



ULTRA SPICE RACE 4th Edition

Rules and Regulations

Guiding principles

- **Safety of all persons involved**
- **Running a Clean and Healthy race with a level playing field for all**
- **Creating a Race of International standards**
- **Protecting Race integrity and reputation**
(The guiding principles will dictate decision making by the Race Committee on any issue not specifically covered in these rules)

1: General

- A. All participants are responsible for reading and understanding the rules, event information and instructions given before and during the event.
- B. All riders are responsible for their own health and obliged to be physically prepared for the race.
- C. The race is open to any amateur cyclist over the age of 18 as on January 1st, 2020.

2: Conduct

- A. Riders must conduct themselves in a civil manner at all times during the race.
- B. Riders may not act maliciously toward any other person for any reason. Riders may not intentionally impede the progress of or misdirect any other person for any reason.
- C. Riders must at all times behave respectfully toward all Race officials and volunteers.

- D. Violation of the conduct rules and/or any other inappropriate behaviour by a rider will result in the rider's immediate disqualification and possible suspension from future Inspire India events. This may include the suspension of riders as potential crew members in Inspire India Races, from participation or supporting any Inspire India Races.

3: Route/Checkpoints/Tracking

- A. All riders must ride (or walk with their bikes) the entire route as prescribed by the official route book.
- B. All protocol about Control point distance, cut offs, stages and reporting at controls for the 4th edition is detailed in Appendix A. Each Control Points passage must be noted and protocol must be followed as prescribed.
- C. The route will not be marked. Each racer will receive gpx file and a cue sheet at the start of the race indicating the route and location of checkpoints. Riders must stay on the route at all times.
- D. If a racer leaves the route for any reason, they must return to the route at the same point at which they departed the route, prior to continuing in order to avoid shortcuts and detours unless specified by the race committee.
- E. A mobile based app will be installed for tracking racers, that will be available online. Phone battery must be kept charged to allow tracking at all times.

4: Traffic Laws

- F. Riders must obey traffic laws at all times.
- G. This includes, but is not limited to: riding on the correct side of the road, stopping and waiting at red lights until they turn green, stopping at stop signs and checking for traffic before proceeding, using hand signals for all turns, keeping as far to the left as safety permits, using the shoulder whenever possible and obeying speed limits.
- H. Race officials may issue penalties for traffic violations.

5: Drafting

- A. Drafting of any motorised vehicle is not allowed and will constitute to cheating.
- B. Drafting of any Human Powered Vehicle (bicycle or other) that is not participating in your specific category of the race is also not allowed and amounts to cheating. Category does not apply to gender or age categories, but to Distance/Relay/supported/unsupported.
- C. Any violation of the drafting rules 5:A and 5:B will result in a rider's immediate disqualification.
- D. Racers within the same category, as described in 5:A may ride together and draft each other provided it is with mutual consent. If a racer explicitly says that s/he does not wish to have a competitor draft him/her that must be respected. Complaints will be dealt with by warnings and penalties as required.

6: Self-sufficiency, On route resources, Official Support

- A. Each racer must be fully self-sufficient. No support vehicles of any kind are permitted during the race. Violation of these rules will result in immediate disqualification of the racer. Racers within the same category may however help each other. Category does not apply to gender or age categories, but to Distance/Relay/supported/unsupported.
- B. Racers must be fully self supported in terms of all hydration, food, nutrition, mechanical requirements etc. Racers may avail of whatever vendors, shops, hotels, restaurants are

available on route. Racers must ensure that all purchases are paid for in full and interactions are conducted respectfully. Complaints of non-payment of any other form of nuisance will attract a penalty.

