



Technical Guide

Version 2.0

28th Asian Mountain Bike Championships
14th Asian Junior Mountain Bike Championships

Ponmudi Hills, Thiruvananthapuram, Kerala, India
26-29 October 2023

Message from President, ACC



Dear President Mr. Pankaj Singh,

As the President of the Asian Cycling Confederation, I am pleased to extend my warmest congratulations to the Cycling Federation of India for hosting the first-ever Asian Mountain Bike Championship, 28th Senior and 14th Junior Asian Mountain Bike Championships in the picturesque location of Kerala, India.

This event stands as a testament to the dedication and passion of the Cycling Federation of India, which has worked tirelessly to bring together athletes and delegates from across Asia. Your commitment to the sport of cycling and the spirit of international camaraderie is truly commendable.

I extend a heartfelt welcome to all the athletes and delegates who have travelled from various corners of Asia to be a part of this championship. Your presence adds immense value to this event, and we are eager to witness the remarkable displays of skill, determination, and sportsmanship that you will undoubtedly showcase.

With its lush landscapes and vibrant culture, Kerala serves as the perfect backdrop for this championship. We hope that amidst the competition, you find moments of serenity and inspiration in this beautiful region.

May this championship be a memorable and enriching experience for all. Let it serve as a platform for strengthening bonds and fostering a deeper understanding among the diverse nations of Asia.

Once again, my sincere congratulations to the Cycling Federation of India for their hard work and dedication in organizing this event. I have no doubt that this championship will be a resounding success.

Warm regards,

H.E. Osama Al Shafar

President
Asian Cycling Confederation

Message from Secretary General, ACC



The Asian Cycling Confederation is pleased to know that Cycling Federation of India is organizing the 28th Senior and 14th Junior Asian Mountain Bike Championships in Ponmudi Hills, Trivandrum, Kerala from 26th to 29th Oct. 2023.

The Cycling Federation of India is holding this event for the first time ever and I am sure that under the patronage of Sh. Pankaj Singh, President, Cycling Federation of India is going to be a grand event.

It is going to be an Olympic qualifier and has the record number of participants and first time ever 20 teams from across the continent will be vying for top honor.

I wish all the participants and the organizer best of luck and hoping for safe cycling.

Onkar Singh,
Secretary General,
Asian Cycling Confederation

Message from President, CFI



Dear Distinguished Guests, Athletes, and Delegates,

As the President of the Cycling Federation of India, it is my honor and privilege to extend a heartfelt welcome to all the esteemed athletes and delegates from Asian countries who have gathered here to participate in the 28th Senior and 14th Junior Asian Mountain Bike Championships.

Kerala, known for its breathtaking natural beauty and warm hospitality, provides the perfect backdrop for this prestigious event. We are thrilled to host this championship, and we are committed to ensuring that your experience is nothing short of exceptional.

This competition not only showcases the incredible talent and dedication of the participating athletes but also serves as a testament to the unity and camaraderie that exists among the Asian nations. It is a celebration of the shared love for cycling and the pursuit of excellence.

Throughout your stay, we hope you take the time to immerse yourselves in the unique culture and traditions of Kerala. The lush landscapes, serene backwaters, and vibrant local communities offer a truly enriching experience.

To all the athletes, coaches, officials, and supporters, I extend my best wishes for a successful and memorable championship. May this event be a platform for not only fierce competition but also the forging of lasting friendships and mutual understanding.

Once again, a warm welcome to each and every one of you. Let us come together to make the 28th Senior and 14th Junior Asian MTB Championships a resounding success.

Warm regards,

Pankaj Singh

President
Cycling Federation of India

Message from Secretary General, CFI



Dear Esteemed Guests and Athletes,

As the Secretary General of the Cycling Federation of India, it is with immense pleasure and pride that I extend a warm welcome to all the athletes, coaches, and officials participating in the 28th Senior and 14th Junior Asian Mountain Bike Championships hosted by the Cycling Federation of India.

