

REGULATION

1. Presentation

1.1. THE SPANISH CUP XCM - TEMPLARY MARATHON MTB RACE-UCI TEST Class-2 Men Elite - Women Elite Cross-country marathon, is a A single-day competition that belongs to the XCM mountain bike discipline, will consist of an 89km course and a vertical drop of 2,300 positive meters.

1.2. It is an individual competition.

1.3. The competition takes place on Sunday, April 24, 2022 at 9:00 a.m.

1.4. The competition takes place in the town of Jerez de los Caballeros, Badajoz province, Extremadura (Spain).

1.5. The competition is contested according to the technical and sports regulations of the UCI (International Cycling Union) and the RFEC (Royal Spanish Cycling Federation).

1.6. THE SPANISH CUP XCM - TEMPLARY MARATHON MTB RACE, is a test of international and national category, registered in the official calendar of the UCI and the Royal Spanish Cycling Federation.

2. Registration

2.1. Anyone who wishes to participate in this competition must formalize their registration through the link.

https://rfec.com/index.php/es/smartweb/seccion/circuito/rfec/22COPAXCM

https://ciclismoextremadura.es/index.php/es/smartweb/seccion/calendario/ex tremadura / 2022

For the registration to be valid, it is mandatory to fill in all the information requested in the form and pay the registration fees.







2.2. The registration period will open on JANUARY 15, 2022 until the 17th April 2022 or until the 600 available places are completed . (The number of Places offered can be changed by the Organization if it deems it so).

Inscription:

The registration fee will be \in 35. For federated and \in 35 (+ one day license) for non-federated

- 23. Registration includes:
- Attention to the participant.
- Right to participate in the competition.
- Participant number.
- Timing service.
- Electronic device for time control.
- Marking of route and personnel.
- Support of quads, motorcycles and car broom during the test.
- Liquid and solid supplies
- Medical assistance on and off the course.
- Bicycle washing area.
- Bicycle parking.
- Toilets.
- GPS track of each of the routes.
- Medical service, and physiotherapy

- Free Mechanical Service for participants. Mechanical assistance is offered to all participants at certain points along the route and on Saturday April 23 from 5:00 p.m. to 8:30 p.m. in the finish area, to solve any breakdown







technique. Free assistance, in order of arrival and capacity. Spare parts are not included.

2.4. In the event of any type of disqualification or abandonment of the competition, the entry fee will not be fully or partially refunded.

2.5.1. There is the possibility of changing the name of a participant's registration in case of injury and impossibility of competing in the event with medical proof, as long as it is notified before April 15, 2022, the date prior to the allocation of numbers.

Changes must be requested at clubciclistajerezcross@gmail.com

2.5.2. Distance changes can be requested until April 10, 2022 at federacion@ciclismoextremadura.es

2.5.3. **Registration return policy:**

According to trade regulations in Spain, all registrations may be returned within 7 days from their registration. Cancellations or changes must be requested to clubciclistajerezcross@gmail.com

Registration transfers will only be valid for one edition, otherwise the registration fee will be lost. RUNNER'S BAG WILL BE SENT TO THOSE WHO CANNOT ATTEND.

Request date before the event and refund%: Less than 30 days 80% From 29 to 15 days 50% From 14 to 8 days 25% Less than 8 days 0%

In the case of suspension (not postponement) for health reasons, the registration fee will be refunded in full.

3. Participants

3.1. All entrants must be at least 16 years of age on December 31 of the year the competition is held.

3.2. Participants must hold a competition cycling license, issued by a national cycling federation approved by the UCI.







3.3. Licenses for other sports are not accepted.

3.4. Those who do not have an annual cycling license must apply for a license for one day, valid only for the competition and validated by the Royal Spanish Cycling Federation (RFEC).

3.5. This temporary license allows you to participate in the test as a cyclist, with the same rights as any other participant.

3.6. Participants can register in any of the following categories:

Elite / U23 men. A male who must be 19 years of age or older on December 31 of the year the competition is held. They must have an Elite license approved for competition cycling, they will compete for cash prizes and trophies.

Elite / U23 women. A woman who must be 19 years of age or older on December 31 of the year the competition is held. They must have an Elite license approved for competition cycling, they will compete for cash prizes and trophies.

