks before the event start date, the rider may be eligible for:

- A **credit of up to 75%** toward a future official Munga event.
- The exact amount retained will be **reasonable and based on costs already incurred.**
- Credits are valid for **12 months** and subject to event availability and a rider can only defer an entry **once** in 12 months.

3.5.2 CANCELLATION BETWEEN 4 AND 8 WEEKS BEFORE THE EVENT:

If a rider cancels between 4 and 8 weeks before the event start date, the rider may be eligible for:

- A **partial credit of up to 50%** toward a future official Munga event.
- The exact amount retained will be **reasonable and based on costs already incurred** and the likelihood of filling the rider's place **(Rider to arrange a substitute rider for their entry)**
- Credits are valid for **12 months** and subject to event availability and a rider can only defer an entry **once** in 12 months.

3.5.3 CANCELLATION WITHIN 4 WEEKS OF THE EVENT:

If a rider cancels within 4 weeks of the event, the rider may:

- Be charged **reasonable cancellation fee**, which may be up to **100%** of the entry fee.
- However, if the rider's place is **successfully filled (Rider to arrange a substitute rider for their entry)**, a **partial credit may be considered**.
- Please refer to clause 3.4.1

3.6 RIDER SUBSTITUTIONS:

- 3.6.1. A rider can substitute their entry with another.
- 3.6.2. Rider substitutions will only be allowed once, as each entry has one 'life'. In other words, a rider may substitute / transfer his entry only once.
- 3.6.3. Substitutions may be requested up to **2 weeks before the event** start date.
- 3.6.4. Approval will not be unreasonably withheld.
- 3.6.5. The substitute rider **must** complete **all entry requirements on the online portal and pay the necessary administration fees**.
- 3.6.6. An **administration fee** will apply, based on actual processing costs (typically 10% to 20%).
- 3.6.7. No rider substitutions will be allowed **less than 14 days before the race start date**.

3.7 TRANSFERS AND CREDITS:

- 3.7.1. Entry fees are not transferable to another rider outside of the approved substitution process.
- 3.7.2. Approved credits may be used for any official Munga event, subject to availability and within the Time Frames above (within 12 months).

3.8 DISCRETION AND FAIRNESS:

The Munga reserves the right to make decisions in exceptional circumstances. All decisions will be made in line with the principles of **fairness, reasonableness, and applicable law**, including the Consumer Protection Act. **Please refer to clause 3.4.1.**

4 TRANSPORTATION OF RIDERS AND BIKES AFTER WITHDRAWAL:

- 4.1 In the event that a rider chooses to withdraw from the race, after the official start time, the rider will be responsible for their own transport from where they withdraw.
- 4.2 We will assist where possible, but ultimately it is each rider's own responsibility.
- 4.3 In the event that transport is arranged by The Munga or a volunteer, the rider and their bike will be transported to the next Water Point or Race Village, this is subject to space and possibility by the transport vehicle.
- 4.4 It will be the rider's responsibility to arrange for further transport from there on.

5 TRANSPORT:

- 5.1 Riders are responsible for arranging their own transport to the race start and from the race finish.
- 5.2 Riders are similarly responsible for arranging their own transport should a rider drop out of a race at any point for any reason, as discussed in clause 4.
- 5.3 If a Rider requires medical attention or a medical facility during the event, our medical team will assess the situation and will take care of the transportation of the individual to the nearest medical facility.
- 5.4 If any person employed or not employed by or is 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.

6 PRIZE MONEY:

- 6.1 Prize Money varies from year to year and from event to event.
- 6.2 Participants will be notified thereof during the year via the official communication channels.

