



**TECHNICAL GUIDE**  
**21<sup>st</sup> ASIAN MOUNTAINBIKE CHAMPIONSHIPS &**  
**7<sup>th</sup> JUNIOR ASIAN MOUNTAINBIKE CHAMPIONSHIPS, 2015**  
**Melaka Historical City, Malaysia**  
**12<sup>th</sup> - 16<sup>th</sup> Aug 2015, Edition 1**

## 1. INTRODUCTION

This document summarizes the information needed by National Federations for participating in the 21<sup>st</sup> Asian Mountain Bike Championships & 7<sup>th</sup> Junior Asian Mountain Bike Championships, 2015

## 2. RULES

The 21<sup>st</sup> Asian Mountain Bike Championships & 7<sup>th</sup> Junior Asian Mountain Bike Championships, 2015 will be conducted in accordance with latest Rules and Regulations of the Union Cyclist International (UCI) and Asian Cycling Confederation (ACC). In case of disagreement in the translation of the rules, the English text shall prevail. Any unforeseen cases not covered by the regulation shall be dealt with accordingly:

General issues : Resolved in accordance with UCI and ACC Constitution

Technical issues: Resolved in accordance with the spirit of the UCI rules

The UCI penalty scale is the only one applicable.

## 3. PARTICIPATION

As per UCI regulation, all National Federations affiliated to the Asian Cycling Confederations can take part in the 21<sup>st</sup> Asian Mountain Bike Championships & 7<sup>th</sup> Junior Asian Mountain Bike Championships, 2015

### EXTRACT FROM UCI REGULATIONS (CHAPTER X – CONTINENTAL CHAMPIONSHIPS)

**10.1.005** All National Federations affiliated to their Continental Association, and only these, can take part in Continental Championships races. The maximum number of riders taking part in the various races will be the same for all these Federations.

**10.1.006** A rider against whom an investigation was opened in relation to a fact which may cause a breach of the UCI Anti-Doping Rules, will not be eligible for the Continental Championships and is not authorized to participate to the Continental Championships until the end of the suspension or until his definitive acquittal. In the event of a positive A Sample, this clause applies starting from the notification of the abnormal analysis result to the rider.

Unless otherwise decided by the anti-doping commission, the above paragraph is also applicable in the event of an investigation or a procedure regarding such a fact, opened in pursuance of a law or other regulation.



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Specific cases are examined by the anti-doping commission or its president. Their decision is without appeal.

In addition to the disqualification, the licensee and his national federation will be respectively sanctioned by a fine of CHF 2000 to CHF 10000.

The present condition for participation, aims to protect the integrity, serenity and reputation of the Championships. Its application does not prejudice the decision whether an anti-doping violation has occurred and shall not give rise to any claim in the events of acquittal.

#### **4. COMPETITORS' AGE**

Participation in elite competitions shall be open to riders born in 1996 and below (19 years old and above). Participation in junior competitions shall be open to riders born in 1997 and 1998 (17-18 years old). **Only for DHI, Elite competition open to riders born in 1998 and below (17 years old and above)**

#### **5. REGISTRATION PROCEDURE**

All National Federation shall return their delegation composition and **Entry Form by Number** before **15<sup>th</sup> June 2015** and Preliminary **Entry Form by Names** before **6<sup>th</sup> July 2015** either by email, fax or post to Malaysian National Cycling Federation.

##### **Down Hill Individual (DHI):**

Men Elite, 17 years and above (born in the year 1998& earlier)  
Women Elite, 17 years and above (born in the year 1998& earlier)

##### **Cross Country Olympic (XCO):**

Men Elite, 19 years and above (born in the year 1996& earlier)  
Women Elite, 19 years and above (born in the year 1996& earlier)  
Men Junior, 17 & 18 year only (born in the year 1997 to 1998)  
Women Junior, 17& 18 year only (born in the year 1997 to 1998)

##### **Cross Country Team relay (XCR):**

National team will consist of 1 (one) rider each category of the Men Elite, Women Elite, Men Junior, Women Junior.



