



WELCOME MESSAGE

Welcome Greeting from the president of MYASOC,

MINGALARBAR!

It's a great pleasure to serve you with the Technical Handbook of the 27th SEA Games, Naypyitaw, Yangon, Mandalay and Ngwe Saung, Myanmar 2013.

It was 44 years ago (1969) when Rangoon, Myanmar hosted the 5th SEAP Games and shared joy with fellow participating countries and now Myanmar will be hosting the 27th SEA Games in Naypyitaw, Yangon, Mandalay and Ngwe Saung, from December 11 to 22, 2013. As we are looking forward to welcoming all participating countries, we have been working hand in hand with the SEA Games Federation as well as International Sports Federation preparing the technical handbook for each sports agreed during the SEA Games Federation Executive Committee and Council held in Naypyitaw, last January, 2013.

We truly hope to deliver each sport at the highest level possible for participating countries best athletes to display their talents. We also would like to provide the best service possible to Southeast Asian Countries and International Federations (Afs/Ifs) to assist their officials in carrying out their functions, supporting the athletes, and managing the sports competitions and to also implement the rules and regulations of the AF's and IF's. Lastly, we will try our very best to fulfill all our obligations to the SEA Games Federation.

With just over months remaining to complete our preparations for hosting the 27th SEA Games, we are pleased to present you with this handbook and look forward to welcoming you all in Naypyitaw, Yangon, Mandalay and Ngwe Saung in December 2013.

H.E.U Tint Hsan

President

Myanmar SEA Games Organizing Committee



TABLE OF CONTENTS

4-24	I.	General information
25	II.	Sport Federations
26	III.	Competition Information
27-29	IV.	Competition Schedule
30	V.	Map of Competition Venue
31-35	VI.	General Rules and Regulations
36-46	VII.	Competition Rules & Regulations
47	VIII.	Prize and Commendation
48	IX.	Approval of Technical Handbook

I. GENERAL INFORMATION

1. 27TH SEA GAMES GENERAL COMPETITION SCHEDULE & VENUES

NO.	DECEMBER (2013)	GOLD MEDAL	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	VENUES							
	COMPETITION DAY		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		16	17	18	19	20	21	22
			-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	
	Opening Ceremony																								Wunna Theikdi Stadium (NPT)
1	Athletics	46																9	7	10	8	12			Wunna Theikdi Stadium (NPT)
	Football (Male)	1																			SF			1	Zayar Thiri Stadium (NPT)
	Football (Female)	1																			SF	SF		1	YTC (Thuwunna) (YGN)
	Futsal (Male)	1																			SF			1	Mandalay Thiri Stadium (MDY)
	Futsal (Female)	1																			SF			1	Wunna Theikdi Sports Complex (NPT)
3	Sepaktakraw	10																							Wunna Theikdi (Seat -5000) Indoor Stadium-B (NPT)
	Chinlone	8																							
4	Wushu	23																							Wunna Theikdi (Seat -3000) Indoor Stadium-A (NPT)
5	Karatedo	17																							Wunna Theikdi Sports Complex (NPT)
6	Taekwondo	21																							
7	Boxing	14																							
8	Muay	14																							
	Cycling-Cross Country																								
	Cycling-Down Hill																								
9	Cycling-BMX	13																							Cycling Field (Mount Pleasant Hotel) (NPT)
	Cycling-Road Race																								(Leway, Pinyinmanar, Tatkon) (NPT)
10	Archery	10																							Archery Field (Wunna Theikdi) (NPT)
11	Equestrian	6																							Equestrian Field (Wunna Theikdi) (NPT)
	Aquatics-(Swimming)	32																							Wunna Theikdi Swimming Pool (NPT)
	Aquatics-(Diving)	8																							Zayar Thiri Swimming Pool (NPT)
	Aquatics-(Waterpolo)	1																							Sports Village Complex (NPT)
13	Petanque	11																							Wunna Theikdi Indoor Stadium (C) (NPT)
14	Badminton	5																							
15	Table Tennis	4																							Hockey Field (Yangon)
16	Hockey	2																							

CYCLING



NO.	DECEMBER (2013)	GOLD MEDAL	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	VENUES							
	COMPETITION		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		16	17	18	19	20	21	22
			-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	
17	Volleyball	2																							Zayar Thiri (Seat-5000) Indoor Stadium-B (NPT)
18	Basketball	2																							Zayar Thiri (Seat-3000) Indoor Stadium-A (NPT)
19	Vovinam	18																							Zayar Thiri (Seat-3000) Indoor Stadium-C (NPT)
20	Judo	18																							North Dagon Shooting Range (YGN)
21	Pencak Silat	15																							N.I.S (1) (Yangon)
22	Shooting	12																							
23	Wrestling	21																							
24	Kempo	18																							MCC (Yangon)
25	Bodybuilding	5																							Zabuthiri Hotel (NPT)
26	Chess	18																							Wunna Theikdi Sports Complex (NPT)
27	Billiards & Snooker	12																							Theinphyu Stadium (YGN)
28	Weightlifting	11																							Royal Myanmar (NPT)
29	Golf	4																							
30	Canoeing	16																							Ngalike Dam (NPT)
31	Rowing	9																							
32	Traditional Boat Race	17																							Sailing Venue Ngwe Saung (Patheingyi)
33	Sailing	13																							
	Floorball (Demo)																								Nay pyi taw
	Closing Ceremony	460																							Wunna Theikdi Stadium (NPT)

- The Date of Official Meeting Due to Sport Categories
- Competitions Celebrated Day
- Opening & Closing Ceremony

2. ORGANIZING BODIES MYANMAR SEA GAMES ORGANIZING COMMITTEE (MYASOC)

The SEAGF has tasked the Myanmar National Olympic Committee (MOC) to set up an organizing committee that is responsible for the overall planning, organizing and executing of all elements necessary to produce the 27th SEA Games in 2013. This organization is called the Myanmar SEA Games Organizing Committee (MYASOC).

SEAGF COUNCIL MEMBERS, EXECUTIVE COMMITTEE MEMBERS AND STANDING COMMITTEES MEMBERS

1. SOUTHEAST ASIAN GAMES FEDERATION (SEAGF)

PRESIDENT	- H.E. U TINT HSAN	(MYA)
VICE PRESIDENT	- H.E. U THAUNG HTIKE	(MYA)
VICE PRESIDENT	- H.E. U ZAW WIN	(MYA)
SECRETARY GENERAL	- U MYO HLAING	(MYA)
TREASURER	- U TUN MYINT OO	(MYA)

HONORARY LIFE PRESIDENTS

- HRH PRINCE SUFRI BOLKIAH	(BRU)
- GEN (RTD) WISMOYO ARISMUNANDAR	(INA)
- MRS. RITA SUBOWO	(INA)
- H.E. DR. PHOUTHONG SENGAKHOM	(LAO)
- HRH PRINCE TUNKU IMRAN	(MAS)
- MR. JOSE COJUANGCO JR.	(PHI)
- DR. YEO NING HONG	(SIN)
- H.E. MR. TEO CHEE HEAN	(SIN)
- H.E. GENERAL YUTHASAK SASIPRAPHA	(THA)
- GENERAL SURAPOL BUNAKIJSOPHON	(THA)
- PROF. NGUYEN DANH THAI	(VIE)

HONORARY LIFE MEMBERS

- DATO PEDUKA HJ TALIB HJ BERUDIN	(BRU)
- LT. GEN (RTD.) ARI SUDEWO	(INA)
- MR. TIMBUL THOMAS LUBIS	(INA)
- MR. SOUVANNARATH SAIGNAVONG	(LAO)
- DATO' SIEH KOK CHI	(MAS)
- MR. STEPHEN C. HONTIVEROS	(PHI)
- MR. S.S. DHILLON	(SIN)
- MR. CHRISTOPHER CHAN	(SIN)
- MAJ. GEN. CHAROUCK ARIRACHAKARAN	(THA)
- PROF. HOANG VINH GIANG	(VIE)