This event is a celebration of the spirit of sportsmanship and partnership, bringing together talented cyclists from across Asia to compete at the highest level. We are honored to have you here in India, and we are committed to providing an exceptional experience for all participants.

In this technical guidebook, you will find comprehensive information about the championships, including event schedules, competition rules, venue details, and important contact information. We encourage you to familiarize yourselves with its contents to ensure a smooth and enjoyable participation.

Once again, on behalf of the Cycling Federation of India, I extend a warm welcome to each and every one of you. We look forward to witnessing outstanding performances and creating lasting memories during the championships.

Best regards,

Maninder Pal Singh

Secretary-General
Cycling Federation of India

1. Welcome:

Cycling Federation of India welcomes to all the participants, officials, UCI Officials, ACC Officials for 2023 Asian Mountain Bike Championships at Ponmudi Hills, Kerala, India. The state of Kerala is also known as God's own Country.

2. CFI Management Committee:



Sh. Pankaj Singh
PRESIDENT



Sh. Manjit Singh GK
SR. VICE PRESIDENT



Sh. Devendrashih b Solanki
VICE PRESIDENT



Smt. Gagandeep Kaur
VICE PRESIDENT



Sh. P Malla Reddy
VICE PRESIDENT



Sh. Prashant Singh
VICE PRESIDENT



Sh. Pratap Jadhav
VICE PRESIDENT



Sh. Vimal Choudhary
VICE PRESIDENT



Sh Maninder Pal Singh
SECRETARY GENERAL



Sh. Bharat Patel
JOINT SECRETARY



Sh. Neeraj Tanwar
JOINT SECRETARY



Sh. R K Gupta
JOINT SECRETARY



Sh. Ravinder Singh
JOINT SECRETARY



Sh. Shailendra Kumar Pathak
JOINT SECRETARY



Dr. Tapan Das
JOINT SECRETARY



Sh. Jayaprasad B
EXECUTIVE MEMBER



Sh. Kaushal Kishore Singh
EXECUTIVE MEMBER



Sh. K Dattatraya
EXECUTIVE MEMBER



Sh. M. Vignesh Kumar
EXECUTIVE MEMBER



Sh. Pramod Sharma
EXECUTIVE MEMBER



Sh. Prasanna Kumar Rout
EXECUTIVE MEMBER



Sh. Rohit Sharma
EXECUTIVE MEMBER



Ms. Shipra Verma
EXECUTIVE MEMBER



Sh. V A Shiyad
EXECUTIVE MEMBER

3. 2023 Asian Mountain Bike Championships Host partners



4. Introduction:

This document having all the relevant information required by the participating Country regarding the participation of the teams in the 2023 Asian Mountain Bike Championships.