- C. Racers may not have friends/family come on the route to cheer or in anyway assist racers. With prior intimation to Race officials they may only cheer at a manned control point. No support, food, drink, supplies may be exchanged. Violation will lead to a penalty or disqualification
- D. Mechanical assistance may be availed from locally available Bicycle shops with the same conditions as in 6:B
- E. Racers will be given 2 labeled bags on pre race day to pack with drop bag requirements for the 2 drop bag locations. These bags are to be handed over before race start, and may only be accessed at specified drop bag location. No valuables and no perishable items are to be put in the bags.
- F. Drop Bags will be made available by the official vehicle at the specified control points only, and may NOT be accessed along the route. Official vehicles are only there to observe and in case of emergency.
- G. At the drop bag locations the hotel rooms are shared accommodation for quick halts, rest and change, and they must be used with due consideration of other racers.
- H. Each racer must posses along with the prescribed lighting equipment, batteries and replacement lights and powerbank in addition to items listed in Mandatory list in Appendix B.
- I. Racers must at all times have a charged cell phone that will be used as a tracking device and to communicate with the race officials. Racers have the obligation to inform to the officials in case of accidents, closed roads, detours, non-functioning of GPS device or quitting the race.

7: Safety, Sleep and Medical Support

- A. Racers are responsible entirely for their own safety at all times during the race. Decisions to rest, sleep, avoid a particular section of route during night are to be taken by racers with full responsibility towards their own well being and safety.
- B. The safety rules prescribed are to be strictly adhered to. Traffic rules must be followed at all times. If riding with a buddy, riding single file is recommended. Cyclists may not obstruct traffic or ride on the wrong side of the road for any reason.
- C. Hand signals must be given to indicate turns or that you are stopping to avoid accidents with vehicles behind you. Racers **MUST ONLY STOP** after pulling fully off the road on the left.
- D. Race officials reserve the right to stop a racer deemed to be riding in an unsafe manner, and only allow them to continue once they are satisfied about their ability to continue safely. Repeatedly riding in an unsafe manner will lead to an immediate disqualification to prevent injury or harm. Race officials verdict on what is safe or unsafe is final.
- E. Sleep is not mandatory, but is recommended that when a racer needs it, they take at least a short power nap.
- F. Race officials reserve the right to pull a rider off the course and order them to rest if that person is suffering from sleep deprivation and/or riding or acting in an unsafe manner.
- G. In case of any medical emergency, racers must immediately inform the race officials and also immediately seek local medical help.

8: Bicycles

- H. All bicycles must be propelled solely by human force. Disc wheels, wheel covers and/or aero bars are allowed.
- I. There are no bicycle categories. Special bikes will be considered and ruled upon by the Race Committee.
- J. All bicycles must be deemed to be in race condition as assessed by an authorised official at the start of the race. If a bicycle is judged to be unfit or unsafe to ride by a race official, riders may NOT use it until the issue is resolved to the satisfaction of the Race Committee.

9: Helmets

- A. Riders must wear an approved helmet, properly fastened, at all times when riding a bicycle. Riders without a helmet will not be permitted to start. Riding without a helmet, even briefly will result in immediate disqualification of the racer.

10: Lights and Reflective Gear

- A. Riders must use at least one steady white front light visible from 500 feet (150 lumens or more) mounted to the bicycle and a steady (not flashing) red rear light visible from 300 feet mounted to the bicycle. A second red rear light visible from 300 feet mounted to the bicycle or rider, may be kept on flashing or steady mode. Spare lights and batteries are strongly recommended. Riders who fail to comply will be refused to start the race.
- B. Riders must wear a reflective gear during the night hours, in the form of a vest or bandoleer. (Adhesive reflective material and jerseys with reflective material stitched to them, are not acceptable as replacement to reflective gear)
- C. Lights and reflective gear must be used during night hours from 6:00 PM – 7:00 AM and at times of low visibility conditions such as fog and rain. All lighting requirements must be met by all riders, during the night. Any rider found riding without lights and/or reflective gear during the night hours will be immediately penalized (no warnings will be issued in this regard).
- D. These are the minimal requirements we will accept but are nowhere near optimal. For optimal lighting, we recommend using a front light of at least 600 lumens, with a secondary front light in use with the other light or to use as a backup. For the rear, we recommend using lights with visibility up to 500 feet.
- E. Racers failing to comply will be penalised immediately without warnings.

11: Timings/RAAM Qualification

- A. The Unsupported Ultra Spice Race is not a RAAM QUALIFIER.
- B. Racers must finish within all prescribed cut offs with an officials at the manned control points, and within the overall cut-off time to be listed in the rankings.
- C. All racers finishing late but under the supervision of officials will be listed as finishers.
- D. Refer cut off timings and protocol for control points in Appendix A

12: Cheating

- A. Any instance of fraud, cheating or deliberate violations of any rules will result in issuance of penalties or may result in further exclusions of the racer as a racer or a crew member in future Inspire India Races.