CYCLING

2. SEAGF COUNCIL MEMBERS

BRUNEI DARUSSALAM

MR. ANUAR LISA
MR. MUHD ZAMRI HAMDANI
MR. ZURAIMI ABDUL SANI

CAMBODIA

H.E. DR. THONG KHON
H.E. MR. NOUTH SAAN
MR. VATH CHAMROEUN

INDONESIA

MRS. RITA SUBOWO
MR. TIMBUL THOMAS LUBIS
MR. ADE LUKMAN

LAOS

MR. SOMPHOU PHONGSA
MR. KASEM INTHARA
MR. SENPHONE PHONAMATH

MALAYSIA

PROF. DATO' DR. ZAKARIA AHMAD
DATO' LOW BENG CHOO
TAN SRI DATO' SERI MOHAMAD NOOR ABDUL RAHIM

MYANMAR

MR. NAWTAWNG
MR. KHIN MAUNG LWIN
DR. MYAT THU YA SOE

PHILIPPINES

MR. STEPHEN C. HONTIVEROS
MR. ANTONIO DL. TAMAYO JR.
MR. JULIAN CAMACHO

SINGAPORE

H.E. MR. TEO CHEE HEAN
DR. TAN ENG LIANG
MR. CHRISTOPHER CHAN

THAILAND

PROF. CHAROEN WATTANASIN
MR. CHAIYAPAK SIRIWAT
DR. VARIN TANSUPHASIRI

TIMOR LESTE

MR. JORGE AMARAL DE FATIMA
MR. VICENTE CARVALHO DA SILVA
MR. FERNANDO ANTONIO DA COSTA

VIETNAM

MR. VUONG BICH THANG
PROF. HOANG VINH GIANG
MR. TRAN VAN MANH

**3. SEAGF EXECUTIVE COMMITTEE
CHAIRMAN**

H.E. U THAUNG HTIKE (MYA)

VICE CHAIRMAN

MR. U MYO HLAING (MYA)
DR. TAN ENG LIANG (SIN)
MAJ. GEN. CHAROUCK ARIRA CHAKARAN (THA)

SECRETARY

MR. KHIN MAUNG LWIN (MYA)

MEMBERS

MR. ZURAIMI ABDUL SANI (BRU)
MR. VATH CHAMROEUN (CAM)
MR. TIMBUL THOMAS LUBIS (INA)
MR. PHOUVANH VONGSOUTH (LAO)
PROF. DATO' DR. ZAKARIA AHMAD (MAS)
MR. NAW TAWNG (MYA)
MR. STEPHEN C. HONTIVEROS (PHI)
MR. CHRISTOPHER CHAN (SIN)
PROF. CHAROEN WATTANASIN (THA)
MR. JORGE AMARAL DE FATIMA (TLS)
PROF. HOANG VINH GIANG (VIE)

**4. SEAGF STANDING COMMITTEES
SPORTS AND RULES COMMITTEE**

MR. NAW TAWNG	(MYA)	CHAIRMAN
MR. KHIN MAUNG LWIN	(MYA)	ADVISOR
MR. ZURAIMI ABDUL SANI	(BRU)	MEMBER
MR. VATH CHAMROEUN	(CAM)	MEMBER
MR. HARYO YUNIARTO	(INA)	MEMBER
MR. KASEM INTHARA	(LAO)	MEMBER

CYCLING

PROF. DATO' DR. ZAKARIA AHMAD	(MAS)	MEMBER
DR. MYAT THU YA SOE	(MYA)	MEMBER
MR. JULIAN CAMACHO	(PHI)	MEMBER
MR. CHRISTOPHER CHAN	(SIN)	MEMBER
PROF. CHAROEN WATTANASIN	(THA)	MEMBER
MR. VICENTE CARVALHO DA SILVA	(TLS)	MEMBER
PROF. HOANG VINH GIANG	(VIE)	MEMBER

MEDICAL COMMITTEE

DR. MYA LAY SEIN	(MYA)	CHAIRPERSON
DR. TEH KONG CHUAN	(SIN)	ADVISOR
DR. DANISH ZAHEER	(SIN)	MEMBER
DR. SDOEUNG CHEA	(CAM)	MEMBER
DR. BAJU RAHADIAN	(INA)	MEMBER
DR. ALONGKONE PHENGSAVANH	(LAO)	MEMBER
DATO' DR. S.S. CHEEMA	(MAS)	MEMBER
DR. MOLLY CHIT	(MYA)	MEMBER
DR. TAN ENG LIANG	(SIN)	MEMBER
DR. VARIN TANSUPHASIRI	(THA)	MEMBER
PROF. DR. LE QUY PHUONG	(VIE)	MEMBER

THE EXECUTIVE ORGANIZING COMMITTEE FOR 27TH SEA GAMES 2013**PATRON**

H.E U NYAN TUN
VICE PRESIDENT
THE REPUBLIC OF THE UNION OF MYANMAR

PRESIDENT

H.E U TINT HSAN
UNION MINISTER, MINISTRY OF SPORTS
PRESIDENT, THE MYANMAR NATIONAL SPORTS COMMITTEE
PRESIDENT, THE MYANMAR OLYMPIC COMMITTEE
THE REPUBLIC OF THE UNION OF MYANMAR

SECRETARY

H.E U THAUNG HTIKE
DEPUTY MINISTER FOR SPORTS
VICE – PRESIDENT , MYANMAR OLYMPIC COMMITTEE
SECRETARY GENERAL , MYANMAR NATIONAL SPORTS COMMITTEE