5. Program:

Day	Date	Time	Schedule	Location	Remark
0	23.10.23	All day	Arrival of PCP & ITOs	Airport	
0	23.10.23	All day	Arrival of Team	Airport	
1	24.10.23	0900 - 1130	UCI – Commissaire XC / XCE course inspection	XCO course	No teams allowed on Course till 1400
		1130 - 1230	UCI Commissaire Lunch	Venue	
		1230 - 1330	UCI - Commissaire DHI course Inspection	DHI Venue	
		1400 - 1600	All Teams Course inspection on foot	XCO venue	Teams allowed from 1400
		1400 - 1600	All Teams Course inspection on foot	DHI Venue	
		1700 - 1800	Commissaire Meeting	Hotel Hyatt	
		1800 - 1900	Meeting with Organizer	Hotel Hyatt	
2	25.10.23	0900 - 1100	DHI Official training – Session 1	DHI Venue	All Riders
		1100 - 1200	DHI Official training – Session 1 for Elite Rider	DHI Venue	Only Elite Riders
		0900 - 1100	XCO Official Training – Session 1	XCO Venue	All riders
		0900 - 1100	License Control and Riders Confirmation	Hotel Hyatt	
		1130 - 1145	Team Manager Meeting	Hotel Hyatt	
		1300 - 1500	DHI Official training – Session 2	DHI Venue	All Riders
		1500 - 1600	DHI Official training – Session 2 for Elite Rider	DHI Venue	Only Elite Riders
		1300 - 1500	XCO Official Training – Session 2	XCO Venue	All riders
		1300 - 1730	Opening Ceremony	Hotel Hycinth	
3	26.10.23	0900 - 1000	XCO Official Training – Session 3	XCO Venue	All riders
		0900 - 1100	DHI Official training – Session 3	DHI Venue	All Riders
		1100 - 1200	DHI Official training – Session 3 for Elite Rider	DHI Venue	Only Elite Riders
		1100 - 1300	XCR FINAL	XCO VENUE	
		1400 - 1530	DHI OFFICIAL TIMED SESSION	DHI VENUE	
		1545 - 1600	VICTORY CEREMONY	XCO VENUE	ALL EVENT
4	27.10.23	0900 - 1100	DHI Official training – Session 4	DHI Venue	All Riders
		1100 - 1200	DHI Official training – Session 4 for Elite Rider	DHI Venue	Only Elite Riders
		0900 - 1100	XCO Official Training – Session 4	XCO Venue	All riders
		1400 - 1500	DHI FINAL – WOMEN ELITE	DHI VENUE	
		1500 - 1600	DHI FINAL – MEN ELITE	DHI VENUE	
		1615 - 1630	VICTORY CEREMONY	XCO VENUE	ALL EVENT
5	28.10.23	0900 - 0930	XCO Official Training – Session 4	XCO Venue	All riders
		0945 - 1115	XCO FINAL – WOMEN U23	XCO VENUE	
		0955 - 1125	XCO FINAL - WOMEN JUNIOR	XCO VENUE	
		1145 - 1315	XCO FINAL - MEN U23	XCO VENUE	
		1155 - 1325	XCO FINAL – MEN JUNIOR	XCO VENUE	
		1345 - 1515	XCO FINAL – WOMEN ELITE	XCO VENUE	
		1530 - 1700	XCO FINAL – MEN ELITE	XCO VENUE	
		1645 - 1700	VICTORY CEREMONY	XCO VENUE	ALL EVENT
6	29.10.23	0900 - 0930	XCE Official Training – session 5	XCE Venue	
		1000 - 1100	XCE SEEDING TIME TRIAL	XCE VENUE	
		1115 - 1500	XCE FINAL (MEN & WOMEN)	XCE Venue	
		1715 - 1730	VICTORY CEREMONY	XCO VENUE	XCE (MEN & WOMEN)

*The timing of the above schedule may be changed as per the situation at venue by the commissaire's panel

6. Participation per National Federation:

Event	Men	Women	Under 23
Down Hill (DH) Elite (19 years & above) Junior (17 & 18 years)	Elite Men - 4 Junior Men - 4	Elite Women – 4 Junior Women - 4	
Cross Country Olympic (XCO) Elite (19 years & Above)	Elite Men – 6 Junior Men – 4	Elite Women – 6 Junior Women – 4	Men – 6 Women - 6
Cross Country Eliminator (XCE) (Age 17 years & above)	Men - 4 Women - 4		
Cross Country Team Relay	1 Men Elite, 1 Women Elite, 1 U23(Men or Women), 1 Junior (Men or Women), + 1 rider from any above category any gender (1 women rider must be included.)		

7. Riders category:

The event is for the riders of the National Federations affiliated to the Asian Cycling Confederation (ACC) and the championships comprise the events and categories as follows:

a. Down hill (DHI)

- Men Elite (Age 19 years old and over) born year 2004 and older
- Women Elite (Age 19 years old and over) born year 2004 and older
- Men Junior (Age 17-18 years old) born year 2005-2006
- Women Junior (Age 17-18 years old) born year 2005-2006

Each Federation can send the maximum 4 riders for DHI Men and Women category.

b. Cross Country Olympic (XCO)

- Men Elite (Age 19 years old and over) born year 2004 and older
- Women Elite (Age 19 years old and over) born year 2004 and older
- Men Junior (Age 17-18 years old) born year 2005-2006
- Women Junior (Age 17-18 years old) born year 2005-2006

Each Federation can send the maximum 4 riders for DHI Men and Women category.

c. Cross Country Team Relay (XCR)

1 Men Elite, 1 Women Elite, 1 U23 (Men or Women), 1 Junior (Men or Women), + 1 rider from any above category any gender (* 1 women rider must be included.)

