

THE RULES OF ENGAGEMENT

PLEASE READ CAREFULLY



THIS FINAL VERSION WILL SUPERCEDE ANY RULES STATED BEFORE 26TH OF SEPTEMBER

1. BIKE AND RIDER

- 1.1 There is **virtually no restriction** on the type of bike used on this event, however please be aware that for the purposes of the competition the organisers will categorise your bike in to one of the four categories most appropriate upon inspection of the bike – BMX, Road, Fixed or Mountain Bike. You may use a fixie, track bike, single speed, tourer, road bike, hybrid, BMX, trials bike, mountain bike or any custom bike that fulfils the below requirements:
 - a. The bike **must be fully human powered** – no electric bikes or motorbikes are allowed.
 - b. The bike must be in **good working order**. You may be asked to demonstrate this before being allowed on course.
 - c. **No triathlon bars**, aero bars, clip-ons, prayer bars or Spinaci bars are permitted. Bull horn bars on fixie style bikes are permitted.
 - d. All bar ends **must be plugged** or covered.
- 1.2 Due to the low headroom and the tight corners the **following bikes are NOT permitted** at Parkour Ride:
 - a. Penny Farthings
 - b. Tandems
 - c. Recumbent Cycles
 - d. Folding bikes
 - e. Boris bikes
 - f. Unicycles

2. KIT AND APPAREL:

- 2.1 All riders **MUST wear a helmet** at all times when riding
- 2.2 The riders helmet must **meet one or more of the following standards**; EN 1078, EN 1080, ANSI Z80 or Snell B90. A British Kite mark is not sufficient. Cloth hats and caps are **not suitable for racing**.
- 2.3 Each rider will be issued with a **rider wristband** this will allow access to the pits and the course. Do not take it off until you want to leave the event for good, as you will not be issued another and access will be denied.
- 2.4 Each rider will be issued with a **rider number** which must be fitted to your jersey. This is to identify you throughout the event.

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- 2.5 Riders will also be issued an **electronic timing chip** which will record their time along the course. Do not lose this and return these chips to rider sign on when you finished racing.
- 2.6 You **may not use iPods** or other devices with earpieces when racing. This is because you won't be able to hear the Race Stewards instructions. The DJ floor, sound system and the roar of the crowd will be your soundtrack.
- 2.7 The following items of protection clothing are **permitted and encouraged**;
 - a. Gloves / mitts
 - b. Knee, shin and elbow pads / protectors / guards
 - c. Body armour / exo jackets / vests
 - d. Full face helmet

3. PITS

- 3.1 **All riders will be allowed access** to the Rider Pits (accessible via the rider entrance and rider sign on).
- 3.2 There is **no vehicle access** for riders. You will need to bring all your kit in by hand.
- 3.3 Positions in the rider's pits are allocated on a **first come first served basis** – with the exception of the Pro Rider's pits which are pre-allocated.
- 3.4 Each rider is allowed **one helper** but only if they have a valid ticket to the event. Alternatively they can buy a wristband at rider sign on at the cost of £10 each.

4. COURSE

- 4.1 **No riders should be on the course unless they are racing.**
- 4.2 **Pit crews are NOT allowed on course** at any time.
- 4.3 The course **starts on level 7** of the car park. On exiting the start gates competitors must **turn RIGHT** and on to the first ramp.
- 4.4 **Ascending** will require the competitors to take a **LEFT at every corner** i.e. you will move in a **ANTICLOCKWISE** direction up the levels
- 4.5 Competitors must complete the full **ANTICLOCKWISE** loop of the roof (levels 10 & 11) before returning back down the series of ramps to the finish on level 1
- 4.6 **Descending** will require the competitors to take a **RIGHT at every corner** i.e. you will move in a **CLOCKWISE** direction down the levels

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- 4.7 There are a number of obstacles on the course that riders need to be aware of (see Obstacles para 6)
- 4.8 Competitors **must NOT attempt to cut the course short**. Anyone that tries to cut a corner by jumping the inside barrier will be **instantly disqualified**. This is extremely dangerous and will not be tolerated.
- 4.9 There will be **three periods of course familiarisation** during the qualification stage of the event.
 - a. Riders with a qualification slot before 1400hrs will be able to ride the course at 1130hrs.
 - b. Riders with a qualification slot after 1400hrs will be able to ride the course at 1400hrs.
 - c. **Elite riders** will be able to ride the course at **1730hrs**.

