

# XTERRA NZ Championship

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## A Summary of Key XTERRA and Event Rules

- Good sportsmanship applies at all times
- You must obey traffic regulations/Road Code and race officials at all times
- Treat other competitors, officials and volunteers with respect and courtesy: there is no race without them
- Do not accept assistance from anyone not competing in the race
- You must not use cell phones, radios, headsets, digital music players. Note: Gopro cameras are permitted
- Only competitors are permitted in the transition area
- You must swim wearing the official swimming cap as provided at registration
- Keep your gear close to your bike so it does not interfere with other athletes
- You must run with your bike to the mount line when leaving and dismount there on your return = NO riding in the transition area
- You must return your bike to your place where you racked it before the start of the race
- **Your helmet** must be fastened/secured on your head before you remove your bike from the rack and it is to stay fastened until you have re-racked the bike on your return
- Your bike must be racked by the seat
- **DO NOT discard bottles, gel satchels or anything else on the course!** You can **ONLY** discard items in the transition where your gear is stored or at designated areas on the course
- If you deliberately impede the progress of another competitor, you will be disqualified
- In the run section, you **MUST** wear shoes and may walk if you wish
- No personal equipment is to be removed from transition until all competitors are back from the MTB course
- You **MUST** have your race number attached to the bikes front handle bars and wear your number on your front on the run course
- There are penalties for athletes if the Race Rules are not followed and these include Time Penalties and/or Disqualification. If you do receive a Penalty and wish to protest it, see the Race Referee within 15 minutes of finishing