SECRETARY

H.E U ZAW WIN
DEPUTY MINISTER FOR SPORTS
VICE-PRESIDENT, MYANMAR OLYMPIC COMMITTEE



DEPUTY SECRETARY

U MYO HLAING
SECRETARY GENERAL, MYANMAR OLYMPIC COMMITTEE
VICE SECRETARY GENERAL, MYANMAR NATIONAL SPORTS COMMITTEE

REGISTRATION AND SPORTS TECHNICAL COMMITTEE**CHAIRMAN**

H.E U THINT HSAN
UNION MINISTER
MINISTRY OF SPORTS

SECRETARY

MR. NAW TAWNG
DEPUTY DIRECTOR GENERAL
SPORTS AND PHYSICAL EDUCATION DEPARTMENT
MINISTRY OF SPORTS

ACCOMMODATION FOOD AND TOURISM COMMITTEE**CHAIRMAN**

H.E U HTAY AUNG
UNION MINISTER,
MINISTRY OF HOTEL AND TOURISM

SECRETARY

U AUNG ZAW WIN
DIRECTOR GENERAL
DEPARTMENT OF HOTEL AND TOURISM
MINISTRY OF HOTEL AND TOURISM

ADMINISTRATION AND DECORATION COMMITTEE**CHAIRMAN**

H.E U TINT HSAN
UNION MINISTER
MINISTRY OF SPORTS

SECRETARY

U MYO HLAING
DIRECTOR GENERAL (S.P.E.D)
SPORTS AND PHYSICAL EDUCATION DEPARTMENT
MINISTRY OF SPORTS

INFORMATION TECHNOLOGY AND COMMUNICATION COMMITTEE**CHAIRMAN**

H.E U MYAT HEIN
UNION MINISTER
MINISTRY OF INFORMATION TECHNOLOGY AND COMMUNICATION

**CYCLING****SECRETARY**

U AUNG MAW
MANAGING DIRECTOR
MYANMAR COMMUNICATION ENTERPRISE
MINISTRY OF INFORMATION TECHNOLOGY AND COMMUNICATION

FUNDRAISING AND PRIZE GIVING COMMITTEE**CHAIRMAN**

H.E U WIN SHEIN
UNION MINISTER
MINISTRY OF FINANCE

SECRETARY

U MIN HTUT
DIRECTOR GENERAL
DEPARTMENT OF REVENUE
MINISTRY OF FINANCE

RECEPTION AND PROTOCOL COMMITTEE**CHAIRMAN**

H.E U HAN SEIN
DEPUTY MINISTER,
MINISTRY OF TRANSPORT

SECRETARY

U WIN KHANT
DIRECTOR GENERAL
DEPARTMENT OF TRANSPORT
MINISTRY OF TRANSPORT

PUBLIC AWARENESS & INFORMATION AND MEDIA COMMITTEE**CHAIRMAN**

H.E U AUNG KYI
UNION MINISTER
MINISTRY OF INFORMATION

SECRETARY

U TINT SWE
DIRECTOR GENERAL
MYANMAR TELEVISION AND RADIO DEPARTMENT
MINISTRY OF INFORMATION

MEDICAL AND DOPING CONTROL COMMITTEE**CHAIRMAN**

DR. THAN AUNG
DEPUTY MINISTER
MINISTRY OF HEALTH

SECRETARY

U MIN THAN NYUNT
DIRECTOR GENERAL
DEPARTMENT OF HEALTH
MINISTRY OF HEALTH

TRANSPORTATION COMMITTEE**CHAIRMAN**

H.E U NYAN TUN AUNG
UNION MINISTER
MINISTRY OF TRANSPORT

SECRETARY

U HSAN AUNG
DIRECTOR GENERAL
DEPARTMENT OF TRANSPORT & PLANNING
MINISTRY OF THE RAILWAY TRANSPORTATION

SECURITY AND TRAFFIC COMMITTEE**CHAIRMAN**

LT. GENERAL KO KO
UNION MINISTER
MINISTRY OF HOME AFFAIRS

SECRETARY

POLICE GENERAL ZAW WIN
MYANMAR POLICE FORCE
MINISTRY OF HOME AFFAIRS

ENVIRONMENT CONSERVATION COMMITTEE**CHAIRMAN**

H.E U WIN TUN
UNION MINISTER
MINISTRY OF ENVIRONMENT CONSERVATION AND FORESTRY

SECRETARY

DR. NYI NYI KYAW
DIRECTOR GENERAL
DEPARTMENT OF FORESTRY
MINISTRY OF ENVIRONMENT CONSERVATION AND FORESTRY

SPORTS FACILITY CONSTRUCTION AND RENOVATION COMMITTEE**CHAIRMAN**

H.E U TINT HSAN
UNION MINISTER
MINISTRY OF SPORTS

**CYCLING****SECRETARY**

U MYO HLAING
DIRECTOR GENERAL (S.P.E.D)
SPORTS AND PHYSICAL EDUCATION DEPARTMENT
MINISTRY OF SPORTS

OPENING – CLOSING AND PERFORMANCE COMMITTEE**CHAIRMAN**

H.E U AYE MYINT KYU
UNION MINISTER
MINISTRY OF CULTURE

SECRETARY

U YAN NAING OO
DIRECTOR GENERAL
DEPARTMENT OF FINE ARTS
MINISTRY OF CULTURE

REGIONAL ORGANIZING COMMITTEE

U THEIN NYUNT
CHAIRMAN, NAY PYI TAW COUNCIL
U MYINT SWE
CHEIF MINISTER, YANGON REGION
U YE MYINT
CHEIF MINISTER, MANDALAY REGION
U THEIN AUNG
CHEIF MINISTER, ARRAWADDY REGION

MYASOC BOARD OF DIRECTORS

PRESIDENT	:	H.E U TINT HSAN
VICE PRESIDENT	:	H.E U THAUNG HTIKE
	:	H.E U ZAW WIN
	:	DR. KHIN SHWE
	:	U ZAW ZAW
	:	U MYO HLAING

**SECRETARY GENERAL
ADVISOR**

U AUNG DIN	U KYAW WIN
U MOE MYINT	U YAN NAING OO
U TUN MYINT NAING	U NAW TAWNG
DR. SAI SAM TUN	U KHIN MAUNG LWIN
U CHIT KHINE	U KYAW MOE NAING
U TAY ZA	

MYASOC EXECUTIVE OFFICE

DIRECTOR GENERAL	:	U MYO HLAING
DEPUTY DIRECTOR GENERAL	:	U NAW TAWNG (SPORTS & TECHNICAL)
DEPUTY DIRECTOR GENERAL	:	U OHN MYINT OO (ACCOMMODATION & MEDIA)
DEPUTY DIRECTOR GENERAL	:	U MYAT THWIN (VENUE & SUPPORT)
DEPUTY DIRECTOR GENERAL	:	U KO KO NAING (CEREMONY & CULTURE)

MYASOC DIRECTORATES**DIRECTOR (SPORTS)**

- : MR. THET LWIN (NAYPYITAW)
- : MR. TIN WIN (NAYPYITAW)
- : MR. MYA THAN HTIKE (NAYPYITAW)
- : MR. KYAW SAN OO (YANGON)
- : MR. TIN AUNG (YANGON)
- : MR. THEIN TUN LATT (MANDALAY)
- : MR. MAUNG WIN (NGWESAUNG)

DEPUTY DIRECTOR

- : MR. KYAW ZIN MOE (NAY PYI TAW)
- : MR. HLA MIN TUN (NAY PYI TAW)
- : MR. WIN AUNG (NAY PYI TAW)
- : MR. AUNG MOE (YANGON)
- : MR. WAI ZIN (MANDALAY)
- : MR. SOE NYUT (NGWESAUNG)

DIRECTOR (VENUES)

- : MR. KYAW MOE WIN (NAYPYITAW)
- : MR. YE MYINT TUN (NAYPYITAW)
- : MR. ZAW LIN (YANGON)
- : MR. THEIN TUN LATT (MANDALAY)
- : MR. MAUNG WIN (NGWESAUNG)

DEPUTY DIRECTOR

- : MR. KYAW SOE MOE (NAYPYITAW)
- : MR. AUNG LIN OO (NAYPYITAW)
- : MR. MAUNG MAUNG SOE (NAYPYITAW)
- : MR. AUNG MOE (YANGON)
- : MR. WIN TIN (YANGON))
- : MR. THAN WIN (YANGON)
- : MR. WAI ZIN (MANDALAY)
- : MR. SOE NYUNT (NGWESAUNG)

DIRECTOR (SUPPORT)

- : MR. KYAW SAN (NAYPYITAW)
- : MR. MOE ZAW HTUT (NAYPYITAW)
- : MR. ZAW LIN (YANGON)
- : MR. KO KO THEIN (YANGON)

DEPUTY DIRECTOR

- : MS. SWE SWE AYE (NAYPYITAW)
- : MS. MOLLY CHIT (NAYPYITAW)

CYCLING

- : MR. TUN PE (YANGON)
- : MR. HSAN CHO (YANGON)
- : MR. MYINT KHAING (MANDALAY)
- : MR. TIN TUN (NGWESAUNG)

DIRECTOR (IT, MEDIA & BROADCASTING)

- : MR. HTAY AUNG (NAYPYITAW)
- : MR. TIN MAUNG YI (NAYPYITAW)
- : MR. HLAING MOE (NAYPYITAW)
- : MR. SOE MOE (YANGON)

DEPUTY DIRECTOR

- : MR. TUN THANT (NAYPYITAW)
- : MR. THAN HTWE AUNG (NAYPYITAW)
- : MR. KYAW KYAW THEIN (NAYPYITAW)

DIRECTOR (CEREMONY & CULTURE)

- : MR. AUNG SAN OO (NAYPYITAW)
- : MR. NYUNT WIN (NAYPYITAW)

CONTACT INFORMATION**MYANMAR SEA GAMES ORGANIZING COMMITTEE (MYASOC)**

HEADOFFICE	YANGON OFFICE	MANDALAY OFFICE
<p>Sport Technical Committee SEA Games 2013</p> <p>Address: Wunna Theikdi Main Stadium, Naypyitaw</p> <p>Tel: 009567413848, 009567406182, (951)577343</p> <p>Fax: 009567413848, 009567406182, (951)571061</p> <p>E-mail: nocmya@gmail.com, mmmosports@gmail.com, kmlwin2006@gmail.com, unawtawng@gmail.com</p> <p>Website: www.myasoc.org, www.mosports.gov.mm, www.27seagames2013.com</p>	<p>Myanmar Olympic Committee Office (2)</p> <p>Tel: 00951577343, 00951400864</p> <p>Fax: 00951571061, 00951540684</p> <p>E-mail: ispeyangon47@gmail.com</p>	<p>Institute of Sport Physical & Education Department</p> <p>Tel: 0095280936</p> <p>Fax: 0095280900</p> <p>E-mail: ispmandalay@gmail.com</p>



3. ACCOMMODATION

The accommodation will accommodate for all the athletes and team officials of the SEA Games for a period of 12 Days, from 11 to 22 December 2013. An additional pre-opening period of 7 days has been scheduled from 4 until 7 December 2013 to enable the Chef De Mission of the NOCs to complete the administrative matters prior to the arrival of their teams. The accommodation for all the athletes and team officials will be classified as in Naypyitaw will be accommodated in the Athletes Village and Hotels. While in Yangon, Mandalay and Ngwesaung will be in hotels.