You can only attend the course **familiarisation associated with your qualification slot** i.e. those who have a qualification slot after 1400hrs will not be allowed on the 1130hrs familiarisation.

- 4.10 During course familiarisation riders will be walked to the top of the car park from the pits and may ride down to the bottom. Riders **must not overtake the rider in front**. This is your chance to work out the best lines NOT to race.
- 4.11 In addition it is highly recommended that riders **walk each of the levels** (outside the field of play) to visualise the course before riding it. **It is your responsibility to know the course before racing**.

5. START GATES AND FINISH LINE

- 5.1 To ensure that the start is fair competitors will be released from a ProGate start gate. This gate will be dropped automatically when the lights change from RED to GREEN.
- 5.2 During the qualification stage of the event all riders will start in the **left hand gate**.
- 5.3 During the Head 2 Head stage of the event the lowest ranked will start from the **LEFT hand gate** and the highest ranked rider will start from the **RIGHT hand gate**.
- 5.4 When crossing the finish line competitors should use the run off area to **decelerate before dismounting** and **turning RIGHT** back towards the rider's pit.

6. OBSTACLES

- 6.1 There are **obstacles** on the course that competitors should navigate around / over.

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- 6.2 All the obstacles will be **clearly signed** with 30m and 20m warning to the obstacle – there will also be a Race Steward with a yellow flag and whistle to warn to highlight the obstacle.
- 6.3 “**The Pinch**” is located on level 9 and is passed through on both the ascent and descent. It is only **wide enough for ONE competitor** at a time to pass through.
- During the Head 2 Head phase the rider that reaches “The Pinch” first has **right of way**.
 - As the **chasing rider it is your responsibility** to ensure that both riders pass the pinch safely.
 - If a crash between two riders occurs at the pinch the **leading rider will go through to the next round** regardless of who crosses the finish line first – **unless there is clear evidence of rider error on the part of the leading rider**.
- 6.4 The “**SwitchBac**” is a series of tight turns that reflect the urban environment commuter cyclist come across every day. It will turn the riders right, then left and then right again.
- It is located on **level 5** and will be passed on the **descent only**.
 - There is **clear track between the berms** which road riders and fixie riders may feel more comfortable utilizing.
- 6.5 The “**Box Jump**” is located on the roof (**level 11**) of the car park and is on the racing line.
- There is the **option to go around** this obstacle rather than taking it on but this route is longer and will require the riders to make three additional turns.
 - Do not attempt this obstacle** if you are not entirely comfortable with these types of obstacle.
 - For those riding anything other than BMX or MTB it is our strong suggestion that you take the longer route around the “Box Jump”
- 6.6 There are a series “**Whoops**” on the upslope between floors 10 and 11 which all riders will need to go over. They are similar to speed bumps in size and have a similar effect.
- 6.7 There a section of **BMX trackway** at the bottom of the downslope from level 11 into level 10. This will allow riders to keep their momentum as the take the corner but is entirely up to the rider if they wish to use it.

7. RACE STEWARDS AND FLAGS

- 7.1 The Race Stewards are there for your safety and that of the other competitors. You must comply with their instructions at all times. **Failure to do so will result in instant dismissal.**

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- 7.2 The Race Stewards will employ flags as a means to communicate with the riders during the race. Please ensure you know what each flag means.
- Green Flag** = warning of oncoming obstacle or incident. **Adjust your speed accordingly.**
 - Red Flag** = warning of a serious incident or crash. **Stop immediately and await further instructions.** If a Red Flag is shown you will either be credited with time, allowed to re-run or simply progress into the next round (see "Stewards Enquiry" para 13).
 - Black Flag** = **instant disqualification** from race. This can be challenged (see "Arbitration" para 13) but you must make your way to the finish at walking speed.