Each Federation can send only one team which will be comprised 5 riders.

At least 5 countries with 6 riders must participate to meet UCI requirements.

However, since we are not expected to participate in more than 5 countries, we are planning to hold the event with 5 riders per team. Please note that UCI points are not given on XCR.

d. Cross Country Eliminator (XCE)

- Men (Age 17 years old and over) born year 2005 and older
- Women (Age 17 years old and over) born year 2005 and older

Each Federation can send the maximum 4 riders for XCE Men and Women category.

8. Meetings (License control, Jersey check and entry confirmation)

Wednesday, 25th Oct. 2023:

09:00 Hrs. to 11:00 Hrs.: License control, Jersey check and entry confirmation

11:30 Hrs. to 11:45 Hrs.: Team Manager's Meeting

Venue: Hyatt Regency Trivandrum

CV Raman Pillai Rd, Thiruvananthapuram, Kerala 695014

All participating teams have to attend license control to present riders licenses and confirm entries.

Notes:

- Injury or illness will not be accepted as a valid circumstance unless the riders is declared unfit to start by the official doctor
- At the time of the rider's confirmation, team managers must present their National outfit to the commissaires

- Race numbers must be collected at the time stated in the program schedule.
- Rider license and passports must be submitted to the commissaire panel. The race number for the team relay shall be distributed in the morning of the event in accordance with the instructions given by the commissaires panel at the team manager's meeting.
- A rider shall ensure that their race number is visible and legible at all time. The race number shall be well fixed and may not be folded or altered.
- Please note that training will not be authorized without a number plate. The temporary number plate for the training can be collected upon arrival the teams

9. Accreditation:

- a. For the accreditation card, [click here](#)
- b. Deadline for the registration of accreditation card: 15th Oct. 2023
- c. Accreditation cards can be collected at the time of entry confirmation

**10. Race Procedure:
XCO, XCE and XCR**

- In Mass start events, riders must be called to the start not earlier than 20 minutes before the scheduled start of the race. This period can be reduced as per the circumstances.
- The riders line up in the order in which, they are to be called to the start line. The number of riders on each line is decided by the president of the commissaires panel and supervised by a commissaire. The rider himself decides, which position on the line to take.
- Once the riders are lined up, warm-up (by rollers, turbo trainer, etc.) is excluded inside or outside the start area.
- The start is given by the start commissaire using the following procedure:-
 - 3,2,1 minutes and 30 seconds before the start, then a final announcement that the start is given within the next 15 seconds.
- Start lights will be used if available, either wise a whistle or a starting gun will be used to give the start.
- The start briefing is given in the English language (one of the official languages of UCI)

DHI:

- A downhill seeding run will take place as per the schedule given in the program.
- All riders are required to ride in the qualification round.
- 80% of the riders from the qualification round shall ride in the final round as per their ranking in the qualification round.

11. Technical assistance (XCO, XCR)

- a. No rider may turn back on the course to reach a feed/ technical assistance zone. Any rider doing so is disqualified. Only within the feed/ technical zone itself, a rider may turn back as long as they do not obstruct other competitors.
- b. Technical assistance during the race is permitted subject to the conditions below
- c. Authorized technical assistance during a race consist of repairs to or the replacement of any part of the bicycle other than the frame. Bike changes are not permitted, and the rider must cross the finish line with the same handlebar number plate that he had at the start.