7 RACE CATEGORY:

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

8 RIDERS AND TEAMS:

- 8.1 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.
- 8.2 Riders may only enter the race as a single participant but may ride in groups.
- 8.3 In order for a rider to be classified as having “finished” the Race, they must:
 - 8.3.1. Follow all the rules of the race as well as the stipulated terms & conditions.
 - 8.3.2. Complete the full distance and cross the finish line within the cut-off period.
- 8.4 Only riders that finish the Race are eligible for prizes, as advertised before the event.
- 8.5 Riders may cross the finish line on foot provided that they have their bicycles complete with them, which includes both wheels.
- 8.6 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.
- 8.7 Each rider may only use their own physical power to move their bicycle forward.
- 8.8 Riders may not use any motorized form of power to move them forward along the Race route.
- 8.9 Every rider must sign in or scan in at all race stations situated at the individual Race Villages.
- 8.10 Every rider must sign out or scan out at all race stations.
- 8.11 No towing of any form is allowed.
- 8.12 A rider may not give their bicycle frame to another rider unless with the permission of the Race Director.
- 8.13 Riders can stop for as long as they choose to at the Race Villages or water points. Should a rider choose to sleep at any of these above-mentioned points, facilities will be available for them to do so.
- 8.14 The Race cut off is 50 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 with their bicycles and equipment in sweeper vehicles and transported to the next race village along the route. Riders that missed a cut-off are not allowed to continue. **From this race village transportation will be at the rider’s own cost and own responsibility to arrange. The Race Village / Water Point or Race Organizers cannot assist.**

- 8.15 The minimum age of a rider is 18 (eighteen) years old on or before the date on which the Race begins.
- 8.16 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 he wants to enforce these cut-offs.

NOTE: 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. The Race Director may amend Cut off times on the day but take note that the FINAL CUT OFF TIME OF 50 HOURS will **NEVER** change!

9 REGISTRATION:

- 9.1 Race registration will take place at the start venue at a specific time and place as revealed in the Race Prep documents that are sent to riders.
- 9.2 It is the responsibility of each rider to make sure that they receive the Race Prep documents, as well as familiarize themselves with it.
- 9.3 It is the responsibility of each rider to join and follow the Official WhatsApp group created for the event. By entering a race, the rider consents (in compliance with the POPI Act) to join the WhatsApp group, this is simply the easiest way to communicate official race information.
- 9.4 The exact location will be publicly revealed at the discretion of the race organizer, but no later than one week before the start of the race.
- 9.5 Riders must report for registration at the published time and present all of the following:
- 9.5.1. A physical photo ID
 - 9.5.2. Medical Letter Stamped by your Doctor
 - 9.5.3. Indemnity form

10 RIDER IDENTIFICATION AND MARKINGS:

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

- 10.1 All riders must always display their race numbers on the front of their bicycles.
- 10.2 A rider found without a number will be given a warning.

- 10.3 A rider is allowed two number warnings.
- 10.4 A third warning will result in a disqualification of the rider.
- 10.5 Riders can use any sponsor logos on their clothing or bicycle as long as it does not cover their Race number.

11 TIMING, TRACKERS AND NFC ARMBANDS:

- 11.1. Once the Race starts, the Race clock begins and will not stop until the Cut-off Time 50 (fifty) hours later.
- 11.2. Each rider will carry a working tracker and NFC Armband for the duration of the Race.
- 11.3. Each rider will sign for their tracker at registration, and it is their responsibility to return it or pay for its replacement at R3000 (Three Thousand Rand). The NFC armband should also be returned or a fee of R100 (One Hundred Rand) will be invoiced as a replacement fee.
- 11.4. The tracker will be loaded with AAA batteries that should be sufficient for the duration of the race. If a tracker shows low battery levels, the Race Village lead will swap out the batteries.
- 11.5. No rider may swap a tracker with another rider under any circumstance whatsoever.
- 11.6. Each rider is allowed to carry only one tracker at a time.

12 RACE START:

- 12.1 The Race start chute will open one hour before the start of the Race unless communicated otherwise.
- 12.2 There is no staggered or seeded start. All riders will start in the same chute and batch at the same time.
- 12.3 The start chute will close twenty minutes before the Race start.
- 12.4 Riders must enter the start chute with their own bicycles.
- 12.5 No rider is allowed to start late without approval of the Race organizer.
- 12.6 Any rider who cannot make the start must report to the Race organizer immediately.