8. RACING FORMAT

- 8.1 There are two sessions of racing at Parkour Ride; **Qualification** (afternoon session) and **Head 2 Head** (evening session).
- 8.2 Those riders that have entry to the event via General Entry or via a golden ticket **must qualify** in order to progress to the Head 2 Head. The **seeded Pro Riders will automatically qualify** for the Head 2 Head.

9. QUALIFICATION

- 9.1 Qualification is in essence a **time trial** - each rider will get a single run to post the best time they can – the **top 20 riders** will make it through to the next round.
- 9.2 Each rider must complete the **full course** and no time allowances will be given for crashes or rider error.
- 9.3 Each rider will be **issued with a time slot** pre event. Riders must have checked in at rider sign on **half an hour** before this time slot. The riders must also start (on level 7) **ten minutes** before their allotted time. If a rider **misses their slot then they will not be allowed to race.** You have been warned.
- 9.4 During the qualification session riders should walk their bikes up to level 7 using the pedestrian route NOT the course.
- 9.5 The first person to have registered will get latest time while those riders who registered latest will be given an early time slot. **These cannot be swapped with another rider.**
- 9.6 All race timing will be done by the electronic timing system and **these results are final.** Riders must ensure that they have their electronic timing chip fitted securely. No chip = no time = no qualification.

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- 9.7 If **two riders post the same time during the qualification** AND qualify as part of the top 20 they will **go head 2 head** in the first race of the evening session (the Repechage) to establish their position in the knockout table. This may mean that one rider is eliminated (i.e. sits at position 21 after qualifying).
- 9.8 If **more than two riders post the same time** during the qualification AND qualify as part of the top 20 they will **all get a second run at the time trial** to try and better their first run.

10. DRAW AND SEEDING

- 10.1 The first races of the evening session will see the Pro Riders take it in turn to do a qualifying lap. The fastest pro rider will be ranked 1 and the slowest, 10. The **top 2 Pro Riders will automatically progress to Round 2** of the Head to Head.
- 10.2 All the riders who have qualified by posting the fastest times in the time trial will be **ranked** from 11 to 30 (with rider 11 posting the fastest time of the qualifying session and rider number 30 the slowest)
- 10.3 In Round 1 of the Head 2 Head the highest ranking rider (3) will go against the lowest (30) and second highest (4) against the second lowest (29) and so forth.
- 10.4 The lowest ranked will start from the LEFT hand gate and the highest ranked rider will start from the RIGHT hand gate.
- 10.5 For the final the riders will toss a coin and the winner of the coin toss will be able to choose which bib, and therefore which start gate, they want to use.

11. HEAD TO HEAD

- 11.1 The Head 2 Head will follow the **same course and rules** as detailed above (pay special attention to the rules concerning obstacles).
- 11.2 The riders will be set off at the same time (see para 5) with the **first person to cross the finish line** after completing the full circuit **declared the winner** and progressing to the next round.
- 11.3 The line judge will hold up the race number of the winner to indicate which rider has crossed the line first.
- 11.3 In the perceived **event of a draw** the line judge has a camera which will be used to **re-run the footage** across the finish line.
- 11.4 The line judge will indicate, by hand signal, to the riders that the **video judge is reviewing the footage** and will show the number of the winning rider when the decision is reached.
- 11.5 **No objections to the results will be taken at this time.** Please refer to the adjudication section below (para 12).

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- 11.6 If a **rider withdraws through injury, is disqualified or is unable to take part** in a round then **the rider they are drawn against** will be given a bye and **will proceed** to the next round.

12. ADJUDICATION

- 12.1 Parkour Ride is **NOT affiliated** with British Cycling, the UCI or any other governing body therefore **the event is not subject to any rules or guidelines** associated with these or similar bodies.
- 12.2 There are **three types of officials** at the event; Race Stewards, Race Co-Ordinator and Line Judge.
- 12.3 The Race Stewards and Race co-ordinator are in place for the safety of you, other riders and the public. **They ALL have authorisation to disqualify or penalise riders** (time penalties) based on these rules and the penalties shown in appendix of these rules and regulations.
- 12.4 If a decision is made and a **rider disagrees with the outcome they MUST follow the protocol** set out in the Arbitration section of this document. **Outbursts towards race officials will not be tolerated** and will count against any protest or appeal filed.

