

Fabian4 Dyffryn Conwy Mountain Challenge Rules

Version 2.0

The Fabian4 Dyffryn Conwy Mountain Challenge Rules are based on the [World Quadrathlon Federation Rules](#) (English translation) but with amendments as follows:

- 1/ Sections which are not applicable have been deleted. (hence the sometimes odd number formatting)
- 2/ Additional sections are in [blue](#).
- 3/ Poor translation errors have also been corrected.

Sport and Competition Order of the World Quadrathlon Federation

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Preamble

The event should offer fair and just competition by insisting that all competitors adhere to its rules throughout. Every athlete must be committed to these rules and should not try to take any personal advantage from a loophole. He/she must demonstrate a decent and sporting attitude throughout the entire competition.

These rules are based on field tested experience and procedures, & will not constrain the competition in any way.

1. Fundamentals

1.1 Definitions

- a. Race marshal, referee and race official are normally used as a synonym.
- b. Competitor, athlete and participant are normally used as a synonym.
- c. Event manager and organiser are normally used as a synonym.

1.3 Purposes and aims

With the sport and competition order the WQF aims to realize a high standard for organising comparable and fair competitions.

2. General rules for competitions

2.1 General responsibility of Athletes

- a. Supreme principle is sportsmanship and adhering to the rules. Any advantage gained by violating the rules is forbidden.
- b. The competitor is responsible for his/her own equipment and must make sure that it complies with the rules.
- c. The competitor may not block, charge or make an abrupt motion so as to interfere with the forward progress of another competitor, whether intentionally or by accident.
- d. The competitors must follow the entire course as marked by the organiser. It is the duty of competitors to familiarize themselves with the course boundaries. If they leave the course because of unavoidable reasons, they must re-enter it at the same point where they left it, or retire from the race. (Penalty for missing an official track point: disqualification).
- e. Any competitor who withdraws or retires from a competition has to inform the nearest race official after withdrawing from the competition. After withdrawal or disqualification the body number must be taken off.
- f. Giving or receiving physical help, other than First Aid and help from those individuals authorised by the organiser, is not allowed.
- g. Competitors may not be accompanied or paced by helpers. Advice and information may be given by helpers standing by the side of the course. In so doing, the progress of the competition must not be interfered with, nor other competitors disturbed.
- h. Receiving food or drink, other than that offered at official refreshment stations, is not allowed. It may be handed out by those authorised by the organiser or by personal coaches.

i. Competitors shall treat other competitors, race officials, volunteers and spectators with respect and courtesy.

2.2 Doping Rules

a. Doping is strictly forbidden. The Doping rules of WQF and those of WADA will be applied in Quadrathlon events. Competitors must know these rules as well as procedures of controls, sanctions and protests.

b. Competitors under suspension imposed by any organisation or Federation because of breach of anti doping rules are not allowed to compete in Quadrathlon events managed by WQF.

2.3 Health

a. It is the competitor's responsibility to be well prepared for the competition, both regarding general health as well as present level of training and competence.

b. Massage and medical help provided by the organiser are allowed throughout the course. Doctors authorized by the WQF or by the organiser are allowed to prevent athletes from continuing the race in case of danger for their health. These decisions have to be taken in all conscience.

c. In case of accidents, competitors continuing in the competition do so at their own risk after having received first aid and medical care, and with the agreement of Race officials or medical staff.

2.4 General rules for organisers

a. The organiser may stop the race for individual athletes or even for all participants if there is good reason. E.g. insufficient preparation concerning the race or dangerous changes in weather. As far as is possible, such procedures should be practised in agreement with a member of the executive committee.

b. The organiser of Quadrathlons or associated kinds of sports is responsible for the compliance with the WQF Competition Rules.

2.5 Authority

Competitors under suspension imposed by their national federations or any other organisation are not allowed to compete in Quadrathlon events managed by WQF.

2.6 Registration

a. Registration procedures will be settled by the organiser.

b. The National Quadrathlon Federation indicates whether a licence is needed. If there is no national federation, no licence is needed.

2.7 Language / communication

The official language is English.

