



26th Asian Mountain Bike Championship

12th Asian Junior Mountain Bike Championship

TECHNICAL GUIDE – MTB (version 2 20 Jan 2020)

1. INTRODUCTION

Chiang Rai province, Thailand

26th Asian Mountain Bike Continental Championships & 12th Asian Junior Mountain Bike Continental Championships 2020.

This document summarizes the information needed by National Federations for the participation in the 26th Asian Mountain Bike Continental Championships & 12th Junior Asian Mountain Bike Continental Championships 2020.

2. RULES

The 26th Asian Mountain Bike Continental Championships & 12th Junior Asian Mountain Bike Continental Championships 2020 shall be conducted in accordance with latest Rules and Regulations of the Union Cyclist International (UCI) as per 01/01/2020 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 regulations 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 regulations, all National Federations affiliated to the Asian Cycling Confederation can take part in the 26th Asian Mountain Bike Continental Championships & 12th Junior Asian Mountain Bike Continental Championships 2020.



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

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

4. COMPETITORS' AGE: **Please see below on each discipline**

5. REGISTRATION PROCEDURE

All National Federation shall return their delegation composition and Entry Form by Name before 31st October 2019 and Preliminary Entry Form by Names before 30th November 2019 by email to the Thai Cycling Association.

Down Hill Individual (DHI): Men and Women

Riders born in the year 2003 & earlier. 17 years and above.

Cross Country Olympic (XCO): Men and Women

ELITE: Riders born in the year 1997 and earlier. 23 years and above

UNDER 23: Riders born in the year 1998 to 2001 (19 to 22 years). **NOTE: The Under 23 must compete in their category and any U23 rider who wish to compete with the ELITE, they must have approval from UCI through the ACC.**

JUNIOR: Riders born in the year 2002 to 2005 (17 to 18 years)



Cross Country Team relay (XCR):

o Each national team shall consist of 5 riders – article 9.2.032

For the team relay, each nation may enter only a single team.

Each national team shall be made up of 1x Men Elite, 1x Women Elite, 1x Men under 23, 1x Men Juniors and 1x (Women under 23 or Women Junior).

However, the following substitutions shall be permissible:

- Men Elite by Women Elite or Men under 23 or Men Juniors or Women under 23 or Women Juniors;
- Women Elite by Women under 23 or by Women Juniors;
- Men under 23 by Women Elite or Women under 23 or Men Juniors or Women Juniors;
- Men Juniors by Women Juniors.

o The UCI points awarded for the team relay event are awarded to the nation in the elite ranking and not to the individual riders - article 4.11.005. A minimum of 5 nations must compete in the XCR for UCI points to be awarded - article 4.2.015.

Cross-country eliminator – XCE: Men and Women

Riders born in the year 2003 & earlier. 17 years and above. No separate results must be submitted for the juniors, under 23 or elite categories. – article 4.1.005.

Entries per Team / nation:

DHI: Maximum of 4 (four) riders for Men Elite. Maximum of 4 (four) riders for Women Elite.

XCO: Maximum of 4 (four) riders for Men Elite. Maximum of 4 (four) riders for Women Elite.

XCO: Maximum of 2 (two) riders for Men Junior. Maximum of 2 (two) riders for Women Junior.



XCO: Maximum of 4 (four) riders for U23 Men Elite. Maximum of 4 (four) riders for U23 Women Elite.

XCE: Maximum of 4 (four) riders for Men Elite. Maximum of 4 (four) riders for Women Elite.

XCR: Maximum of 5 (five) riders for 1 Team (National Federation). **Please see above in detail under XCR**