- B. Drafting of any motorized vehicle is strictly forbidden. Any rider seen attempting to gain advantage by drafting a motorized vehicle will be immediately disqualified.
- C. Towing any vehicle is strictly forbidden. A violation will lead to immediate disqualification and a ban from future races.
- D. Any Racer seen using a motorized vehicle to move ahead on the course will be disqualified. Racers must inform Race Officials of Withdrawal from the race before boarding any vehicle.
- E. Any deliberate act of taking advantage over others is considered cheating and will lead to immediate disqualification.
- F. A very serious view is taken of any manner of cheating. If found cheating Race officials WILL immediately disqualify a rider and ban them from future races.

13: Warning/Penalties

- A. Riders must obey all rules and regulations at all times. There will be no exceptions. It is the rider's responsibility to ensure that s/he do not give any cause for doubt.
- B. Race officials and volunteers may issue warnings to riders for minor violations not including wilful cheating. If the situation warrants a penalty may be issued at the first offense.
- C. In the situation of a race such as this, race marshals may take spot decisions that will be conveyed to the Race Committee. Every attempt will be made to convey it to the racer, but Race Officials may not be held responsible if contact is not made with the racer for this purpose.
- D. Repeating an offense will result in a penalty, regardless of whether the racer has been notified or warned about the first offence. In case the first offense was notified, repeating the same rule violation may result in an escalated time penalty.
- E. Race officials reserve the right to immediately disqualify a rider and ban them from future races for inappropriate behaviour or if the situation warrants it. It is within the discretionary powers of Race officials to make a decision about warnings, penalties or disqualifications, based on their judgment and observations.
- F. Each violation of rules will result in a 15-30 minute time penalty depending on the offense. The fifth penalty will result in disqualification.

14: Race Officials and Race Committee

- A. The Race Committee comprises of but not limited to the Race Director, Head of Officials, Race Officials and Team Members. The Race Committee has the authority to override, modify or create rules based on unfolding circumstances during the course of the event. Race Officials have complete authority and the decision of the Race Committee is final and binding on all participants on all matters.
- B. Race Officials may be stationed along the route in marked or unmarked vehicles. The race officials may change their location and drive along with racers if deemed necessary.

15: Appeals/Protests/Complaints

- A. During the course of the race, a racer may make a verbal protest to any Race Official or the Race Director, but it must be made privately and respectfully. Any public protest or display of disgust with the contents of the Rules, their application or to a Race Official may result in a penalty.
- B. Any rider wishing to make an official protest must do so in writing and submit it to the Race Director along with a Complaint Fee of Rs. 5000/- no later than two hours after their race's

respective time limit has expired. The Race committee will rule on all protests after due deliberation, as time permits.

- C. Riders and support crew may not make allegations of cheating in public or in social media of any kind. Racers may not make allegation of cheating to Race Officials without substantiating it with evidence. Protocol is to be observed. Riders must submit a formal letter of complaint to the Race committee along with eye-witness accounts, evidence and a complaint fee, for it to be taken seriously.
- D. Complaint fee will be refunded in full if the Race committee rules in favour of the complaint. In the absence of substantiating evidence, race committee will be unable to take action.
- E. Airing opinions, making allegations and complaints regarding Race and Race officials over Social or other Media before or after making a formal protest, that are considered harmful to the Race Reputation may result in a disqualification or a ban from future races.
- F. All Racers are encouraged to report to race officials, any suspicions (with or without evidence) if they see some infraction of rules by other teams or racers. These reports must be made during the course of the race, with details of racer/team no. and location, to enable race officials to check on the report. Any racer or crew, witnessing a cheating or rule infraction and not reporting it to race officials immediately, will lead to witnesses being held complicit in the act itself.