2.9 Briefing

- a. Before the competition a briefing has to be organised. The briefing shall take place at the latest 30 minutes before the start. It may also be held the day before the competition, but not earlier than that.
- b. The briefing must contain:
 - a summary of the routes
 - suggested precautions and warnings about any potentially dangerous areas
 - any outstanding information
- c. All competitors must attend the briefing. The instructions given by the organiser must be obeyed. A protest because of disadvantage caused by absence of briefing is not possible.

2.10 Timing and Results

- a. The organiser may set time limits for every individual discipline as well as accumulated times for the whole competition. If the time limit is not met, the competitor will be disqualified.
- b. The total competition time is counted continuously from the start of the first part until the finish of the last part. If possible, the organiser shall take split times for every individual part as well as for the transition areas.
- c. Presentation of prizes/awards may begin before all competitors have finished the event.
- d. The final, valid result list will be made available after the protest deadline or decision about protest.

3. Penalties

3.1 General Rules

- a. Competitors ignoring the WQF Competition Rules will be punished with a warning, time penalty, disqualification or other designated sanctions by the race marshals.
- b. It is not mandatory for a race marshal to give a warning prior to a disqualification.

3.2 Exhortation

Race officials can give an exhortation that indicates a breach of rule. The exhortation doesn't have consequences as a penalty. Exhortations don't add up and are not recorded.

3.3 Warning

The issuing of a warning will be given at the discretion of the race marshal. Warnings may be given by more than one marshal during the race. A competitor will be disqualified if he/she gets more than 2 warnings during a race. Disqualification may occur after the race is over.

a. Procedure:

Race marshals indicate a warning by sounding a whistle, ~~showing a yellow card~~, calling the competitor's race number in English and giving the correct reasons why and how a particular rule has been breached. The marshal must write down the competitor's number and present it to the general race marshal at the end of the race to check if any disqualifications are to be made.

b. Warnings may be given:

When a rule violation appears unintentional, and can be corrected after a warning, e.g.

I. If the rule violation is a simple one with the purpose of a time advantage. This time advantage may be neutralised by the race marshal by addressing the competitor.

II. Violation against instructions that shall prevent advantages in the competition. This is possible in case that the advantage has not yet occurred or can be corrected.

3.4 Time penalty

Time penalties can only be given during the cycling section. A reasonable suspicion of drafting must exist.

a. Procedure:

Race marshals indicate a time penalty by sounding a whistle, calling the competitor's race number and the time penalty in English and give the order to correct the breach of the rule.

b. Time penalties:

– 1 min.

c. Possible procedures for time penalties:

- serving the sentence on a penalty bench at the cycling section or after having finished the cycling part.
- Or time addition to the final cycling time

3.5 Disqualification

Disqualifications will be issued for serious rule violations.

a. Procedure:

Race marshals indicate a disqualification by sounding a whistle, calling the competitor's race number in English. All disqualifications have to be posted on an official notice board in the finish area with 30 minutes after the finish of the last competitor or after a specified time limit. Even if disqualification has not been notified during the competition, disqualifications may be possible by the race officials. Sufficient reasons must exist. It is not necessary to give a warning prior to a disqualification.

c. Immediate disqualification:

Severe unfair behaviour, defamations and unsportsmanlike conduct will result in immediate disqualification.

Procedure:

Race marshals indicate a disqualification by sounding a whistle, calling the competitor's race number in English and giving the order to break off the competition immediately. It is not necessary to give a warning prior to the disqualification.

d. All disqualifications have to be posted on an official notice board in the finish area within 30 minutes after the finish of the last competitor or after lapse of time limit. The affected athlete may make an official protest up to one hour after the finish of the race. The protest has to be made in writing.

A penalty deposit of £10 has to be paid. If an objection is allowed and the disqualification is overturned, the penalty deposit will be paid back to the athlete.

3.6 Suspension

The WQF may, in context of its authority, impose a sanction for rule violations regarding the whole Sport and Competition Order.