13 RACE ROUTE:

- 13.1 All riders must follow the designated Race route and may not deviate therefrom in any circumstances whatsoever.
- 13.2 If a rider inadvertently leaves the Race route, he must return to the Race route at the same point at which he left it. Exception to this rule is at the discretion of the Race Director.
- 13.3 No rider shall trespass at any time on land which is not open to the public.
- 13.4 Riders may backtrack if they choose, provided they are considerate of other riders.
- 13.5 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.
- 13.6 The Race route will be made available to the riders in GPS format at a time decided on by the race director.
- 13.7 Some parts of the race route may be marked, and navigation is the responsibility of the rider.
- 13.8 The Race route and distance may vary from the published distance or route, and no rider shall have any claim against the Race Director arising therefrom.
- 13.9 No short cuts are permitted.
- 13.10 Riders may never be in, on or attached, in any form or manner, to a motorized vehicle, unless deemed necessary by the Race Director. If there is a medical situation the Race Director may allow a rider to be taken for medical attention to the closest facility (WP, RV, etc.) and allow the rider to return to the point where the rider left the course. Only official staff, or extended Munga staff for the event can be approved by the Race Director and would be allowed to transport a rider in such a scenario.
- 13.11 The Race Director has the right to change the route at any time if it is deemed necessary.
- 13.12 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 always observed during the Race. This means riding on the left-hand side of the road and obeying all the rules of the road.
- 13.13 The instructions of marshals along the route must strictly be always adhered to. Failure to do so may result in a warning or a disqualification

14 BICYCLE REQUIREMENTS AND LIMITATIONS:

- 14.1 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.
- 14.2 Riders **MAY** use a tandem mountain bicycle.
- 14.3 Riders **MAY** use a cyclo-cross bicycle.
- 14.4 Riders **MAY** use an e-Bike for the Grit.
- 14.5 Riders may only use one bicycle. The bicycle on which the rider starts the Race is the same bicycle on which the rider must finish the Race, unless authorization is granted by the Race Director.
- 14.6 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.
- 14.7 Riders may use any form of GPS or bicycle computers for navigation.
- 14.8 All bicycles must always be marked with the official Race boards.
- 14.9 Bicycles are only allowed to be propelled by a chain set and the rider’s physical power, no other form of assistance is permitted, e.g. electrical, a windsock or any other assistance which may be deemed to be against the spirit of the race.
- 14.10 It is the rider’s responsibility to ensure that their bicycle is adequately marked with the appropriate boards. No unmarked bicycle will be allowed onto the start line.
- 14.11 Each rider is responsible for the maintenance and repair of their own bicycle for the duration of the Race but is allowed to make use of the Bike Stations and mechanics at all race Villages.

15 COMPULSORY EQUIPMENT:

- 15.1 Every rider must carry a space blanket and medical kit supplied by ER24.
- 15.2 Every rider must have the capacity to carry at least 1.5 liters of water.
- 15.3 Every rider must carry a fully charged mobile phone.
- 15.4 Every rider must carry a functioning tracker.
- 15.5 Every Rider must carry NFC armband.
- 15.6 Every rider must carry a working Front Bicycle light.
- 15.7 Every rider must carry a working Back / Tail Bicycle light.

15.8 Every rider must carry a working GPS unit, and preferably a backup device.

15.9 Every rider must wear a Bicycle Helmet:

- All riders must ride the entire route with a helmet.
- Helmets may only be removed once the rider has dismounted their bicycle.
- A helmet must comply with the international 'ANSI' standards.
- It is the rider's responsibility to ensure that their helmet is compliant with 'ANSI' standards.
- Any rider found during the Race and on their 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.

NOTE: The nature of the Munga race makes it impractical to always enforce rules 15.1 to 15.9. 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 them as such.

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 Director.

17 CHECKPOINTS:

17.1 There are Race Villages along the route. These will also serve as checkpoints.

17.2 It is compulsory for all riders to scan their NFC armband at every indicated point.

17.3 It is compulsory to sign in and out at every Race Village checkpoint.

17.4 If a rider is not planning to stop at a checkpoint, they must still sign and scan in and out.

17.5 Hidden checkpoints may also form part of the Race; this excludes the 5 at Race villages. The location of these hidden checkpoints will not be published but the Rules applying to the official Race Villages will apply to the hidden checkpoints mutatis mutandis.