- d. Technical assistance can only be given in the feed/ technical assistance zones.
- e. Spare equipment and tools for repair must be kept in these zones. Repairs and equipment changes can be carried out by the rider himself or with the help of a teammate, team mechanic or neutral technical assistance.
- f. In addition to technical assistance in feed zones, technical assistance is permitted outside these zones only between riders who are members of the same National Federation.

12. Race clothing

- a. Participating teams shall submit a sample of their National team clothing of validation to the commissaire panel of the events.
- b. The apparel of the riders of a National team must always be identical to the last sample submitted.
- c. Riders of the same National team must wear identical racing shorts during the same event, except for advertising space included in a lateral band 9 cm wide, which may differ from one rider to another. This means that National Federations must also provide their riders with National racing shorts.
- d. The team managers must therefore present the National jersey and shorts to the commissaire panel at the time of riders confirmation.
- e. Jersey: The jersey shall be long sleeved shirt whose sleeves extend down to the rider's wrists. Jerseys used in downhill events should be a type of specifically designed and sold for use in BMX racing or Mountain Bike Downhill events. Jerseys designed for road cycling, skinsuits, or one-piece suits comprising the jersey and the pants/ shorts are not permitted for use in downhill events. The jerseys must be either close fitting around the waist or must be tucked into the pants before the start to not cause interference.
- f. Pants: Long pants or short pants combined with suitable knee and shin protection are authorized. Such long or short pants should be of a type that is specifically designed and sold for use BMX racing or mountain bike downhill events. Long pants of the type described above must be one piece construction and made of tear-resistant material. They should cover the entire length of both legs until just above the shoe or ankle. Short pants of the type described above must be of one-piece construction and made of tear-resistant material. They should be worn together with suitable leg protection, that covers the entire knee and the entire shin until just above the ankle.
- g. A full-face helmet must be worn properly both, when racing and when training on the course. The helmet must be fitted with a peak. Open-face helmets may not be worn.
- h. The UCI strongly recommends that riders wear the following protection:
 - Back, elbow, knee and shoulder protectors made of rigid materials,
 - Protection for the nape 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.

13. Official Ceremonies:

The following points apply to the official ceremonies:

- Within 10 minutes following the end of each specialty (unless otherwise provided and duly recorded in an official communique), the continental champion of the event, as well as the second and third placed riders shall be ready for the official ceremony that shall be conducted under the responsibility of the President of the Commissaire panel.
- Riders shall appear in racing attire, wearing their National jerseys but bare-headed and without headband or glasses, until they leave the official ceremony enclosure.

14. Officials:

President of Commissaire Panel:

Mr. CHRISTMAS Jeremy – New Zealand

ACC Technical Delegate:

Mr. Pinaki Bysack – India

International Technical official:

1. Ms. Beatrice A Lajawa – Malaysia
2. Ms. Brittney Adlynn R – Malaysia
3. Mr. Sung Woong Park - Korea
4. Mr. Sondi Sampurno - Indonesia
5. Mrs. Csilla TAM - Hungary

15. Organizer's details

Cycling Federation of India

#B 23, Dwarka Sector 12 B,

New Delhi – 110059

Email: secretarygeneral@cfiindia.in

Contact information: Mob. No. +91 8384013311, +91 8375997419

Website: www.cfiindia.in

16. Official Hotel

Hyatt Regency Trivandrum

CV Raman Pillai Rd,
Thiruvananthapuram,
Kerala 695014

Hotel Hycinth

Near Manorama Office, Manorama Rd,
Thampanoor, Thiruvananthapuram,
Kerala 695001

Hotel KKM International

ITC 81/2826-4, Near Sangeetha College, Thycad,
Thiruvananthapuram, Kerala - 695 014

17. Championships Venue:

Ponmudi Hill, Trivandrum, Kerala

Appx. 70 Km. from the hotel

18. Accommodation & Meals:

The charges of the accommodation are USD 90 per day per person for double and USD 110 per person per day for single. Single rooms are limited so teams are to book their requirements in advance, the rooms will be booked on first come first serve basis. The charges are included airport pickup and drop (one time). All the teams are advised to deposit the boarding/ lodging charges via bank transfer before arrival or upon arrival at the time of check-in.