13. ARBITRATION

- 13.1 To ensure fair play Parkour Ride employees an **Independent Arbiter** to ensure that all disputes are handled in an independent and fair manor.
- 13.2 There are two types of objection that can be brought to the Independent Arbiter:
- a. A **protest** – this concerns an **objection against another rider** and can be brought to the attention of the Independent Arbiter if a rider feels that another rider had an unfair advantage or was in contravention of one or more of the rules detailed in this document.
 - b. An **appeal** – this concerns an **objection against the adjudication of the event** or the race organisers themselves and can be brought to the attention of the Independent Arbiter if a rider feels that there is enough evidence to override or change a decision.
- 13.3 All appeals and protests must be made **at rider sign on within 10 minutes of the race concluding**. After this time no appeals or protests will be taken.
- 13.4 All appeals and protests must be **submitted in writing** to the Independent Arbiter. Please ensure that you fill in a **green form for a protest** and a **red form for an appeal**. Verbal protests / appeals will not be considered.

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13.5 To avoid bogus protests and appeals a **£20 cash bond** must be given to the Independent Arbiter when submitting the form. If the Independent Arbiter **upholds an appeal or protest the cash will be returned.**

13.6 The Independent Arbiter can rule in the following ways:

- a. Protest (during qualification); disqualification of rider, time penalty issued to rider or decision not upheld (i.e. no action taken)
- b. Protest (during head 2 head); disqualification of rider, race re-run, result reversed or decision not upheld (i.e. no action taken)
- c. Appeal (during qualification); disqualification of rider, result reversed, race re-run or decision not upheld (i.e. no action taken)
- d. Protest (during head 2 head); race re-run or decision not upheld (i.e. no action taken)

13. STEWARD ENQUIRY

13.1 A Stewards Enquiry can be launched if there is a crash on the course. This is overseen by the Race co-ordinator and Independent Arbiter.

13.2 The purpose of this is to **ensure that riders are acting responsibly** and that **credit (time) is given** to those riders that help others or are **caught up in incidents that are not their fault** (i.e. stopping for a red flag).

13.3 If a Stewards Enquiry rules that a **rider caused a crash by riding unsafely**, irresponsibly or in contravention of any of the rules in this document they will **be disqualified**. All outcomes of a Stewards Enquiry will be communicated to the riders involved by the Independent Arbiter.

13.4 No Appeal or Protest can be made against the decision of a Stewards Enquiry.

14. RIDER CONDUCT

14.1 The use of **drugs (of any type) or the drinking of alcohol** before or during racing is **unacceptable**. If a race official / steward suspects a rider of being under the influence of any substance they will be **instantly disqualified** and potentially removed from the premises.

14.2 Parkour ride is an extreme sport event and is therefore **inherently dangerous**. Riders that increase the risk of crashing by **acting irresponsibly**, not **fulfilling their obligations to other riders** (see Obstacles section) or **falling to follow the instructions** of the stewards **will be disqualified**.

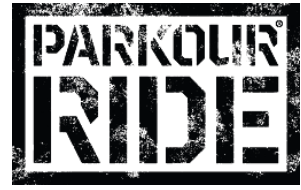
14.3 Conversely those riders that **assist another rider** who injures themselves **will be credited** for lost time, allowed to re-run or simply progress to the next round.

14.4 Once knocked out of the event (either during qualification or head 2 head) riders are encouraged to stay on and cheer on the other riders.

15 PAPERWORK AND ID

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- 15.1 All riders (and pit crew) must sign on at Rider Sign in. They must **show photo ID and sign the waiver** before they will be allowed to compete.
- 15.2 All riders **MUST be over 18** on the day of the event to take part. Please ensure your photographic ID shows a date of birth to prove this.