

Rules & Regulations :

UCI Rules will be followed.

Basic rules and regulations

- All participants should have proper cycling gear (Jersey, Shorts, Shoes, Open face helmet and gloves)
- Participants should start and finish the race with the same (cycle) frame.
- Race bibs (number plates) at all times should be attached on the handlebar facing forward and on the front and back side of athlete's (racer) jersey. Failing to do so might lead to disqualification.
- Headphones or PMP during race is strictly prohibited and may lead to disqualification if found using it.
- Riders will be called 15 minutes early at call up box before the (race) start.
- 80% Zone will be applied.
- Official race result will be published 60 minutes after the last rider cross the finish line.
- Complaint or protest should be given in writing with evidence within 30 minutes (After the last rider cross the finish line) with a fee of Rs 100.
- The final Race result will only be announced after the submission of checklist by all stationed marshals to the commissaire panel.
- Overtaking rules - No blocking or obstructing the rider during overtaking. The riders will be penalized if found guilty.
- Feeding zone will be on the right hand side of the race track.
- Feeding zone rules: Teammates cannot run with water, No spraying water on the athlete during race.
- Riders should follow the race track direction (follow race tape) to the start/finish line all the time during race. Technical zone will be authorized. Athletes can take assistance only at the notified Tech Zone for (mechanical) repair.
- Athletes should notify the nearest marshal if there are any injuries or emergencies on the race track.
- Race officials have the rights to change the Track before 24 hours before the race start.

Selection Guidelines for first Ra Khe Pa XC Mountain Bike Championship 2074.

- Athletes who finished top **10 in Elite MEN** and top **5 in Elite WOMEN** as per National XC Mountain Bike Championship 2074, held in Dharan will automatically qualify for selection race.
- Athletes must be 18 years and above to qualify for race entry.
- District Cycling Association: **Elite MEN:2, Elite WOMEN:2**. (In case of absence of District Cycling Association, athletes require a recommendation letter from District Sports Committee for entry). Kathmandu: **Elite MEN:4, Elite WOMEN:4** (Since Kathmandu has the highest number of participants and riders).
- Nepal Police, Nepal Army, Armed Police Force: Elite MEN:2, Elite WOMEN:2 (Each Department)
- **Applicant (Participant) should have previously participated in at least one MTB XC Race** endorsed by **National Cycling Association (NCA)**.
- A copy of **NCA certified** XC race certificate and a **copy of Citizenship ID** is mandatory for race entry.
- Application forms with the name of selected athletes (racers) from respective districts must be submitted to NCA office, Kathmandu by the District Cycling Association or District Sports Committee no later than 25 Poush, 2074 (Official deadline: 5PM). NCA will not entertain any registration made after the official deadline.
- The selection race will be held in Kathmandu. The official venue with proper GPS and map will be published (on official NCA website and Facebook page) one week before the actual event date.
- The list of selected athletes (riders) for the selection round will be made public by NCA after the collection of registration forms from various districts.
- **NOTE : Decision made by NCA Commissaire panel will be Final.**

सहभागिताको लागि मापदण्डहरू :

- सुनसरीको जिल्लाको धरानमा आयोजित सातौं राष्ट्रिय प्रतियोगिताको माउन्टेनबाइक च्याम्पियनसिप २०७३ मा शीर्षस्थान हासिल गरेका १० जना पुरुष र ५ जना महिला खेलाडी स्वतः छनोट हुनेछन।
- हरेक जिल्ला साइक्लिङ्ग संघबाट सिफारिस गरिएका २ जना पुरुष र २ जना महिला सहभागि हुन सक्नेछन । आवध नभएको जिल्ला खेलाडीहरू जिल्ला खेलकुद बिकास समितिको माध्यमबाट सिफारिस गराउनु पर्नेछ ।
- काठमाडौं जिल्लाबाट ४ पुरुष र ४ महिला सहभागी गराइने छ ।
- नेपाल प्रहरी, नेपाली सेना र सशस्त्र प्रहरी बल, बाट २-२ जना सहभागि हुनसक्नेछन
- आवेदकले कम्तीमा नेपाल सायक्लिङ्ग संघ बाट मान्यता प्राप्त एक XC MTB प्रतियोगितामा सहभागीता जनाएको हुनु पर्दछ ।
- फारम बुझाउँदा नेपाल साइक्लिङ्ग संघबाट मान्यता प्राप्त XC MTB प्रतियोगितामा सहभागी भएको प्रमाणपत्र र नेपाली नागरिकताको प्रतिलिपि अनिवार्यरूपले समावेश गर्नुपर्ने छ।
- जिल्ला साइक्लिङ्ग संघ र अन्य जिल्ला खेलकुदवाट मिति २०७४ साल पुष २५ गते भित्र, अनिवार्यरूपले सहभागीहरूको आवेदन फारम र आवश्यक प्रतिलिपि सहितको छनोट सुचि, नेपाल साइक्लिङ्ग संघ कार्यालय, त्रिपुरेश्वर वा नेपाल माउन्टेन बाइक टुर्स, ठमेलको कार्यालयमा कार्यालय समयमा बुझाइ सक्नु पर्नेछ ।

Contact Persons Vice President (NCA) & Event Coordinator:

Rabindra Shrestha: 9841 301278 Member (NCA)

Asst Coordinator: Rajendra Man Shrestha: 9861 336250

Chief Commissaires: Ajay Narsingh Rana 984186935

Commissar: Diwas Lal Pradhan 9841 298400

- फर्म इमेल माफत पठाउन : Email: ncanepal1995@gmail.com
- प्रतियोगिता दक्षिणकाली न. पा - ५ डल्लु, हात्तियनमा आयोजना हुनेछ ।
- नेपाल साइक्लिङ्ग संघले सहभागीहरूको अन्तिम सूची वेबसाईट अथवा सुचना पाटिमा प्रकाशित गर्नेछ ।
- आवेदकको उमेर 1st Jan 2018 भित्र कम्तिमा १८ बर्ष पुरा भएको हुनुपर्दछ ।
- कार्यक्रम तालिका २०७४ पौष २५ गतेका दिन प्रकाशित गरिने छ ।
- सहभागी शुल्क लाग्ने छैन ।
- सहभागीहरूको अन्तिम सूची तय गर्ने अधिकार नेपाल साइक्लिङ्ग संघका यस च्याम्पियनसिपका Commissaire panel मा निहित हुनेछ ।



(Handwritten signature)