16: Media, Race Publicity and PR

- A. Riders and support crew agree to the use of their images for the purpose of Race Promotion in all Media.
- B. Riders must not through their actions on any media (print, social, internet, FB, twitter, etc) harm Race Reputation. The continuation of the Race is dependent on maintaining its integrity and reputation and any action that is considered harmful to the Race Reputation may result in a disqualification or a ban from future races.

17: Communication Protocol

- A. In addition to conduct during the race (ref rules and regulations #2: Conduct) that pertain mostly but are not limited to face to face conduct during the race, all communication between participants and Race organisation, through any and all means, must be respectful and polite in nature.
- B. In addition to any appeal/protest/complaint covered in Rules and Regulations #15: Appeals/Protesting/Complaints, all communication between Participant and Race Officials must be private and respectful.
- C. The objective of the communication must clearly be to receive clarity and resolution, on race related issues or information from Race officials.
- D. Acceptable means of communication are via email for any official communication that need to be kept on record, and via phone call, text to phone or WhatsApp for any inquiries during race days.
- E. Posts on social media are not acceptable means of communication about race inquiries or addressing of issues. These are public forum that are critical to the well-being and growth of this race, and we will use our discretion in judging whether a racer is being disrespectful.
- F. A social media post deemed disrespectful, and harmful to the race reputation (guiding principal #4) may result in a disqualification or a ban from future races.

18: Compliance

- A. All racers must pass inspection of mandatory requirements before being cleared to race. This will include documentation and bicycle inspection as described in Appendix B.
- B. It is the responsibility of the racers ensure that compliance especially to safety rules is strictly adhered to for the entire duration of the race.
- C. In case a change of bicycle is necessitated between inspections and race start, Race Officials have to be informed and bicycle inspected. Once flagged off the entire route must be covered by the racer on the same bicycle. Any request for a change of bicycle will require physical presence of an official and on spot decision will have to be taken.

19: Littering

- A. Racers and Crew may not litter, throw garbage, plastic, etc at any point of time and location during the course of the race.
- B. All waste must be disposed off at private or public garbage bins on waste collection sites only.
- C. This includes but is not limited to the start/finish line where it is forbidden to throw any waste into the public parking, beach, or streets of Bogmalo. Racers must only do this activity at their own respective hotels and dispose off the garbage as recommended at their hotels.
- D. Any breach of this section will result in a penalty without warnings.

APPENDIX A

ULTRA SPICE 1750 KM UNSUPPORTED ROUTE – CONTROL POINT AND STAGE DETAILS

Control s	Location	Details/Landmar k	1750 Unsupported - Men 18-49				
			CP Distanc e	CUT OFF TIM E	Stage details		
					Stage	Time of Dep/Cut off details	Timings, Average etc
Start - CP 1	Bogmalo Beach	Leon's	0		Stage 1 - 752 KM till Kalpetta	CUT OFF - 58 hrs - 00:30 28th Jan to ensure Min 4 hour Rest. All Racers halt here till FLAG OFF of next stage - 62 hrs - 4:30AM 28th Jan	Time of arrival at CP will be noted for race time calculation. Minimum average required to reach Control Point 12.95kmph , and average at time of departure from Control point 12.12 kmph
CP 2	Karwar	Karwar Bridge	86.5				
CP 3	Honawar	Kamat (on right)	178.25				
CP 4	Sagar	HP Petrol Pump before Bus Stand	265.5				
CP 5	Shivmoga	Ashok Deluxe Lodge, KSRTC - Drop Bags	338.75				
CP 6	Chikmagalur	Town Canteen	434.75				
CP 7	Honkaravalli	Hotel National (restaurant)	500				
CP 8	Madikeri	Café Coffee Day	585				
CP 9	Kakkayanga d	Broad Bean Hotel (on right)	664.25				
CP 10	Kalpetta, Wayanad	CCD, Peter's Hill View Hotel - Drop bags	751.75	58 Hr	Stage 2 - 235KM - Kalpetta -Ooty- Kalpetta - Total 16hrs of day time to cross Forest section both ways. to return.	Time of arrival at Ooty will be noted for King of the Mountain ! 2 CUT OFFs - CUT OFF at Ooty turn point - 72 hrs - 14:30PM - 28th Jan, Latest 20:30 PM	Min Average required - 14.72 kmph
CP 11	Ooty	Café Coffee Day - Ooty	869	72 Hr			
CP 12	Kalpetta, Wayanad	CCD, Peter's Hill View Hotel - Drop bags	986.5	78 Hr			