18 NUTRITION AND HYDRATION:

- 18.1 The Race Villages will provide adequate food and drinks to the riders.
- 18.2 These Race Villages will be situated various distances apart.
- 18.3 The Race Director reserves the right to change the location and distance of these Race Villages.
- 18.4 In addition to the above villages, the Race will have eleven official water points along the route.
- 18.5 These water points will be situated various distances 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.

19 RIDER SUPPORT AND LIMITATIONS:

Including but not limited to- food, water, mechanical and medical assistance:

- 19.1 Each of the Race Villages 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 Village.
- 19.2 Each village will have sleep facilities available 24 hours a day from the start of the Race.
- 19.3 Some villages may 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 Race Villages. This includes water bottles and snacks other than what is provided by The Munga.
- 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 Race Villages, riders may receive Race-supplied support only.
- 19.7 Riders will have access to bike mechanics and mechanical supplies in the Race Villages.
- 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 Villages.

- 19.9 Other than the Race Villages, the route may also run through towns. Riders may, within the ambit of these Rules, use what is commercially available in these towns.

THIS INCLUDES:

- 19.9.1. Riders may buy food and drinks in these towns.
- 19.9.2. Riders may sleep in these towns.
- 19.9.3. Riders may use any commercial bicycle shop in these towns.

PLEASE TAKE NOTE OF WHAT IS PROHIBITED IN THE TOWNS ALONG THE ROUTE:

- 19.9.4. Riders may not receive any physical help or support from friends or family in these towns.
- 19.9.5. Riders may not receive any emotional or psychological support from friends or family in these towns and in the towns where the Race Villages are located, this support includes but is not limited to encouragement.

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 friends or family members of a rider found inside or around the RVs or WPS will be kindly asked to leave, and their corresponding rider will receive a time penalty of at least 6 hours.

- 19.10 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.
- 19.11 Riders may not exchange bicycles unless they have with permission from the Race Director.

20 DRAFTING:

- 20.1 Drafting of another rider on a bicycle is **NOT ALLOWED** from 2026.
- 20.2 There must be a distance of **10 meters** between riders on the same side of the road, although Riders may ride side-by-side on the opposite sides of the road (**3 meters apart**). On Jeep track or Single track, it would be **10 meters**, and no side-by-side riding allowed.
- 20.3 **No** rider may draft behind any motorized vehicle of any sort at any time during the Race.
- 20.4 Drafting on a non-participant cyclist, or on a motorized vehicle will result in **disqualification**.
- 20.5 Fellow Riders can report this by taking a **Photo** and sending it to the Race Director.
- 20.6 Riders will be penalized **10 hours** per incident.
- 20.7 After the 3rd penalty the rider will be **disqualified**.

20.8 The penalty might be a penalty that you have to sit out at a “specific” penalty zone/point (this might not be a race village or water point) or the time might be added to the rider’s overall time.

NOTE: Although the drafting rule is very hard to enforce, as we do not have any commissaires on route, we believe it is the fellow riders’ responsibility to manage and enforce the rule. The drafting rule is always controversial for the Ladies Racing category, hence deciding to keep the playing fields clean and simple for Men and Ladies!

NB!!! Drafting is allowed from the start to WP 1

21 LICENSING:

The Munga is currently not a CSA sanctioned event. As such, riders do not need a license.

22 MEDICAL:

- 22.1 Due to the nature of this race, the Race medical team reserves the right to withdraw any rider from the Race if, in their opinion, it is deemed medically necessary.
- 22.2 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.
- 22.3 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 thereof.
- 22.4 It is the rider’s responsibility to make sure that they are in good health and adequately trained for the Race.
- 22.5 All riders must have completed a Race medical form and have signed it by a licensed medical practitioner with their practice stamp no sooner than 4 months prior to Race registration.
- 22.6 A rider may not participate in the Race if the medical form has not been signed thereby confirming that they are sufficiently well adapted and prepared for a Race of this nature.
- 22.7 It is the rider’s responsibility to always carry the pre-supplied 1st Aid kit, and the rider must also be knowledgeable in its effective use.
- 22.8 Personal safety is the rider’s responsibility. Riders should not expect to see medical support on route between the Race Villages. Medical support will be based primarily at Race Villages and will respond to trauma on route as soon as is possible.