4. ACCREDITATION

4.1. PROCESS

The organization of a great sporting event, such as the SEA Games, necessitates strict access control to all official MYASOC venues, zones, and areas. This will be achieved through ticket allocation to spectators and by accreditation to athletes and those with official job function. Every approved responsible organization will complete the accreditation application process on behalf of its delegation, including the receipt and distribution of the appropriate accreditation cards to each participant before travelling to Yangon, Mandalay, Naypyitaw. Upon arrival, participants must validate their cards (see validation).

All participants must be accurately registered and duly accredited through the MYASOC accreditation process in order to take part in the SEA Games.

4.2. VALIDATION

Participants must present their accreditation cards, accompanied by either a valid passport, National Identity Card (Myanmar Nationals), or other approved means of identity to the validation desk at the Yangon, Mandalay and Naypyitaw International Airport or at an MYASOC primary accreditation centre as specified in the Accreditation Manual.

4.3. VALIDATION INVOLVES:

- : Electronic activation in the accreditation system; changing the card status to 'live'
- : Physical activation; changing the card appearance to distinguish it from non-valid cards.

4.4. LOST, DAMAGED, OR STOLEN CARDS

- Lost accreditation cards must be reported immediately to the approved authority of the responsible organization. The approved



CYCLING

authority concerned must then apply to MYASOC for a replacement card, stating the circumstances of the loss.

- A replacement card will only be issued with the approval of MYASOC.
- Lost damaged or stolen cards will be cancelled immediately and will not be reactivated: even if recovered.

5. TRANSPORTATION

A comprehensive transport system for athletes, team officials and technical officials will be available exclusively for the SEA Games. This will include:

- Arrival service from Yangon, Mandalay and Nay pyi taw International Airport to the accommodation
- Regularly scheduled shuttle service from accommodation to official competition and training venues
- Dedicated service to opening and closing ceremonies
- Dedicated service to all official functions and/ or meetings
- Departure service from the accommodation to Yangon , Mandalay and Nay Pyi Taw International Airport.
- We will also provide the following services.
- Transportation services for the sports delegation upon arrival and departure
- Providing shuttle bus for delegates to and from matches/training and hotel

Special vehicles for NOCs

- Provision of Transport for the Opening Ceremony and Closing Ceremony.
- Transport Provision for Special Events
- Provision of Transport for NOCs in attending a Special Event
- Transport Provision for Official activities
- Transport Provision for Technical Officials, VIPs and media.
- Provision of Transport for MYASOC.

6. UNIFORMS

MYASOC will provide all technical officials, staff members and volunteers with appropriate attire and uniforms.

A sizing form will be sent in advance to all parties concerned. Forms must be returned and received by MYASOC before the given deadline to ensure availability.

The uniforms will be distributed at the main uniform and accreditation centre after collecting the accreditation.

7. MEDICAL SERVICES

A first aid and emergency first response medical service will be provided during the SEA Games to any person requiring medical assistance. This service will operate in official SEA Games competition and training venues during official operating hours. This service will comprise a dedicated medical team supported by an ambulance service.

8. SPORTS INFORMATION CENTRE

One main sports information centre will be located inside the Accommodations and a sports information desk will be located in each of the competition venues.

9. GENERAL WEATHER CONDITIONS

Myanmar has only three (3) seasons. The weather is cold in December and it is one of the best months to visit Myanmar. The average day time temperature is between 20-32 degree celcius. In general, the weather is perfect for achieving the best competition results .

10. FACTS AND FIGURES

GEOGRAPHY

Location

: Myanmar is located on the mainland of Southeast Asia. It is bounded by China to the north and northeast. Laos to the east and southeast. Thailand to the east and southeast. India to the northwest. Bangladesh to the west and Andaman Sea to the south.

Climate

: Myanmar has a tropical climate with three seasons:
 (1) The summer or hot season between March and June.
 (2) The monsoon or rainy season between July and October.
 (3) The winter or cold season between November and February.



Weather forecast for Nay Pyi Taw, Yangon, Mandalay and Patheingyi, 1st to 7th December, 2013

City	Maximum Temperature (°C)	Minimum Temperature (°C)	Relative Humidity (%)	Wind direction	Wind speed (mph)	Visibility (miles)	Expected Weather forecast
Naypyitaw	31-33	18-20	75-85	North-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Likelihood of isolated rain or thunders Showers and shallow fog in the morning
Yangon	32-34	19-21	75-85	East-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Likelihood of isolated rain or thunders Showers and shallow fog in the morning
Mandalay	30-32	19-21	65-75	North-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Part Cloudy and shallow fog in the morning
Patheingyi	30-32	32-22	85-95	East-Northwest	(5-10) mph at times (15) ph	(4) miles but Less than (1) mile in fog	Likelihood of isolated rain or thunders Showers and shallow fog in the morning

Weather forecast for Nay Pyi Taw, Yangon, Mandalay and Patheingyi of 8th to 14th December, 2013

City	Maximum Temperature (°C)	Minimum Temperature (°C)	Relative Humidity (%)	Wind direction	Wind speed (mph)	Visibility (miles)	Expected Weather forecast
Naypyitaw	30-32	14-16	75-85	North-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Part Cloudy and shallow fog in the morning
Yangon	31-33	16-18	75-85	East-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Part Cloudy and shallow fog in the morning
Mandalay	30-32	17-19	65-75	North-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Part Cloudy and shallow fog in the morning
Patheingyi	30-32	16-20	75-85	East-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Part Cloudy and shallow fog in the morning



Weather forecast for Nay Pyi Taw, Yangon, Mandalay and Patheingyi of 15th to 21st December, 2013

City	Maximum Temperature (°C)	Minimum Temperature (°C)	Relative Humidity (%)	Wind direction	Wind speed (mph)	Visibility (miles)	Expected Weather forecast
Naypyitaw	32-34	13-15	65-75	North-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Part Cloudy and shallow fog in the morning
Yangon	32-34	14-16	70-80	East-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Part Cloudy and shallow fog in the morning
Mandalay	30-32	14-16	60-70	North-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Part Cloudy and shallow fog in the morning
Patheingyi	31-33	17-19	75-85	East-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Part Cloudy and shallow fog in the morning

Weather forecast for Nay Pyi Taw, Yangon, Mandalay and Patheingyi of 22nd to 3rd December, 2013

City	Maximum Temperature (°C)	Minimum Temperature (°C)	Relative Humidity (%)	Wind direction	Wind speed (mph)	Visibility (mies)	Expected Weather forecast
Naypyitaw	32-34	13-15	65-75	North-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Part Cloudy and shallow fog in the morning
Yangon	32-34	17-19	70-80	East-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Part Cloudy and shallow fog in the morning
Mandalay	30-32	14-16	65-75	North-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Part Cloudy and shallow fog in the morning
Patheingyi	32-34	18-20	75-85	East-Northwest	(5-10) mph at times (15) mph	(4) miles but Less than (1) mile in fog	Part Cloudy and shallow fog in the morning



Bay of Bengal Condition for December during (2009-2012)

No	Year	Low Pressure Area	Depression	Storm
1.	2009	-	-	Ward (Cyclonic storm)
2.	2010	1	-	-
3.	2011	-	-	Thane (Very Severe Cyclonic storm)
4.	2012	-	-	-

Monthly Weather Condition for December (Naypyitaw)

No	Year	Low Pressure Area	Depression	Storm
1.	2009	-	-	Ward (Cyclonic storm)
2.	2010	1	-	-
3.	2011	-	-	Thane (Very Severe Cyclonic storm)
4.	2012	-	-	-

Monthly Weather Condition for December (Yangon)

No	Year	Rainfall (mm)	Minimum Temperature (°C)
1.	2009	0	15.2
2.	2010	33	15.7
3.	2011	0	17.2
4.	2012	2	17.3

Monthly Weather Condition for December (Patheingyi)

No	Year	Rainfall (mm)	Minimum Temperature (°C)
1.	2009	0	14.6
2.	2010	12	19.3
3.	2011	33	18.0
4.	2012	4	19.2

Area : 678,576 sq. km (262,000 sq. m)

Main Cities : Nay pyi taw, Yangon, Mandalay, Patheingyi.

National Flag : The National Flag has horizontal stripe of yellow, green and red with a big star in the middle. The three colours of the stripe are meant to symbolize solidarity, peace and tranquility and courage and decisiveness.