						arrival at Kalpetta	
CP 13	Kakkayangad	Broad Bean Hotel (on left)	1074.5		Stage 3 - 751 KM back to Goa	No break in race time between stages, No Flag off for this stage. Racers can rest after reaching Kalpetta or continue to finish, at their own pace.	Time remaining from 20:30 PM - 66hrs, Hard CUT OFF at finish 14:30PM 31st Jan. For racers leaving at 8:30 PM 28th Jan min average needed is 11.6 kmph
CP 14	Madikeri	Café Coffee Day	1154.5				
CP 15	Honkaravalli	Hotel National (restaurant)	1239.5				
CP 16	Chikmagalur	Town Canteen	1304.75				
CP 17	Shivmoga	Ashok Deluxe Lodge, KSRTC - Drop Bags	1399.5				
CP 18	Sagar	HP Petrol Pump after Bus Stand	1473.5				
CP 19	Honawar	Kamat (on left)	1560				
CP 20	Karwar	Bridge	1652.5				
Finish - CP 21	Bogmalo Beach	John Seagull	1737.6	144 Hr			

The race route goes through a forest section in the TN state where cyclists are not permitted to ride on the route between 9PM & 6AM. This section of the route is between Kalpetta 751km & Gudalur the base of the climb to Ooty. The format of the race has stages within the overall cut off time of 144 hrs.

- 1 - Since there are no support vehicles involved the race will be flagged off like a Mass start at 2:30pm 25th Jan. all cut off timings are based on that.
- 2 - Stage 1 is 751 km till Kalpetta, where you arrival time is noted for calculation of Overall Race time. Racers must arrive within 58hrs ie by 00:30 am 28th Jan to get sufficient rest before the next tough stage. Everyone halts here, and rests in the shared Hotel rooms provided, till the flag off of the next stage at 4:30 am sharp 28th morning.
- 3 - The second stage is 235 km but includes the climb to Ooty, and HAS to be completed within 16 hours of daylight time. The rest at Kalpetta is essential to be able to do this stage in time.
- 4 - The next stage will not have a break, or flag off. On completion of stage 2 racers may rest at Kalpetta or continue to finish at their own discretion.
- 5 - The final race time will be calculated by adding racers stage 1 timing and the cumulative time of stage 2 and 3.
- 6 – Only CP 5, CP 10, CP 11, CP 12, CP 17 and CP 21 are manned control points where it is essential to get your Race Card signed and stamped.
- 7 – All other controls may or may not be manned. If unmanned, Racers must check in by sending whatsapp or text message to race director with Racer/Bib No., CP No., Time and Date. If manned Racers must stop and get cards stamped and signed.

Appendix B

Mandatory Pre-Race Registration Requirements

PARTICIPATION WILL BE CANCELLED WITHOUT REFUND FOR NON COMPLETION OF PRE-RACE REGISTRATION FORMALITIES, BIKE AND EQUIPMENT INSPECTIONS OR NON ATTENDANCE OF PRE-RACE BRIEFING.

Bike Check – Check List

- Rider Number on front and rear – will be provided at Inspection Venue.
- Rider No. on Helmet – will be provided at Inspection Venue.
- Front Bike Lights – 150 Lumens visible for 500 feet – minimum 2 with spare batteries and/or chargers
- Red tail lights – visible for 300 feet must have steady mode – minimum 2 with spare batteries and/or chargers
- Powerbank and charging cables.
- Reflective Vest/Bandoleer.
- Reflective tape (If you do not have Reflective tape, you may purchase some at the Inspection Venue) approx ¼ inch by 3 inches long strips to be affixed on.

1. Front fork legs,
2. Seat stays
3. Cranks,
4. either rear of pedals or heels of shoes,
5. wheels (3 strips of 2 inches on each side)

Documentation Check List

- Copy of Racer's ID proof - Get Hard Copy
- Copy of Racer's Age proof - Get Hard Copy
- Waiver Forms to be signed by Racer – will be provided at Inspection Venue.

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