5. MTB (3rd STAGE)

5.1 General Rules

a. The cycling part of the competition will be carried out as individual cycling without a support by foot, by bike or other vehicle.

b. Cycling is not allowed in transition areas.

c. Traffic regulations must be obeyed if the course is not closed to other traffic or unless the organiser has issued special rules

d. The competitors must carry out their own repairs and carry their own tools and spares, other than those provided by the organiser (for all competitors). Receiving help from others is not allowed. Spare wheels and other bikes must not be handed to competitors from anyone else.

e. Competitors are personally responsible for ensuring that their bicycles are in legally satisfactory condition at the start of the competition. The organiser is allowed to control the bicycles and to prevent athletes from starting the race if defects or deficits are found.

f. Organiser can arrange a Pit Stop area where competitors can place their replacement wheels and any tools before the race

5.2 Slipstream (Drafting) prohibition

a. Competitors are not allowed to draft, i.e. take shelter behind or beside another competitor during the cycling part. All competitors must reject any attempt by others to draft.

b. A competitor who does not clearly avoid violating the drafting rules may receive a time penalty or, where necessary, disqualification. Side-by-side riding is forbidden. Competitors have to obey the instructions of race marshals and to follow the traffic rules.

5.3 Equipment

a. The bicycle has to be moved with nothing other than muscle power.

b. Additionally installed wind deflectors and fairings at the bike (except at rear wheels) or the body of the competitor are not allowed. Front wheels have to be spoke wheels.

c. Handle bars have to be positioned in such a way that injuries in case of accidents are avoided.

d. There must be a brake on each wheel of the bike. The brake levers have to show to the back.

e. The carrying of tools and spare parts is allowed, but not wheels or frames.

f. Containers of food and drink which are transported by the competitor must consist of unbreakable materials.

g. Non-traditional or unusual bicycles or equipment shall be illegal unless prior approval has been received from the general race marshal prior to the start of the competition.

i. Handlebars and elbow pads are allowed. Straight forward handlebars must be bridged or closed.

j. Wheels must not have machinery or mechanism for acceleration.

k. The use of Radio, MP-3 Player, Discman and mobile phones or any device requiring the wearing of earphones or headphones is forbidden, except if it is an authorised hearing aid for the Hard-of-Hearing or Hearing-Impaired athlete. These athletes should make themselves known to the organisers prior to the race start.

m. The competitor shall wear a cycling helmet which has been safety approved by an officially recognised standardisation and testing authority.

The helmet has to fulfil the following conditions (to be realised by visual inspection):

- fits correctly on the head

- no damages

- undamaged non elastic laces, connected with the helmet at minimum 3 points and closable by safety system

The cycling helmet must be securely fastened at all times during the cycling part from the moment of taking the bike in the transition area until putting it back on its place in the transition area.

- n. There will be a minimum requirement of **shorts** and **clothing** covering the upper body.
- o. Organiser or race marshals may forbid non-traditional or unusual bicycles or equipment which may either cause danger or bring an advantage for the competitor.
- p. Each competitor must wear a **race** number and **display** a **race** number on his/her bike for clear identification by the organiser and race marshals. The number will be provided by the organiser.

r. Bikes must, as a minimum, be mechanically sound, have efficient brakes and appropriate tyres. Cyclo-cross bikes are not recommended due to the technical nature of the route, but are allowed. All bar ends must be plugged.

6. Kayak (1st Stage)

6.1 General Rules

The kayak part of the competition will be carried out as an individual without any assistance from others and without any machinery or mechanisms for acceleration.

6.2 Boat types

a. Any sort of kayak (K-1, wild water kayak, sea kayak, surf ski, touring kayak etc) is allowed. K2's are also allowed, if paddled by an individual competitor.

b. Each kayak must have a minimum weight of 8 kg, including all built-in components.

c. All kayaks/canoes shall be unsinkable due to their construction or by the use of floatation devices.

d. It is up to the organiser or the race marshals to forbid unusual equipment which may cause danger or give an advantage to a competitor.

e. Boats must be enclosed kayaks at least 3.5m (3.5m competition slalom boats are acceptable) long and not be sit-on tops or open canoes. The only exception to this is ocean racing surf skis which are acceptable. The reason for this restriction is simply that paddling a short boat, sit on top or open canoe will put you at a huge speed disadvantage compared with a longer kayak and may mean that you risk missing the cut off time for the kayak stage.

f. Ideal boats for the race, depending on your canoeing experience, would be a racing K1, wild water racing kayak, sea kayak, fast touring kayak, or general purpose kayak.