TOURIST INFORMATION

Weekends : Saturday & Sunday

Working Hours : Government offices : 09:30 : 16:30
: Banks : 09:00 : 15:00
: Private Business : 08:00 : 17:00
: Malls still open until : 21:00

Local time : Greenwich Mean Time + 6:30 hours

Electric Current: 220 - 240 V ; frequency 50 Hz

Tipping : Local custom does not require that you leave a tip though it is appreciated you do.



II. SPORT FEDERATIONS

UNION CYCLISTE INTERNATIONAL (UCI)

Persident : Mr. Pat McQuaid
Address : CH-de la melee 1860 Aigle, Switzerland
Tel : +41 24 468 58 11
Fax : +41 21 468 58 12
E-mail : admin@uci.ch
Website : www.uci.ch

ASIAN CYCLING CONFEDERATION (ACC)

President : Mr. Hee Wook Cho
Secretary General : Mr. Choi Boo Woong
Address : MG Building # 315-4, 2 Ka Sungsoo-Dong Sung Dong Sungdong-Ku, Seoul, Korea
Tel : +82 467 13 13
Fax : +82 467 13 12
E-mail : kucbw@hanmail.net

ASEAN CYCLING ASSOCIATION (ACA)

President : Mr. Datuk Haj Abu Samah Wahab
Secretary General : Mr. Maniam Manikkam
Address : No. 3-24, Jalan PM 9, Plaza Mahkota, 75000 Melaka Malaysia
Tel : +60-6-283-0150
Fax : +60-6-283-6786
E-mail : asean-cycling@yahoo.com.my

MYANMR CYCLING FEDERATION (MCF)

President : Mr. Thar Htay
General Secretary : Mr. Kyaw Min Than
Address : Youth Training Center Nay Pyi Taw
Tel : 09-73056710
Fax : 067-422137
E-mail : gsmcf26@gmail.com

CYCLING SEAG 27TH ORGANIZING COMMITTEE

Chairman : Mr. Abu Samah bin Haj Abd. Wahab
Vice Chairman : U Thar Htay
General Secretary : U Kyaw Min Than
Member : (11) Persons

III. COMPETITION INFORMATION

1. DATE

The 27th Sea Games Cycling Competition will be held from December 11 to 19 2013.

2. VENUES

Competition Site Road Events:

Time Trial

The Competition will be held at Nay Pyi Taw .

Massed Start

The Competition will start from Nay Pyi Taw.

Mountain Bike

Cross Country will be held at Mount Pleasant, Nay Pyi Taw.

BMX will be held at Mount Pleasant, Nay Pyi Taw.

Training Site Training venue will be provided at the same location as the competition site. The training schedule for each team will be given upon arrival.

3. EVENTS

The 27th SEA Games Cycling Competition will be contested in the following events:

Men Road	50km Individual Time Trial (ITT)	(2 entries)
	100km Team Time Trial (TTT)	(1 team 4 riders)
	163km Individual & Team Massed Start	(6 entries)
MTB (M&W)	XCR	(1 team 4 riders)
Men MTB	XCO (4km per lap) 90 minutes	(4 entries)
	DHI 1.5 km	(2 entries)
Women Road	30km Individual Time Trial (ITT)	(2 entries)
	128 km Individual Massed Start	(4 entries)
Women MTB	XCO (4km per lap) 90 minutes	(4 entries)
	DHI 1.5 km	(2 entries)
Men BMX	BMX	(2 entries)
Women BMX	BMX	(2 entries)



IV. COMPETITION SCHEDULE

COMPETITION SCHEDULE

3 DAYS	:	REGISTRATION & MEETING (MTB, ROAD & BMX)
2 DAYS	:	CROSS COUNTRY
2 DAYS	:	DOWNHILL
4 DAYS	:	ROAD RACE
1 DAY	:	BMX

TENTATIVE COMPETITION SCHEDULE

DATE	TIME	EVENTS	CATEGORY	PHASE
11 DEC 2013	10:00	ASEAN CONGRESS MEETING		
	15:00	TECHNICAL MEETING	-	-
	16:00	LICENSE & JERSEY CONTROL (MTB)		
	17:00	TEAM MANAGERS MEETING (MTB)	-	-
12 DEC 2013	09:00	CROSS COUNTRY TEAM RELAY	MEN & WOMEN	FINAL
	11:00	VICTORY CEREMONY	MEN & WOMEN	
13 DEC 2013	08:00	CROSS COUNTRY OLYMPICS	WOMEN	FINAL
	10:00	CROSS COUNTRY OLYMPICS	MEN	FINAL
	12:00	VICTORY CEREMONY	WOMEN	-
	12:30	VICTORY CEREMONY	MEN	-
	14:00	INDIVIDUAL DOWNHILL	WOMEN/MEN	OFFICIAL TRAINING
	15:00	INDIVIDUAL DOWNHILL	WOMEN	OFFICIAL TIMED RUN
14 DEC 2013	16:00	INDIVIDUAL DOWNHILL	MEN	OFFICIAL TIMED RUN
	08:00	INDIVIDUAL DOWNHILL	WOMEN/MEN	OFFICIAL TRAINING
	09:00	INDIVIDUAL DOWNHILL	WOMEN	FINAL
	10:00	INDIVIDUAL DOWNHILL	MEN	FINAL
	11:00	VICTORY CEREMONY	WOMEN	-
	11:30	VICTORY CEREMONY	MEN	-
	16:00	LICENCE & JERSEY CONTROL (ROAD)		

DATE	TIME	EVENTS	CATEGORY	PHASE
14 DEC 2013	17:00	TEAM MANAGERS MEETING (ROAD)		
15 DEC 2013	09:00	30 KM INDIVIDUAL TIMETRIAL	WOMEN	FINAL
	11:00	VICTORY CEREMONY	WOMEN	-
	14:00	50 KM INDIVIDUAL TIMETRIAL	MEN	FINAL
	16:00	VICTORY CEREMONY	MEN	-
16 DEC 2013	09:00	100 KM TEAM TIME TRIAL	MEN	FINAL
	12:00	VICTORY CEREMONY	MEN	
17 DEC 2013	09:00	128 KM IND MASSED START	WOMEN	FINAL
	12:00	VICTORY CEREMONY	WOMEN	
18 DEC 2013	09:00	163KM IND & TEAM MASSED START	MEN	FINAL
	14:00	VICTORY CEREMONY	MEN	-
		INDIVIDUAL / TEAM		
	16:00	LICENCE & JERSEY CONTROL (BMX)		
	17:00	TEAM MANAGERS MEETING (BMX)		
19 DEC 2013	08:00	BMX	MEN/WOMEN	GATE PRACTICE
	09:00	BMX	WOMEN	TT & MOTO
		BMX	MEN	TT & MOTO
	13:00	BMX	MEN/WOMEN	GATE PRACTICE
	14:00	BMX	WOMEN	FINALS
		BMX	MEN	FINALS
	15:00	VICTORY CEREMONY	WOMEN	-
	15:30	VICTORY CEREMONY	MEN	-



CYCLING

A. PROGRAM SCHEDULE

11th December 2013

(16:00) Licence & Jersey Control
(17:00) Team Manager's Meeting (MTB)

12th December 2013

(09:00) Cross Country Team Relay - Final
(11:00) Victory Ceremony (XCR)

13th December 2013

(08:00) Cross Country Olympics – Women Final
(10:00) Cross Country Olympics – Men Final
(12:00) Victory Ceremony (XCO)

(14:00) DHI Official Training
(15:00) DHI Official Timed Run - Women
(16:00) DHI Official Timed Run - Men

14th December 2013

(08:00) DHI Official Training
(09:00) DHI Finals - Women
(10:00) DHI Finals - Men
(11:00) Victory Ceremony (DHI)

18th December 2013

(16:00) Licence & Jersey Control
(17:00) Team Manager's Meeting (BMX)

19th December 2013

(08:00) BMX Gate Practice
(09:00) BMX TT & Motos - Women
(10:00) BMX TT & Motos – Men
(13:00) BMX Gate Practice
(14:00) BMX Semi-Finals & Finals - Women
(15:00) BMX Semi-Finals & Finals – Men
(16:00) Victory Ceremony (BMX)