- Check in time: 12:00 Hrs.
- Check out time: 12:00 Hrs.

Cancellation: Free cancellation will be allowed till 19th Oct. 2023 or 6 days before the check-in date, after that 100% accommodation charges shall be borne by the respective team

Bike storage: Bicycle storage space will be provided near the race venue and it will be safe in lock and key. All the teams have to handover bicycle boxes to our representative at the Airport, which will be transported to the venue. No bicycle will be allowed to store in the hotel.

19. Transportation:

Teams will be provided free transportation from the airport to the designated hotel. Only one pick up and drop will be provided to each team, any teams requiring additional transport facility to airport and back will be charged extra. All teams must intimate their arrival 10 days in advance to arrange their pickup from airport. The Airport to Hotel is appx. 15 Km. Each team will be provided a Liaison Officer.

Nearest international airport Thiruvananthapuram (TRV) and connectivity through Delhi, Mumbai, Chennai and Kolkotta

Shuttle service from hotel to the venue and back will be provided.

Note:

- 1. Teams comprising of 17 members, and above will get dedicated shuttle for the competition days, however, small teams shall be provided shuttle along with fellow teams.**
- 2. Lunch will be provided at the venue only (no lunch will be in the hotel).**
- 3. Shuttle timings are as follows:**
 - a. Hotel to Venue: 06:30 AM**
 - b. Venue to Hotel: After completion of the event**
- 4. No frequent shuttle shall be provided**

20. Key Dates (deadlines):

- | | |
|----------------------------|------------------|
| a. Entry by Number | : 20th Aug. 2023 |
| b. Entry by Name form | : 31st Aug. 2023 |
| c. VISA information form | : 31st Aug. 2023 |
| d. Hotel booking form | : 20th Sep. 2023 |
| e. Flight information form | : 10th Oct. 2023 |

21. VISA

For VISA assistance and invitation letter from the Cycling Federation of India, the teams may write to secretarygeneral@cfiindia.in

22. For any enquiry, please contact:-

Mr. Vinay Kumar Singh,

Manager, International Relations,
Cycling Federation of India –
Mob. No. +91 8384013311

Ms. Heena Prashar,

Coordinator, International Relations,
Cycling Federation of India
Mob. No. +918375997419

Organizer:

Cycling Federation of India
B 23, 4th Floor, Dwarka Sector 12, New Delhi –
110078, Tel Ph. +91 11 23753528