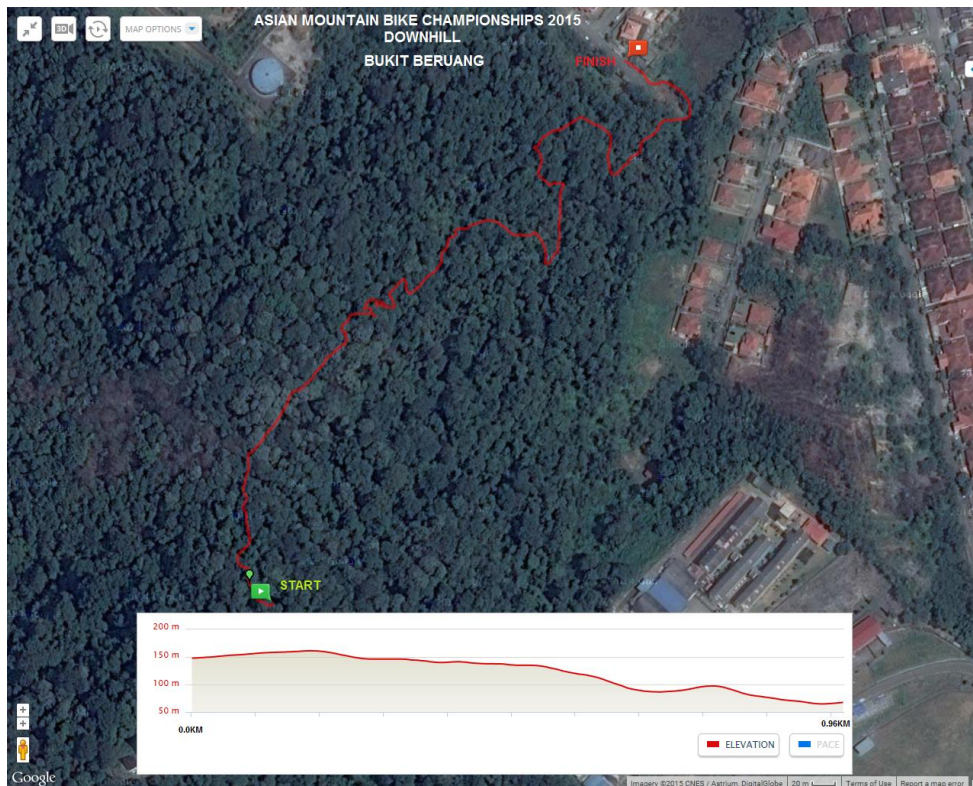
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**Entries per Team / nation:**

- Maximum of 6 (six) riders for DHI, Men Elite
- Maximum of 6 (six) riders for DHI Women Elite
- Maximum of 5 (five) riders for XCO, Men Elite
- Maximum of 5 (five) riders for XCO, Women Elite
- Maximum of 5 (five) riders for XCO, Men Junior
- Maximum of 5 (five) riders for XCO, Women Junior