V. MAP OF COMPETITION VENUE



VI. GENERAL RULES & REGULATIONS

1. RULES

The 27th SEA Games Cycling Competitions will be conducted in accordance with the Rules of Union Cycling International (UCI). In case of a disagreement in the interpretation of rules from versions in different languages, the English text will prevail. Any unforeseen incident not covered by the UCI Rules shall be dealt with accordingly in the following manner:

- a. Technical question shall be resolved in accordance with the UCI Rules.
- b. Case of general nature shall be resolved in accordance with the SEA Games Federation Statutes and Rules (2013). Particularly, the following rules shall have precedence:

SEAGF RULE 37 – NUMBER OF ENTRIES:

The maximum number of entries from each nation in each event is fixed by the Federation in consultation with the Host NOC. However, the following numbers cannot be exceeded:

- a. For individual events, including singles and doubles events, there shall only be two (2) entries from each NOC (without reserves). For the sports of Arnis, Bodybuilding, Boxing, Judo, Karate-do, Muay, Pencak Silat, Taekwondo, Weightlifting, wrestling and Wushu, there shall only be one (1) entry per weigh Category from each NOC, and for Sailing where there shall only be one (1) entry per event from each NOC. Any event with three or more members to make up a team shall be deemed to be a team event, and there shall only be one (1) team (entry) from each NOC.
- b. For team events, one (1) team per nation, the number of reserves shall not exceed the number of players allowed by the International Federation.
- c. For events where both team and individual competitions are conducted at the same time, the competitions for any one NOC cannot win more than two (2) medals in their respective individual events.

SEAGF RULE 40 – INTERNATIONAL FEDERATION:

- a. The Organizing Committee shall write to the International Federation concerned for their permission to hold their sport in the Games. If requested by the International Federation concerned one representative shall arrive at least five (5) days before the beginning

of the first event of their sport in order to check the facilities and equipment and arrange the entries, which must confirm to its rules and the rules of the SEAGF.

- b. The Organizing Committee shall pay the accommodation, meals and local expenses of its representative at the established rate of the Organizing Committee until two (2) days after the closing of their competition.
- c. In exceptional cases, if for technical reasons the presences of additional delegates are necessary, the appropriate arrangements shall be made with the Organizing Committee; the Executive Committee must be previously informed. In case of disagreement, the Executive Committee shall decide.

SEAGF RULE 41 – TECHNICAL OFFICIALS AND JURY OF APPEAL:

- a. The necessary Technical Officials (Referees, Judges, Umpires, Timekeepers, Inspectors, etc) and a Jury of Appeal for each sport shall be appointed by the Appropriate National Federation of the Host Country, which shall direct work in conjunction with the Organizing Committee.
- b. If technical officials are needed from the other Member Organizations, to be invited to the Games, the Organizing Committee shall seek approval from the Executive Committee. Should the Executive Committee approve the request, the Organizing Committee shall pay their expenses for accommodation, meals, and local transport for the whole period of the Games.
- c. The technical officials and the members of the Jury of Appeal must have never been professionals in sport.
- d. No official who has participated in a decision may serve in the Jury of Appeal that reviews it. The findings of the Jury shall be communicated as soon as possible to the Organizing Committee and the Executive Committee.
- e. Technical officials may not live in the Games Villages, but the Organizing Committee shall ensure and bear the cost of their living accommodation, including board and local transport facilities.
- f. The Jury of Appeal's decisions on all technical questions concern its respective disciplinary nature is final. They shall, however, be without prejudice to any further penalty, which may be imposed by the Executive Committee.



- g. The Jury of Appeal shall be composed of a Chairman, which position shall be filled up by the Host Country of the Games with a representative of each member country as members.
- h. The International Technical delegates to the Games may be appointed ex- office member of the body and shall act only in an advisory capacity, unless their respective International Federation requires otherwise.
- i. In the event of a dispute or protest relating to technical questions concerning its respective sporting event, representatives of countries in the Jury of Appeal whose countries are involved in the dispute or protest may be allowed to participate in the deliberations, but cannot vote in the resolution of the protest or dispute.

SEAGF RULE 42 – COURT OF APPEAL:

The Executive Committee on behalf of the Federation is the Court of Appeal, which will decide finally on all questions concerning the Games. NOCs or the Organizing Committee may submit questions to the Court of Appeal. In addition to this, the Court of Appeal may intervene in all questions of non-technical nature outside the Jurisdiction of the Juries of Appeal set up for each sport in the program.

SEAGF RULE 43 – CLAIMS AND PROTEST:

- a. Claims and protests made to the judges on the grounds concerning matters of fact are decided by them without appeal. Appeals against other decisions of the Judges or with regard to any other matter must be addressed to the Chairman of the Jury of Appeal for the sport concerned by the NOC of the country making appeal.
- b. For exceptional circumstances, any claim must be made within thirty (30) minutes of the decision giving rise to the claim. The Jury of Appeal after an investigation shall then give a decision and his decision shall be irrevocable, except the case of a disqualification of a team or a competitor for the infraction of the Southeast Asian Games Federation, which shall be decided by the Court of Appeal. All claims and appeals must be made in writing.

SEAGF RULE 44 – PENALTIES IN CASE OF FRAUD:

A competitor proved fraudulently to have transgressed the Rules and Regulations of the Southeast Asian Games Federation, shall be disqualified and lose any position he/she may have gained. If his competitor's NOC is proved to have been a party to the fraud, his/her country shall be disqualified in the sport involved.

2. PARTICIPATIONS

- a. The 27th SEA Games Cycling Competitions is reserved for the athletes representing the National Olympic Committee affiliated to the SEA Games Federation.
- b. Only Competitor who comply with the conditions laid down in The SEAGF Statutes and Rules (2013) and the UCI Rules are entitled to participate. In addition, every cyclist must possess a UCI License Valid through 2013.
- c. Each country may enter fourteen (14) men and twelve (12) Women rider, to be distributed as follows:
 - i. Mountain Bike 5 events, (5 Gold Medals)

XC Team Relay	M2/W2
XC	M4/W4
DH	M2/W2
 - ii. Road 6 events, (6 Gold Medals)

Individual Time Trial	M2/W2
Team Time Trial	M4
Individual Massed Start	M6/W4
Team Massed Start	M6
 - iii. BMX 2 events (2 Gold Medals) M2/W2
Medals will be awarded and be counted in the medal tally even though there is only two teams taking part in the competition.
Total = 13 Gold Medals
- d. Each country may enter riders with at least 19 years of age. It means that they must be born in the year of 1994, except for DH, XCR and the BMX the rider may enter at least 17 years of age and must be born in 1996.

3. ENTRIES

- a. Entries of each participating country must be submitted in accordance with the regulation laid down by the Organizing Committee of the 27th SEA Games.
- b. **Preliminary Deadline for "Entry by number"**
Preliminary entry form by number from each participating country, forwarded through the respective National Olympic Committee (NOC) must be completed and should be received by MYASOC not later than June 30th, 2013 at 24:00 hours Myanmar time (GMT+6.30).



CYCLING

c. Final Deadline for "Entry by Name"

The entry forms by name must be received by MYASOC not later than September 15th, 2013 at 24:00 hours Myanmar time (GMT+6:30).

- d. Both entries by number and name may be sent by fax or e-mail, but must subsequently be confirmed with the original documents, by mailing them to the following address:

SPORT TECHNICAL COMMITTEE SEA GAMES 2013

Address : Wunna Theikdi Main Stadium, Naypyitaw
Tel : 095 67 41 3848, 095 67 406182, 0951 577343
Fax : 095 67 41 3848, 095 67 406182, 0951 571061
E-mail : nocmya@gmail.com,
 kmlwin2006@gmail.com,
 mosports@gmail.com,
 unawtawng@gmail.com.mm
Website : www.myasoc.org , www.mosports.gov.mm
Official Website : www.27seagames2013.com

4. TECHNICAL MEETING

The Technical Meeting will be held one (1) day before the commencement of the competition. The time and venue of the meeting will be announced later.

VII. COMPETITION RULES & REGULATIONS

1. TECHNICAL ORGANIZATION

Myanmar Cycling Federation under the guidance of technical delegate(s) is responsible for the Technical Organization of the Cycling competition.

2. VENUES & EQUIPMENT

a. Competition Venues

The Competition venues information has already mentioned in the Article III. Competition Information (2A).

b. Equipment for Competition

All equipment and facilities will be prepared and be complied with the UCI Rules and Regulation (Latest Version).

