# Rules & Regulations: MTB SWAT Event, 1 March 2025

#### Riders

The MTB SWAT Event is sanctioned by the Dubai Sports Council.

Riders must be in good health and well trained.

Riders will start in different starting blocks to ensure a smooth and enjoyable ride for everyone.

#### Medical

All competitors need comprehensive medical aid which will cover any medical expense which may be incurred whilst participating in the MTB Event which is conducted in the spirit of self-contained, self-reliant back country cycling.

### **Bicycles**

Only Mountain Bikes in good working order will be allowed to start the race.

Bikes must be marked with an official MTB SWAT number board securely fitted and visible from the front. Numbers must not be modified or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming.

The bike is in safe working order.

Maintenance of bicycles during the race is the responsibility of each rider.

Bike repair services will be provided by Revolution Cycles at the start.

# **Helmets and Clothing**

A rider not wearing a helmet at any stage of the race will be removed from the course immediately.

All helmets must comply with international "ANSI" standards.

Appropriate riding attire, including a shirt, must be worn at all times.

Eye protection is strongly recommended.

It is recommended that fully enclosed footwear be worn.

## **Nutrition and Hydration**

Riders retain the ultimate responsibility to carry enough water and nutrition with them.

The Event Organisation will provide water and snacks at the start of the event.

#### **Ethical and Environmental**

No littering or unnecessary damage to the environment will be tolerated.

#### Disqualification

A Rider may be disqualified at the discretion of the Race Office for any one or more of the following reasons including, but not limited to:

Riding at any point on any stage without a helmet.

Excessive littering.

Disrespect or damage to the environment.

Bad sportsmanship.
Abuse of Race Officials.

## **Basic Mountain Bike Racing Rules and Etiquette**

Riders must act in a polite manner at all times, and permit any faster rider to overtake without obstructing.

Riders must respect the UAE SWAT grounds and ride only on the official route. Riders must avoid polluting the area, and not leave any waste or litter.

No glass containers of any kind are permitted on or near the course.

Riders must not use offensive or abusive language during the race, act in an unsporting manner, be disrespectful to the officials, or ignore the race regulations.

# **Registration and Briefing**

Registration takes place at the venue and at the time and place indicated on the race website. All riders must have registered by the cut-off time indicated on the race website on the day. A rider must inform the race office if he is substituting another rider. The Race organiser will not be responsible if wrong information is supplied in the event of a medical or other emergency situation when a rider has not completed the substitution form at registration.

A pre-race briefing will take place before each category race, at the time indicated on the website.