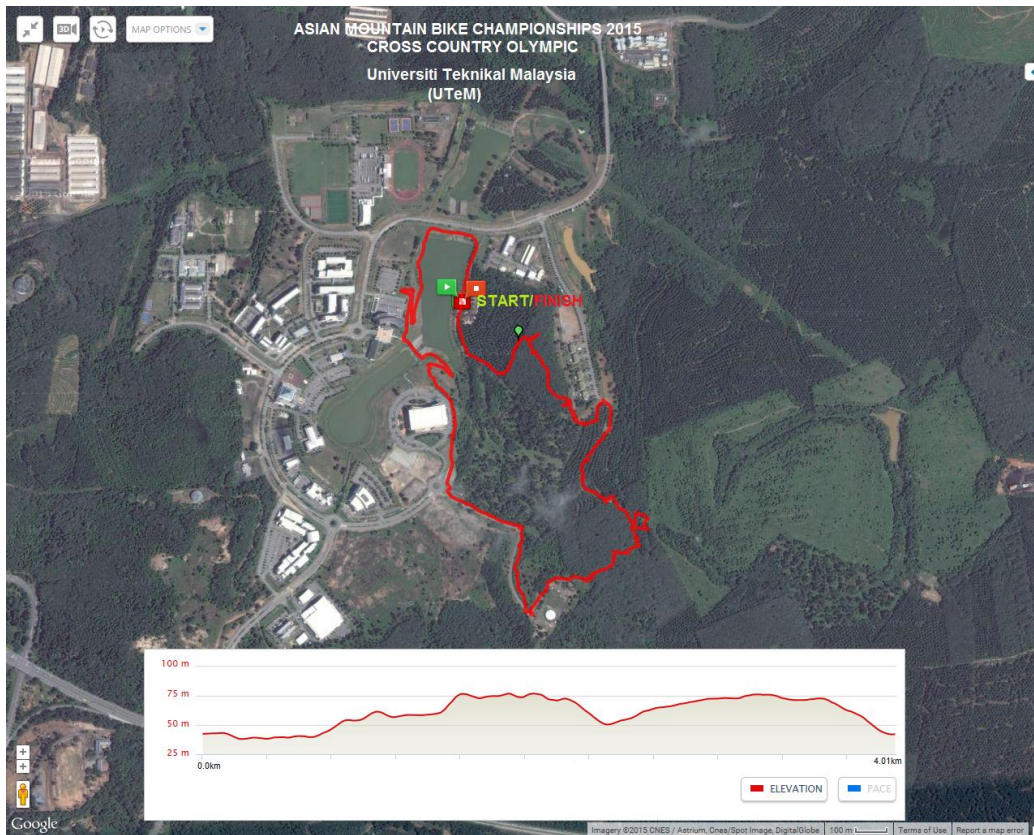
**6. MAP**

**i) DOWNHILL**





**ii) CROSS COUNTRY**



**7. MEETINGS**

The Team Managers meeting shall take place on **13<sup>th</sup> August 2015** at the official hotel of the championships for both categories. Managers are reminded to bring with them licenses (red in 2015) of Team managers, riders, passport of junior riders and their team jerseys while confirming their starters.

Opening hours of the secretariat at D'Village Resort Melaka:

<b>Day</b>	<b>Date</b>	<b>Operation Hours</b>
Wednesday	12 <sup>th</sup> August 2015	1000 – 1200 1500 – 1700
Thursday	13 <sup>th</sup> August 2015	1000 – 1200 1500 – 1700
Friday	14 <sup>th</sup> August 2015	1000 – 1200 1500 – 1700
Saturday	15 <sup>th</sup> August 2015	1000 – 1200 1500 – 1700
Sunday	16 <sup>th</sup> August 2015	1000 – 1200 1500 – 1700





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Rider numbers and frame numbers will be issued to Team Managers upon confirmation of starters.

For each race, teams may notify modifications to the Secretary of the Colleague of Commissaires in the Commissaire Room located at the secretariat at D'Village Resort Melaka until noon on the day before each race at the latest.

Unless due to force majeure, a rider once announced as taking the start and who fails to present, shall be liable to a fine of CHF 500 to CHF 5000. Injury or illness will not be accepted as a valid circumstance unless the rider is declared unfit to start by the official doctor.

### **WELCOME DINNER**

All participants are invited to the welcome party on Thursday, 13<sup>th</sup> August 2015 from 20.00 –22.30 at D'Village Resort Melaka.

## **8. TEAM REPRESENTATION**

Each National Federation shall designate a Team Manager for each team (i.e. Elite Men, Elite Women, Junior Men, and Junior Women) participating in the Championship. The Team Manager shall represent the team and the National Federation. Any contacts with teams shall be made through the Team Manager.