3. COMPETITION MANAGEMENT

a. Medical Examination

i. Doping Control

Doping Control tests will be carried out in accordance with the Rules and Regulations. Doping Control test will be conducted using urine samples. Competitor chosen for doping control tests will be notified themselves to the doping control station with their accreditation (AD) cards not later than one hour after the competition. Tests results of competitors who fail to report to the control station will be processed as "positive". Competitors chosen for doping control tests must be accompanied by one of the following team officials, coach or doctor.

ii. Gender Verification

Gender verification tests will be carried out in accordance the Rules and Regulations except for those competitors who present a valid certificate of femininity issued by the International Olympic Committee (IOC) Medical Commission or Olympic Committee of Asia (OCA) Sports Medicine Committee.

iii. Victory Ceremony

Medals shall be presented if possible immediately after the event and where the competition is taken place in the following manner.

The competitor who have been judged first, second and third shall take their places in their sports costumes or uniforms and are ready at their places at the victory ceremony.



CYCLING

4. MEDICAL & HEALTH SERVICE

a. Medical Services

i. A Polyclinic will be set up in the Village and will be operated around the clock to provide primary medical care. A system will be set up to enable transportation to designate hospitals, when necessary.

ii. Medical Treatment will cover internal medicine general, and orthopedic surgery, ophthalmology otorhinolaryngology dentistry support services will include pharmacy physical therapy clinical laboratory test and radiology.

5. PROTESTS & FORFEITS

All protests shall be dealt with in accordance with the UCI and Specified Rules.

6. INTERVIEWS

Interviews with prize winners will be conducted in the designated interview room/corner following the Victory Ceremony.

7. ACCREDITATION

Accreditation is the process of identifying, registering and validating the eligibility of all participants of the SEA Games 2013. This ensures each person has access to the venues and areas that they need within the framework of their role and function. Participants are issued with a SEA Games Identity and Accreditation Card which must be visibly displayed on their person at all times during the Games. In case of lost or damaged Accreditation Cards, a written Statement of loss must be submitted to the Accreditation Department. The Accreditation Department reserves the right to re-issue eligible individuals with a new card. Lost or damaged cards will be cancelled within the system and may not be reactivated at a later stage.

SPECIFIC REGULATION

8. GENERAL TERMS AND REGULATION

a. Eligibility for participation:

Cross Country – Men and Women 19 years above (1994);
Downhill - Men and Women 17 years above (1996);
Cross Country Team Relay – Men and Women 17 years above (1996);
Riders may be asked to produce proof of date of birth.

b. Safety measures/liability/health insurance – in spite of all safety measures taken by the organizer in the course, riders should save themselves from any mishap and accidents. Mountain bike race has possible dangerous factors and riders are responsible for their own injury, damage, losses that may occur during the event.

9. HANDLE BAR AND BODY NUMBERS

All riders must display one body number fixed on the lower back and handle bar number during official training and racing. Cutting, folding or defacing of numbers will be penalized.

10. SPECIFIC RULES

a. CROSS COUNTRY TEAM RELAY - XCR

- i. Cross Country Team Relay event is open to a team of 4 riders with the following composition:
2 riders - Men
2 riders - Women
- ii. The order of each team is up to each team's discretion where the Start Commissaire will stage the riders accordingly.
- iii. An arm band will be given to each team. A rider can only start the next lap upon receiving the team arm band from the rider before him/her.
- iv. Each rider will complete 1 lap of 4km distance. The first team to complete the race will be declared the winner.

b. CROSS COUNTRY OLYMPIC CIRCUIT - XCO

- i. The distance of the course is 4km per lap with a race duration of 90 minutes. The number of laps will be announced after the Cross Country Team Relay.
- ii. The course will be marked with signages and taped for directions. There shall be marshal and check points throughout the course.

80% RULE

- iii. 80% rules shall be applied and the riders having 80% slower time from the leader will be pull-out in this zone. The rider shall be classified.

STAGING OF RIDERS

- iv. Riders shall be given start order as per UCI ranking and by random for unranked riders.
- v. Rider's numbers shall be displayed on the call-up boxes and the riders have to present themselves inside the boxes 10 minutes before the start. The riders who do not exit from the call up box shall be marked as DNS.



- vi. The staging will be strictly controlled and riders be placed on grids drawn on the ground. The riders in each grid line may choose their starting position in order of their ranking. The rider with the lowest rank gets first choice.
- vii. The riders must start with 2 hands on the handle grip and one foot on the ground.

FEEDING AND TECHNICAL ZONE

- viii. There shall be 2 Feed & Technical Zone which will be marked as FTZ1 and FTZ2.
- ix. Riders are allowed to take feeding and technical assistance from the same team members only.
- x. Running alongside, spraying and pouring of water on riders are not allowed.
- xi. Only accredited persons wearing team officials uniforms are allowed in the Feed & Technical zone.

c. INDIVIDUAL DOWNHILL - DHI ORGANISATION OF COMPETITION

- i. A single run format is used. This involved a mandatory Official Timed Run and Final. The fastest rider of the final is declared the winner.
- ii. Riders shall be given start order as per UCI ranking and by random for unranked riders. The same start order will be given for the Official Timed Run and the Final with the best rider starting last
- iii. The start interval will be 1 minute during the Official Timed Run and 2 minutes during the Finals.
- iv. For the final, a hot seat will be prepared for the 3 fastest riders at the finish tent.

COURSE

- v. The course for the downhill follows a descending route with a mixture of fast and technical sections to test the riders' technical skills and their physical ability.
- vi. The length of the course is 1.5km

- vii. Rider will start from a starting ramp.

CLOTHING AND PROTECTIVE ACCESSORIES

- viii. All lycra-elastane based tight-fitting clothing is not permitted.
- ix. Long sleeved Team Shirt must not be covered.
- x. A full-face helmet must be worn properly both when racing and when training on the course. The helmet must be fitted with a visor. Open-face helmets may not be worn.
- xi. The UCI strongly recommends that riders wear the following protection:
- back, elbow, knee and shoulder protectors made of rigid materials;
 - protection for the nape of the neck and the cervical vertebrae;
 - padding on shins and thighs;
 - broad full-length trousers made from rip-resistant material incorporating protection for the knees and calves, or broad-cut shorts made from rip-resistant material plus knee and calf protectors with a rigid surface;
 - long sleeved shirt;
 - full finger gloves.
- xii. Cameras are not permitted during the finals. The riders are responsible for securing the fixation of the cameras in order to avoid any danger.

d. BICYCLE MOTORCROSS – BMX

- i. The BMX event shall comprise standard 20 inch bicycle competitions and must meet the general specification provided in Chapter 9 of the UCI BMX Rule Book

ORGANISATION OF COMPETITION

- ii. The race is composed of 3 phases, the motos, the qualifiers (1/4 and ½ finals depending on the number of participants) and the finals.
- iii. A Time Trial qualification will be run in a maximum of two single run for each competitors to determine the seeding of motos.
- iv. The motos are divided in 3 rounds, at the end of which the riders with the best overall result shall transfer to the qualifiers.



CYCLING

- v. The motos will follow Appendix 2 – Starting Position
- vi. The transfers system will follow Appendix 1 of the UCI Cycling Regulation

APPENDIX 2

Moto 1	Moto 2	Moto 3
8	2	3
7	6	1
6	3	5
5	1	7
4	8	2
3	5	6
2	7	4
1	4	8

CLOTHING AND PROTECTIVE ACCESSORIES

Inspection

Before official practice, before the start of, or during the course of any competition or event, the rider, his bicycle, helmet and clothing may be subject to inspection by commissaries in order to ascertain whether or not this equipment conforms to these rules.

HELMET AND PROTECTIONS

- vii. Helmets must be of a full-face construction equipped with a visor minimum of 10 centimeter.
- viii. Helmet strap must be securely fastened during the completion of the race. Open face helmets are not allowed.
- ix. The UCI strongly recommends that riders wear the following protection:
- back, elbow, knee and shoulder protectors made of rigid materials;
 - protection for the cervical vertebrae

JERSEY

- x. The jersey shall be loose fitted long-sleeved shirt whose sleeves extend down to the rider's wrist. Lycra is not permitted.