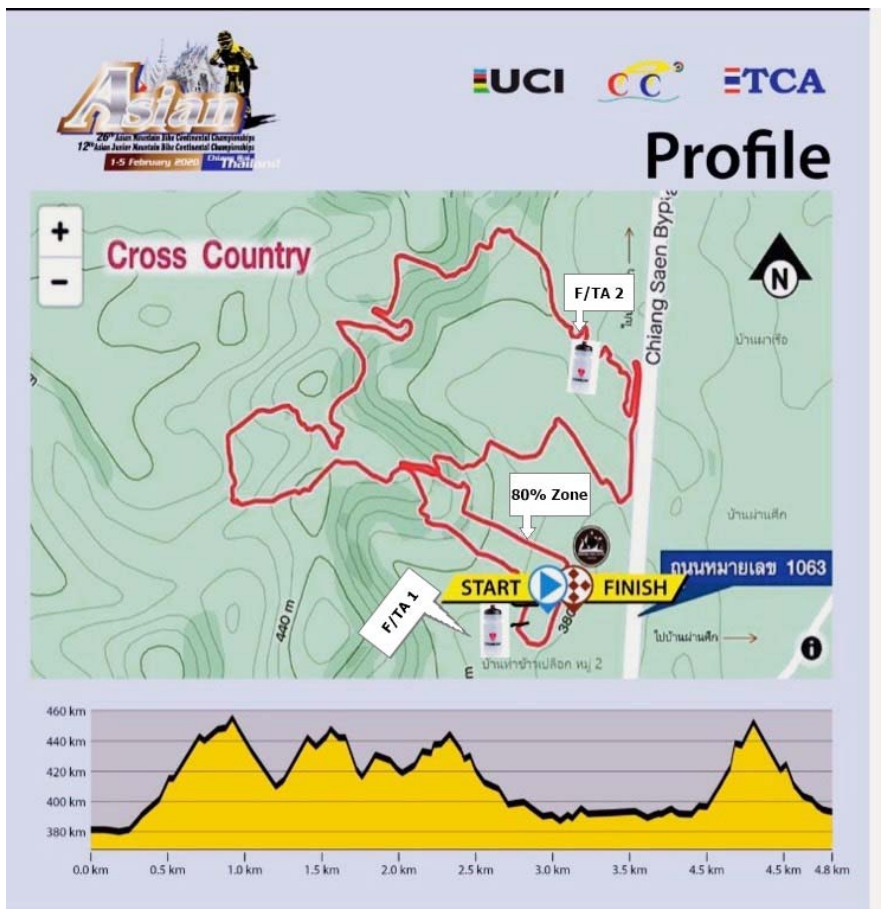
6. MAP

A. DOWNHILL





B. Cross country



7. MEETINGS

The Team Managers meeting shall take place on 31st January 2020 at 15:00 at the meeting room in Chiang Inn Hotel, the official hotel of the championships. Managers are reminded to bring with them licenses of Team managers, riders, passport of junior and U23 riders and their team jerseys while confirming their starters.

Rider numbers and frame numbers shall 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 in the secretariat room.



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 shall not be accepted as a valid circumstance unless the rider is declared unfit to start by the official doctor.

8. EQUIPMENTS

Equipment used in cycling competitions must comply with UCI rules and regulations. 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 equipments 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.

4.3.013 The UCI strongly recommends that riders wear the following protections:

- 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



9. RACE PROGRAM

Schedule

DATE	TIME	ACTIVITY	LOCATION	REMARKS
WED 29 JAN	All Day	Teams arrival in Chiang Rai province		
THU 30 JAN				
	All Day	Teams arrival in Chiang Rai province		
	1300-1600	UCI XC course Inspection	XCO, XCE course	No Teams allowed on course
	1600-1700	UCI DH course Inspection	DH course	No Teams allowed on course
FRI 31 JAN				
	0800-1000	Teams, On Foot DH Course Inspection	DH course	
	1030-1130	Licence Control & Rider Confirmation	Official Hotel	
	1400-1600	XCO Official Training	XCO course	
	1400-1600	DHI Official Training	DH course	
	1630-1700	Team Managers' Meeting	Official Hotel	
SAT 1 FEB				
	0800-0830	Opening Ceremony		
	0900-1130	XCR race , followed by Victory Ceremony		
	1300-1430	DHI Official Training	DH course	
	1400-1600	XCO Official Training	XCO course	
	1500-1600	DHI Official Timed Session	DH course	
SUN 2 FEB				
	0900-1200	XCO Official Training	XC course	
	0900-1200	DHI Official Training	DH course	
	1400-1600	DHI Finals , followed by Victory Ceremony	DH course	
MON 3 FEB				
	0900-1100	XCO Official Training	XCO course	
	1300-1430	Women U23 Final	XCO course	



	1304-1430	Women Junior Final , Followed by WU and WJ Victory Ceremony	XCO course	
	1500-1700	Men U23 Final	XCO course	
	1504-1700	Men Junior Final , Followed by MU and MJ Victory Ceremony	XCO course	
TUE 4 FEB				
	0900-1130	Women Elite Final , Followed by Victory Ceremony	XCO course	
	1400-1630	Men Elite Final , followed by Victory Ceremony	XCO course	
WED 5 FEB	0900-1100	E Bike Final , followed by Victory Ceremony	XCO course	<i>Demonstration</i>
	1300-1400	XCE Official Training	XCE course	
	1430-1530	XCE Seeding, Time Trial	XCE course	
	1530-1700	XCE Finals , followed by Victory Ceremony	XCE course	
THU 6 FEB	All Day	Teams and UCI Deaparture		

10. RACE CLOTHING

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

In the continental championships, 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 in the applicable events.



11. OFFICIAL CEREMONY

The Asian 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.

The following arrangements shall apply to the official ceremonies: Within 10 minutes following the end of each race (unless otherwise provided and duly recorded in an official communique), 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.

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.

12. DOPING CONTROL

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

The Anti-doping Control Station is located near the finishing line of each events concerned

13. Transportation

The transportation cost shall be borne by the participating National Teams from and to the origin country of the National Team concerned. The nearest airport of the Championships is Mae Fah Luang – Chiang Rai International Airport (CEI), Chiang Rai Province. The organizer shall arrange the airport pick up and the transport from the official hotel to the Championships' venues and from the Championships' venues to the official hotel during the Championships. The bus schedule shall be announced to the teams upon arrival.



14. INSURANCE

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 loss 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 loss and to indemnify themselves against any claims.

VISAS TO ENTER Thailand

The National Team(s) that require VISA application to enter Thailand should send the requesting letter to Thai Cycling Association for the invitation letter for team(s) concerned for VISA application to the Embassy of Thailand in their country in advance. Please note that Thai Cycling Association is not responsible for the VISA issuing process.

17. USEFUL NUMBERS AND ADDRESSES

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

ASIAN CYCLING CONFEDERATION

President: Osama Al Shafar, Secretary General: Onkar Singh

Email: accycling@hotmail.com

ORGANIZER – Thai Cycling Association

Email: taca1959@yahoo.com