## 9. EQUIPMENT

Equipment used in cycling competitions must comply with Chapter 3 of Part I of UCI rules and regulation. All participants shall ensure that his equipment (bicycle with accessories and other devices fitted, headgear, clothing, etc) does not by virtue of its quality, material or design, constitute any danger to himself or to others. All equipment shall be checked by the commissaire before each event.

### **Clothing and protective accessories for Individual Downhill;**

**4.3.012** 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.

**4.3.13** 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.

All lycra-elastaine based tight-fitting clothing is not permitted.



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**10. RACE PROGRAMME**

DATE	TIME	ACTIVITY	LOCATION
<b>THU, 13th AUG, DAY 1</b>	0900-1100	License Control & Riders Confirmation	Official Hotel
	1130-1230	Team Managers' Meeting	Official Hotel
	1030-1230	Official Training -DHI (SESSION 1)	Bukit Beruang, DH COURSE
	1030-1230	Official Training -XCO (SESSION 1)	UTeM, XCO COURSE
	1430-1730	Official Training -DHI (SESSION 2)	Bukit Beruang, DH COURSE
	1430-1730	Official Training -XCO (SESSION 2)	UTeM, XCO COURSE
	<b>2000-2230</b>	<b>WELCOME DINNER</b>	<b>Official Hotel</b>
<b>FRI, 14th AUG, DAY 2</b>	<b>0900-1100</b>	<b>Cross Country Team Relay (XCR)</b>	UTeM, XCO COURSE
	0900-1130	Official Training -DHI (SESSION 3)	Bukit Beruang, DH COURSE
	1500-1600	<b>Official Timed Session – DHI (Women)</b>	Bukit Beruang, DH COURSE
	1630-1730	<b>Official Timed Session – DHI (Men)</b>	Bukit Beruang, DH COURSE
<b>SAT, 15th AUG, DAY 3</b>	0800-1030	Official Training -XCO (SESSION 3)	UTeM, XCO COURSE
	0900-1200	Official Training -DHI (SESSION 4)	Bukit Beruang, DH COURSE
	<b>1400-1500</b>	<b>FINALS – DHI (WOMEN ELITE)</b>	Bukit Beruang, DH COURSE
	<b>1530-1630</b>	<b>FINALS – DHI (MEN ELITE)</b>	Bukit Beruang, DH COURSE
	1530-1630	<b>Awards Ceremony</b>	Bukit Beruang, DH COURSE
<b>SUN, 16th AUG, DAY 4</b>	<b>0830-0930</b>	<b>FINALS – XCO (MEN JUNIOR)</b>	UTeM, XCO COURSE
	<b>0834-0930</b>	<b>FINALS – XCO (WOMEN JUNIOR)</b>	UTeM, XCO COURSE
	<b>1000-1200</b>	<b>FINALS – XCO (WOMEN ELITE)</b>	UTeM, XCO COURSE
	<b>1300-1500</b>	<b>FINALS – XCO (MEN ELITE)</b>	UTeM, XCO COURSE
	1600-1700	<b>Awards Ceremony</b>	UTeM, XCO COURSE
	1900-2100	FAREWELL DINNER PARTY	Official Hotel
<b>MON, 17th AUG, DAY 5</b>		UCI & TEAMS, RETURN/DEPARTURE	



## 11. RACE CLOTHING

The wearing of National Team Clothing's shall be mandatory.

**1.3.071** In any case, on the occasion of world championships, **continental championships**, Olympic and Paralympic Games, **every rider must wear the jersey of his national team**

Reminder of the UCI regulations:

**1.3.056** National federations shall submit to the commissaires' panel of events as specified in art. 1.3.059, a sample of their national team clothing for validation. The design, color, place and size of the advertising spaces of the validated equipment must be identical for all athletes participating to the applicable events.

We encourage you to present to the UCI your national apparels before sending them for final production.

The team clothing of the riders of a national team shall in all cases be identical to the last design submitted.