Master 30. A man who must be 30 years of age or older on December 31 of the year the competition is held. You must have an approved Master's license for competition cycling. Those who have an Elite category license will not be able to compete in this category. They will compete only for trophies, they are not eligible for cash prizes.

Master 30 female. A woman who must be 30 years of age or older on December 31 of the year in which the competition is held. You must have an approved Master's license for competition cycling. Those who have an Elite category license will not be able to compete in this category. They will compete only for trophies, they are not eligible for cash prizes.

Master 40. A man who must be 40 years of age or older on December 31 of the year the competition is held. You must have an approved Master's license for competition cycling. Those who have an Elite or Master 30 category license will not be able to compete in this category. They will compete only for trophies, they are not eligible for cash prizes.









Master 40 Female. A woman who must be 40 years of age or older on December 31 of the year the competition is held. You must have an approved Master's license for competition cycling. Those who have an Elite or Master 30 category license will not be able to compete in this category. They will compete only for trophies, they are not eligible for cash prizes.

Master 50. A man who must be 50 years of age or older on December 31 of the year the competition is held. You must have an approved Master's license for competition cycling. Those who hold an Elite, Master 30 or Master 40 category license will not be able to compete in this category. They will compete only for trophies, they are not eligible for cash prizes.

Master 50 Female. A woman who must be 50 years of age or older on December 31 of the year the competition is held. You must have an approved Master's license for competition cycling. Those who hold an Elite, Master 30 or Master 40 category license will not be able to compete in this category. They will compete only for trophies, they are not eligible for cash prizes.

Master 60. A man who must be 60 years of age or older on December 31 of the year the competition is held. You must have an approved Master's license for competition cycling. Those who hold an Elite, Master 30, Master 40 or Master 50 category license will not be able to compete in this

category. They will compete only for trophies, they are not eligible for cash prizes.

Master 60 Female. A woman who must be 60 years of age or older on December 31 of the year in which the competition is held. You must have an approved Master's license for competition cycling.

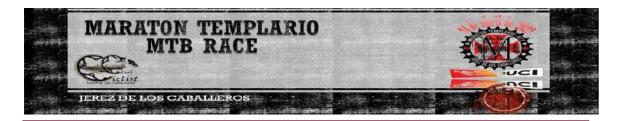
Those who hold an Elite, Master 30, Master 40 or Master 50 category license will not be able to compete in this category. They will compete only for trophies, they are not eligible for cash prizes.

3.7. Participants with a Master license will not be able to compete in the Elite categories.

IMPORTANT: According to the regulations of the Royal Spanish Federation of Cycling (RFEC), foreign participants holding a cycling license







cycling not processed by the RFEC, they must have a written authorization from their national federation that certifies that their insurance is valid in Spain. This document must be presented to the Stewards in order to remove the number.

4. Administrative checks

4.1. The administrative checks, collection of numbers and the runner's bag take place in the Plaza Alcazaba (FINISH ZONE) on Saturday April 23, 2022 from 4:30 p.m. to 8:30 p.m. and Sunday April 24, 2022 from 7:00 a.m. to 8:00 p.m. : 30h, in the pavilion located in the sports city of Jerez de los Caballeros (Badajoz).

4.2. The numbers are assigned according to each category, in order of registration.

5. Technical Breafing

5.1. There will be a technical briefing in the race office, before the competition, it will be on Saturday, April 23 at 8:30 p.m. Any participant is welcome but is not required to attend.

5.2. Any change will be announced on the event's notice board, social networks and / or email, being the participants' responsibility to be aware of these.

6. Development of the test

6.1. The competition is contested in accordance with the general UCI regulations and the specific regulations of the UCI for Mountain Bike and the RFEC (Royal Spanish Cycling Federation).

6.2. After the test, the classification of this is published on the notice board.

6.3. The start of the test is in a platoon.



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6.4. There are different starting grids depending on categories and it will be marked by different numbering numbers and, followed by participants without an annual license.

6.5. The starting grid opens thirty (30) minutes before the start time.

6.6. Five (5) minutes before the start time, no participant is allowed access to the starting grid, and must be placed at the back of the corresponding starting group.