6.3 Paddle types

Every kind of paddle is allowed. There are no restrictions in size, form or material.

6.4 Responsibility

It is the responsibility of the competitor to ensure that his/her equipment is in a legally, satisfactory condition.

6.5 Restrictions

a. The organiser may give a restriction for special types of boats, e.g. K1's without a rudder or fin, or boats the race marshal decides are not safe enough to take part up to four weeks prior to the competition.

b. Any kind of machinery or mechanism for acceleration is strictly forbidden.
Penalty: Disqualification, suspension.

d. All competitors must wear an approved lifejacket or buoyancy aid with a minimum inherent floatation of 50 Newtons (this is the standard for most canoeing buoyancy aids). Inflatable folded work vest style lifejackets with no inherent buoyancy are not acceptable.

6.6 Boat number

The competitor must place his/her race number on the kayak (as provided by the organiser).

6.7 Getting in/off the kayak

a. Any assistance to get in or out of the kayak is forbidden.

b. In exceptional cases the organiser may allow assistance by race officials to get in or out of the kayak. No competitor may be disturbed.

6.8 Change of boats

a. Changing the kayak in the transition area during the race is allowed, provided that other competitors are not be disturbed. In case of changing the kayak, assistance is strictly forbidden, even for getting in and out of the kayak.

b. The competitors must carry out their own repairs. Receiving help from others is not allowed. Tools and material may be handed from others in the transition area.

6.9 Run equipment

ALL EQUIPMENT FOR THE RUN (SHOES, WINDPROOF TOP AND BOTTOMS, MAP, WHISTLE & COMPASS) MUST BE CARRIED IN YOUR BOAT.

7. Fell Run (2nd Stage)

7.1 General Rules

a. Coaching and escorting on the running course is not allowed.

b. Competitors

- may run or walk
- may not run/walk barefoot
- may not leave the official course in order to get an advantage
- may not constrain other competitors
- may not use radio, MP-3 Player, Discman or mobile phone

c. Equipment

- The use of spikes is forbidden
- Every competitor has to wear clothes covering the upper body
- The competitor must wear the body number provided by the organiser.
- The competitor must carry windproof top and bottoms, map, whistle & compass.
- Emergency food & drink is recommended.

The body number shall not be cut, folded, or hidden. During the fell run the body number must be worn on the front, & be fully visible. Every competitor is responsible for ensuring that he/she can be easily identified at all times.

8. Transition areas

8.1 General Rules

- a. Race equipment for biking, kayaking and running has to be deposited at the designated area.
- b. From beginning of check-in to the end of check-out, transition areas may only be entered by competitors, race officials, accredited reporters, race marshals and if necessary by medical service.
- c. Competitors may enter and leave the transition areas only at the official entrance and exit.
- d. If a changing- or bag deposit zone for the bike-, kayak- and running gear exists, the competitor is only allowed to deposit the following items next to his / her parking space: bike shoes, the helmet, the number, the eyeglasses
- e. If there is a special dressing area inside the transition area, changing is only allowed in this dressing area.
- g. Cycling is not allowed in the transition areas.
- h. Competitors have to take and to bring back their bike to the assigned place by themselves
- i. Competitors must mount and dismount their bicycle at the designated area or line. Mount and dismount lines must be visible.

9. Categories, Events

9.1 Gender classes

In the competition males and females are basically evaluated separately, but in the overall result, they may be listed together.

9.2 Age groups

- a. The male and female age groups are listed identically, and are calculated by [age on the day of the event](#)
- b. Description and classification [for prizes \(male and female\)](#):

- 1) Senior 18-39
- 2) Veteran 40-49
- 3) Masters 50-59
- 4) Grand Masters 60+

The individual event is not open to competitors under 18 years of age on the day of the race.

Each team must have at least one female member.

A junior who is 16 years of age or older on the day of the race may enter the team event as the member **competing in the Kayak or MTB** sections only. Parental consent is mandatory.