The following advertising shall be authorized:

Two logos of maximum 64 cm<sup>2</sup> on the front of the jersey,

Area comprising shoulders and sleeves: strip maximum 5 cm high

Sides of the jersey - a lateral strip 9 cm wide,

Sides of the shorts - a lateral strip 9 cm wide,

The manufacturer's label (25 cm<sup>2</sup>) may appear once only on the jersey and once on each leg of the shorts.

Advertising matter on jerseys and shorts may vary from one rider to another. The design of the jersey and shorts may vary from one category of riders to another. Additionally, the rider's name may be carried on the back of the jersey. The above measures also apply to other items of clothing worn during the race (rain jackets, etc).

However, advertising on protective leggings worn for downhill mountain bike events is not subject to the advertising restrictions on shorts.

## 12. OFFICIAL CEREMONY

In accordance with the order set in the programme published in paragraph 9 & 10 of this document, the Asia Champion, the second and the third placed riders shall be ready for the official ceremony that shall be conducted under the responsibility of the President Commissaire.





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The following arrangements will apply to the official ceremonies: Within 10 minutes following the end of each race (unless otherwise provided and duly recorded in an official communiqué), the Asia Champion, the second and the third placed riders shall be ready for the official ceremony that shall be conducted under the responsibility of the President Commissaire. 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.

Any infringement of the provisions of articles 9.1.044 to 9.1.050 above shall be punished by a fine of CHF 2'000 to CHF 10'000. A higher fine may be imposed depending on the advantage derived from the offence.

Federations are required to bring **2 pieces of National Flag measured 1m x 2m (3 feet x 6 feet) and a National anthem on CD.**

### 13. ANTI-DOPING CONTROL

Anti-doping control during the Asian Cycling Championship will be conducted under the UCI Anti doping Regulations. UCI will appoint the Doping Inspector and MNCF will appoint the Doping Control Doctor, nurse and Chaperons.

The Anti-doping Control Station is located at:-

DH Event	:	Venue of Championships
XC Event	:	Venue of Championships

### 14. VEHICLES

The organizer will prepare a transportation services from 12<sup>th</sup> August 2015 until 16<sup>th</sup> August 2015 for any participant's wishes to go to any places nearby by just inform to the transportation department for at least 3 hours before.

Any National Federation wishing to rent a vehicle during the event can benefit from preferential rates obtained by the Organizing Committee with a local rental company. In order to organize such a rental, please inform the Secretariat.

### 15. UCI OFFICIALS

The following persons have been appointed by the UCI Management Committee and the ACC President:



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**UCI TECHNICAL DELEGATE:**

**MADAM BEATRICE ALFRED LAJAWA**  
Malaysia

**PRESIDENT OF THE COMMISSAIRE'S PANEL:**

**MR. Pinaki BYSACK**  
India

**UCI INTERNATIONAL COMMISSAIRES:**

- **MR. Oscar Durano RODRIGUEZ JR.**  
Philippine
- **MR. Sondi SAMPURNO**  
Indonesia
- **MR. Geoffrey KRONENBURG**  
Indonesia

**UCI NATIONAL COMMISSAIRES:**

- |                            |                     |
|----------------------------|---------------------|
| - Agos Salim MOHD SOM      | Starter             |
| - Shamsul Anhar BAHARUDDIN | Caller              |
| - Nohazlee MD ZAKI         | Course Commissaire  |
| - Khairul Anuar AHAMAD     | Course Commissaire  |
| - Dahaizal DAHANAN         | Course Commissaire  |
| - Zainal MOHAMED           | Feed/ Tech. Zone    |
| - Siti Rahimah UMAR        | 80% Zone            |
| - Halim Khoo ABDULLAH      | Time Keeper 1       |
| - Hasinah AHMAD            | Time Keeper 2       |
| - Rosnah OSMAN             | Result              |
| - Kunacharan SENGARAM      | Finish Judge        |
| - Abd Rahman MOHAMED       | Emcee/ Finish Judge |

**16. INSURANCE**



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All participants (include but not limited to team officials, riders and their assistants) are aware that they bear their own responsibility for any injury, accident or lost that may occur or during their stay while taking part in this Championships. Participants should be properly insured before leaving their country in order to protect themselves against any lost and to indemnify themselves against any claims.