- xi. The jersey must be tucked into the pants to not cause interference.

PANTS

- xii. The pants shall be loose fitting long pants made of tear-resistant material. Lycra is not permitted.
- xiii. Loose fitting short pants made of tear-resistant material are permitted if used together with knee and shin protection with a rigid surface that extends from the knee protection to fully cover the shin, or just to above the ankle. Lycra is not permitted unless for use under the pants and to cover knee protection.

INSPECTION

- xiv. Pants must be of a single piece construction, separated from the jersey at the waist. One piece skin suits are not permitted.

GLOVES

- xv. Gloves whose fingers completely cover the rider's finger tips.
- xvi. Any added aerodynamic accessories on personal equipments are not permitted.
- xvii. Cameras are not permitted during the qualifying rounds and finals. The riders are responsible for securing the fixation of the cameras in order to avoid any danger.

INTERNATIONAL PERMANENT RACE NUMBER

- xviii. NF should inform beforehand the details of their riders wearing International Permanent Race Number.

e. SPECIFIC REGULATION FOR ROAD RACES

The 27th SEAGames Myanmar for Road Races will be held at Nay Pyi Taw, Myanmar from 15th to 19th December 2013. The Road Race event will be governed by the Rules of UCI and the rules of 27th SEAGames Organizing Committee. All Race incidents and technical mistakes during the race will be decided by the Commissaire's Panel according to UCI scale of Penalty Part 12 Discipline and Procedures.

INDIVIDUAL TIME TRIAL

- i. The race distance for Women is 20 km and for Men is 40 km. The maximum entry for each category is 2 riders.



CYCLING

- ii. The starting order will be decided by the Commissaire's Panel.
- iii. The interval between each rider is 1 minute.
- iv. All riders must present themselves for checks on their bicycles no later 15 minutes from their start line, (2.4.010)
- v. If one rider is caught up by another, for checks on their lead nor follow in the slipstream of the rider who caught up. (2.4.017)
- vi. A rider, upon catching up with another shall have a lateral gap of at least 2 meters between himself and the other rider. After 1 km, the rider caught up shall ride at least 25 meters away from the other. (2.4.018)
If necessary, the commissaire shall force the riders to leave the 2 meter lateral gap and the distance of 25 meters respectively, without prejudice to the penalties provided for in the scale of penalties (article 12.1.040, point 40)
- vii. Feeding is not permitted.
- viii. The following vehicles shall follow at least 10 meters the rider, overtake him nor draw up level with him. In the case breakdown, the technical support may be rendered only with the rider and stationary and the following vehicle shall not hinder anyone else. (2.4.023)
- ix. The following vehicle of a rider who is about to be caught shall, as soon as the distance between the two riders drops below 100 meters, drop behind the vehicle of the other rider. (2.4.024)
- x. The vehicle of a rider who catches another may not take up position between the riders until they are at least 50 meters apart. Should this gap subsequently be reduced, the vehicle shall drop back behind the second rider. (2.4.025)
- xi. No equipment for the riders may be prepared or held ready outside the following vehicle, Persons riding in vehicles shall not reach or lean out. (2.4.27)
- xii. Megaphones or loud-hailers be used. (2.4.029)

TEAM TIME TRIAL

- i. This event is run by Men of 4 riders at the distance of 100 kms.

- ii. The starting order will be decided by the Commissaire's Panel.
- iii. The interbal between each Team is 2 minutes.
- iv. All riders must present themselves for checks on their bicycles on later than 15 minutes from their start line. (2.5.009)
- v. If a team is caught up by another, he may neither lead nor take the advantage of riding in the slipstream of the team that catches it. This clause shall equally apply to riders that drop behind. The rider that has drop behind may not join another team, nor receive or provide assistance (2.5.015)
- vi. A team, upon catching another, shall have a lateral gap of at least 2 meters between the. After 1 km, the team caught up shall ride at least 25 meters away from the other. (2.5.016)
If necessary, the commissaire shall force the riders to leave the 2 meter lateral gap and the distance of 25 meters respectively, without prejudice to the penalties provided for in the scale of penalties (article 12.1.040, point 44)
- vii. Whether feeding is allowed or not, it will be discussed during in the team manager's meeting.
- viii. The following vehicle shall follow at least rider of the team, shall never overtake it nor drop up level with it in the case breakdown, technical support may be rendered only with the rider and vehicle stationary. (2.5.021)
- ix. The following vehicle of a team that is about to be caught shall, as soon as the distance between the two teams drops below 100 meters, drop back behind the vehicle of the other team. (2.5.023)
- x. The vehicle following a team that catches up another may not take up position between the teams Should this gap subsequently reduced, the vehicle shall return to its position behind the last rider of the 2nd team. (2.5.024)
- xi. No equipment for the riders may be prepared or held ready outside the following vehicle. Persons riding in vehicles shall not reach or lean out (2.5.025)
- xii. Megaphones or loud-hailers may be used. (2.5.027)



- xiii. The time will be taken on the third rider of each team. **IN-DIVIDUAL MASED START ROAD RACEI.** The distance of Women Road Race is 100km and is run as individual competition.
- ii. The distance of Men Road Race is 160km and is run as an individual and Team competition.
- iii. The maximum entry for Women is 4 riders and the maximum entry for Men is 6 riders.
- iv. To qualify for a team medal, the team must complete the race with at least 3 riders on the given time limit.
- v. The time limit for Road Race is 10%.
- vi. All riders must sign the "Start on Sheet" at least and stopped at 20 km before finish.
- vii. Feeding will be allowed at 50km after the start and stopped at 20km before finish.
- viii. Procedures of Feeding is based on rules 2.3.025.
- ix. Feeding zone will be provided at km.....until km.
- x. The organizer will provide 2 neutral service vehicles.
- xi. No equipment for riders may be prepared or held ready outside the following vehicle, Persons riding in vehicles shall not reach or lean out.
- xii. All riders may render each other such minor services as lending or exchanging food, drink, spanners or accessories. The lending or exchanging of tubular tires or bicycles and waiting for a rider who has been dropped or involved in accident shall in all cases be forbidden, on pain of disqualification. (2.3.012)

11. SAFETY

MARSHALS a. Marshal will signal the arrival of riders with a short, loud blast on a whistle.

b. All marshals working on potentially hazardous sections of the course

will carry a yellow flag which is waved in the event of a crash in order to warn other riders.

- c. For DHI event, riders observing a waving red flag during the race must stop immediately. A stopped rider must continue calmly to the finish and request a re-start from the finish line commissaire and wait for further instruction.

MEDICAL

First aiders and ambulance will be placed along the race course

12 CONDUCT OF RIDERS

- a. A rider must act in a sporting manner at all times and must permit any faster rider to overtake without obstructing.
- b. If a rider exits the course for any reason, he/she must return to the course at the same point from which he/she exited. If the Commissaires Panel deems that the rider gained advantage, the rider is disqualified (DSQ).
- c. The riders must respect nature and must make sure that they do not pollute the course venue.
- d. Anyone who is found to have altered the course has his/her accreditation removed or, in case of a rider, is disqualified (DSQ).

13 RESULT AND PODIUM CEREMONY

- a. The results will be posted on display boards and boxes designated to teams after the race.
- b. No slippers and open sandals are allowed on the podium to maintain dignity of the sports.
- c. No caps, sunglasses and goggles shall be worn during the podium.
- d. Winners must come to the podium in their National Racing or Team Attire.

14 CANCELLATION

In the case of bad weather the Commissaires' Panel may decide to cancel the event after consulting the organiser.



VIII. PRIZES AND COMMENDATION

1. VICTORY CEREMONIES

The victory ceremonies shall normally be held after the completion of each event. Participants receiving awards must wear their official NOC Uniforms.

2. PRIZES

The prizes will be awarded as follows:

First Prize : Gold Medal and Diploma

Second Prize : Silver Medal and Diploma

Third Prize : Bronze Medal and Diploma

4th-6th : Diploma to the athletes placed fourth to sixth in each event.

There shall be notice for gold, silver or bronze medal placing, except in event where there no play. If between semi-finalists for the bronze medal. Should there be tie at the end of a competition for the gold, silver (or) bronze placing a sudden death play of shall be held to break the tie.



IX. APPROVAL OF TECHNICAL HANDBOOK

This Technical handbook was approved by the Asian Cycling Confederation (ACC).