Email: secretarygeneral@cfiindia.in
www.cfiindia.in

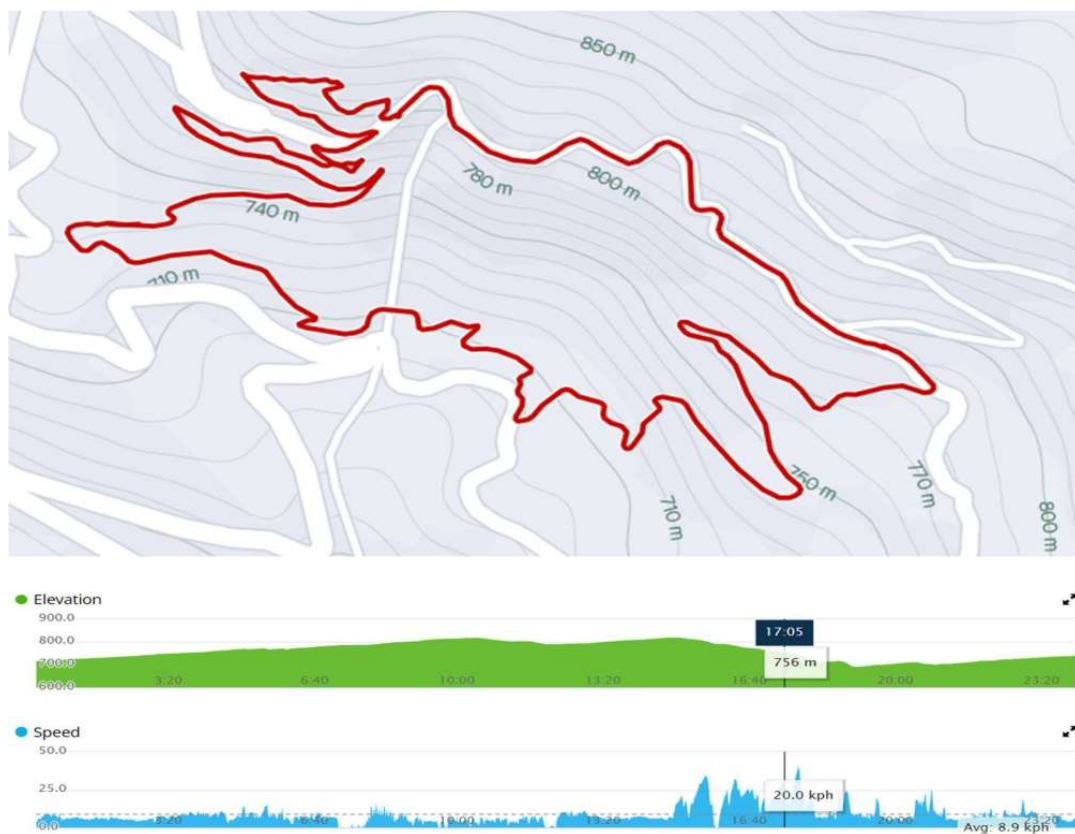
23. Other information:-

Time difference	:	GMT +5.5Hrs.
Climate during Oct. in Trivandrum	:	Summer Weather 23o C to 31o C
Voltage	:	230 volts, 3 pin round plug
Currency	:	INR (Indian Rupees, 1USD = 84 INR)
Appx.	:	

ALL MAJOR CREDIT CARDS ARE ACCEPTED IN INDIA.

24. Course information:

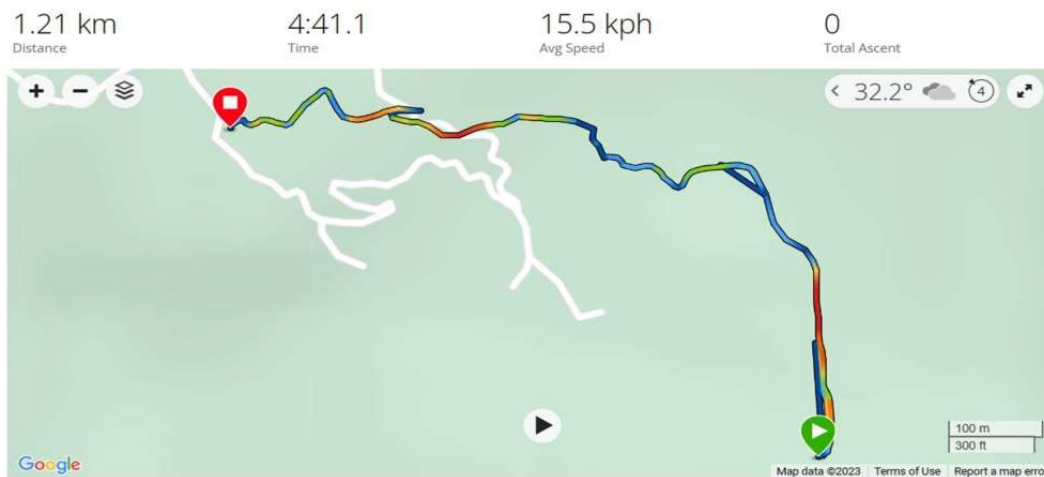
a. XCO & XCR COURSE: 1 Loop 3.5 Km.



b. XCE course: 450 Mtrs.



c. DH course: 1.21 Km.





Cycling Federation of India
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New Delhi – 110059
Email: secretarygeneral@cfiindia.in
Website: www.cfiindia.in