23 TRACKING:

- 23.1 Every rider must carry a Munga issued tracking device.
- 23.2 A rider will not be permitted to continue past a Race Village without their tracking device and should obtain a replacement unit from the Race Village if they have lost their unit.
- 23.3 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.
- 23.4 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 with the ability to follow their rider and enhance the enjoyment and participation in the Munga events.
- 23.5 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.
- 23.6 Once the rider takes possession of the tracker, they will be responsible for it. Riders that have lost or damaged their tracking unit will be held liable for the cost of replacement of the unit and will be invoiced accordingly. The tracker must be returned to The Munga team after the end of the event.

24 PROTESTS AND COMPLAINTS:

- 24.1 If a rider has any complaint or protest, they must submit the complaint or protest after they crossed the finish line, provided that they are not in breach of the Rules.
- 24.2 Riders have one hour to submit a complaint or protest after the Race Cut-off Time.
- 24.3 The complaint or protest must be made in writing to the Race Director.
- 24.4 In all matters relating to the rules, complaints, protests, or interpreting any of the above-mentioned aspects, the Race Director and/or the Chief Commissaire's decision is final and binding.

25 RACE WITHDRAWAL:

- 25.1 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 Director or the medical team. In this instance, a vehicle will be dispatched to collect the rider and transport them to the nearest medical facility (if deemed necessary) or Race Village (normally in the direction of the race finish line).
- 25.2 The above-mentioned vehicle will only carry the rider requiring medical attention.
- 25.3 If a rider wishes to withdraw from the Race for reasons other than medical, they can only make this decision at a Race Village or Water Point, refer to clause 5.2.

26 DISQUALIFICATION:

A rider may at any time (during or after the race) be disqualified for any of the following reasons:

- 26.1. A rider using any power other than their own physical power to move their bicycle forward along the route.
- 26.2. A rider climbing into a vehicle with the intention of continuing to Race at an advantage.
- 26.3. A rider failing to sign in or out of one of the Race Village checkpoints.
- 26.4. A rider failing to scan in or out of one of the Race Village checkpoints.
- 26.5. A rider physically towing another rider (not drafting)
- 26.6. A rider being younger than the minimum stipulated Race age.
- 26.7. A rider failing to adequately display their bicycle number or their Race number.
- 26.8. 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.
- 26.9. A rider found taking a short cut.
- 26.10. A rider found taking down or defacing route markings.
- 26.11. A rider found to be ignoring or contravening the traffic regulations on public roads.
- 26.12. A rider found to be using a different bicycle frame to that on which they started the Race (unless authorized).
- 26.13. A rider found without a helmet outside of one of the Race stations and on their bicycle.
- 26.14. A rider found without one of the compulsory pieces of equipment.

- 26.15. A rider who starts the Race later than one hour after the official Race start time and does not have approval to do so.
- 26.16. A rider receiving prearranged support anywhere along the route or in the Race stations.
- 26.17. A rider found without a working tracker due to the willful intention of the rider.
- 26.18. A rider found littering.
- 26.19. A rider behaving in a way that the Race Director and/or chief Commissaire deem to be inappropriate, contrary to the spirit of the Race or otherwise in bad faith.
- 26.20. It is the Race Directors sole discretion to disqualify a rider. As such, after assessing the evidence and applying the DPA, they 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, or could face a penalty or disqualification:

- 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; this is to prevent fire.
- 27.3 No rider is allowed to willfully damage any plant, bush or wildlife.
- 27.4 Not closing Farm Gates is an offence which would lead to disqualification.

28 DOPING:

- 28.1 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.
- 28.2 For the WADA code and more information, please see the following WADA: <https://www.wada-ama.org/en/resources/the-code/2009-world-anti-doping-code#.VAAoj7ySz18>
- 28.3 The Race Director reserves the right to test all participants as and when it deems appropriate, and no rider may object thereto.
- 28.4 The top ten finishing riders can expect to be tested as part of the normal Race procedure.
- 28.5 All riders can expect random testing throughout the race; this will be at the race organizer's discretion.
- 28.6 Any Rider caught doping will be banned from The Munga Race for life.