## **OTHER GENERAL INFORMATION**

### CLIMATE

The temperature varies between LOW 23°C and HIGH 32°C in November in Melaka.

### TIME DIFFERENCE

GMT +8

### VOLTAGE

The standard voltage throughout Malaysia is 240V 15A Plug D

### CURRENCY

**1 US Dollar = Ringgit Malaysia (MYR) 3.7431** (approximately)

### MOBILE PHONES

GSM, country code is +60.

### VISAS TO ENTER MALAYSIA

Please check with your local Malaysia Embassy or Consulate for visa requirements. If you need an official invitation letter for Visa application from the Organizer, please contact Mr. Ibrahim Omar, Coordinator of Foreign Affairs of MNCF.

### TRAFFIC LAW

Riders shall observe local traffic law when riding and training on open roads. Instructions from uniformed traffic police must be obey immediately. Failure to comply with the local traffic rules and police instructions may involve severe fine and sentence by local authorities.

### AIRPORT TRANSFER

Please note that Melaka Historical City is 1 hour by car from Kuala Lumpur International Airport (KLIA). The organizer will provide free transportation service upon arrival at both airport and you should inform the organizer about your arrival flight schedule, number of persons and number of bicycles at least a week before.

### DRUG TRAFFICKING LAW



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Any types of drugs listed by World Anti-Doping Association (WADA) are not allowed into this country.

## **17. USEFUL NUMBERS AND ADDRESSES**

If you need further information, please contact the following persons:

### **ASIAN CYCLING CONFEDERATION**

Peace Building B-5th Floor, #289-12, 2 Ka Sungsoo-Dong, Sungdong-Ku, Seoul, KOREA  
Tel +82-2-467-1313/ Fax +82-2-467-1323  
Email: [accycling@yahoo.co.kr](mailto:accycling@yahoo.co.kr) / [kucbw@hanmail.net](mailto:kucbw@hanmail.net)  
President: Cho, Hee Wook  
Secretary General: Choi, Boo Woong

### **ORGANIZER – MALAYSIAN NATIONAL CYCLING FEDERATION**

No. 3 – 24 Jalan PM9, Plaza Mahkota, 75000, Melaka  
Tel: + 606-2830150 Fax: + 606-2836786  
Email: [infoacc2012@gmail.com](mailto:infoacc2012@gmail.com)

President: Datuk Haji Abu Samah Wahab  
Vice President: Datuk Naim Muhammad  
Secretary General: Haji Ibrahim Mustapa

### **GENERAL INFORMATION**

Race Management: Haji Omar Saad  
Tel: +6012- 4990488, Email: [omsad\\_cycling@yahoo.com.my](mailto:omsad_cycling@yahoo.com.my)

Technical/Director: Mr. Ronizam Ismail  
Te: +6012- 3331740, Email: [ronizam1976@yahoo.com](mailto:ronizam1976@yahoo.com)

Logistic: Miss Mimi Kartini Razak  
Tel: +6012 6106235, Email: [infoacc2012@gmail.com](mailto:infoacc2012@gmail.com)

Accommodation: Haji Norazman Abu Samah  
Tel: +6016-6038323, Email: [azmanmncf@gmail.com](mailto:azmanmncf@gmail.com)



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**OFFICIAL HOTEL**

D'Village Resort Melaka  
Jalan Tasik, Leboh Ayer Keroh, 75450, Ayer Keroh, Melaka

**TEAM ACCOMODATION**

- \* USD 90 (USD NINETY) per person per day on twin sharing basis or double type bed
- \* Payment in US\$ and cash only
- \* All teams are required to stay at the official hotels and other's request will not be Entertain.