6.7. No participant may start once the official start has been given, unless a Commissioner consents to it.

6.8. Each crossing control, intersection control, refreshment point, departure and arrival has a maximum time of passage, at which time they will be diverted to the short route. The time to reach these points is announced in the test dossier, as in these regulations.

TWO CUTTING SCHEDULES ARE ESTABLISHED IN THE MARATHON:

AT 12:00 AND 1:15 PM. AT Km 40 and 63.5 RESPECTIVELY, IF THESE POINTS ARE NOT REACHED AT THE TIME DETERMINED, THE RUNNERS WILL BE NEUTRALIZED AT KM 40 AND DIVIDED TOWARDS THE INTERMEDIATE ROUTE AT KM 63.5.

6.9. Any illicit aid implies the disqualification of the participant.

7. Start Launched

7.1. The start will be launched from the same finish line, as indicated by the UCI and RFEC regulations, for competition events

8. Rutometer

8.1. The test has a route meter detailing the distance, type of road, intersections, refreshment points and assistance.

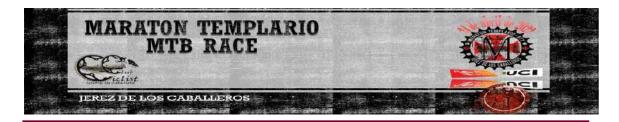
<u>9. Tour</u>

9.1. The competition takes place in one (1) day: April 24, 2022.









9.2. The route is open to traffic, but duly controlled. Participants must follow the indications of the traffic authorities and circulate with caution.

On Spanish public roads, cyclists must stay on the shoulder of the right lane. On slopes, it is advisable to drive on the right side.

9.3. The route includes demanding ascents and technical descents. It is the participant's responsibility to decide if they can overcome it while riding the bike. The organization is not responsible for accidents related to the skill of each participant or their level of physical fitness.

9.4. During the tour two types of controls are established: step control and chip control.

9.5. At the checkpoints, a Commissar will record the number of the participant and his time.

- 9.6. Skipping a passage control leads to disqualification.
- 9.7. Skipping a chip control is disqualification.
- 9.8. Abandoning the route marked by the organization implies disqualification.

9.9. All participants must stay within the natural limits of the paths, without cutting corners or taking shortcuts.

10. Provisioning stations and assistance areas

10.1. The aid stations and technical assistance areas are duly signposted along the entire route. They have everything necessary to meet the needs of nutrition and hydration of the participants during the stage.

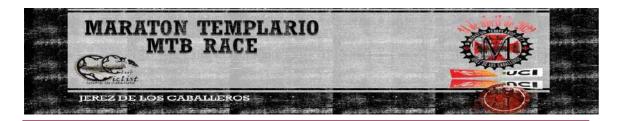
10.2. The refreshment stations coincide with the teams' assistance areas, unless otherwise indicated.

<u>11. Signaling</u>









11.1. The route is marked with yellow background signs and (orange short route) and black arrows. Yellow signs with a black cross indicate the wrong direction. No electronic device is needed to follow the tour. Although it is advisable to carry the track of the route.

11.2. Every 10 kilometers and the last remaining five kilometers to the finish are indicated.

12. Impractical sections

12.1. In the event that a section of the course is impractical and impossible to cross, due to unforeseen circumstances, the Commissioners, Course Director and Competition Director, may divert the route through the points provided by the organization.

13. Dropouts

13.1. A participant who drops out must notify the organization as soon as possible.

13.2. Failure to notify an abandonment implies expulsion from the competition.

13.3. In case of accident or emergency, and safeguarding the safety of the participants, the organization has the right to withdraw a participant from the competition.

14. Classifications

14.1. The finish judge and the timekeeper will be responsible for determining the order and time of arrival of each participant. At the arrival, the rider's bicycle can be verified in the delimited area of 20 meters after the line.

14.2. All competitors are considered in the race until after this verification, skipping this verification will result in the disqualification of the participant. All participants who cross the finish line with their bicycle will be classified, without any outside help and with time









lower than control closure. In addition, he must have passed all the control points and passed the time cut-off points established by the organization of the test.

14.3. An absolute general classification will be established with all the participants reached the finish line, ordered by the position of arrival and with the indication of name, surname, category, club and time spent. The official mileage and the hourly average of the race will also be indicated. A race commissioner will be obligatorily present at the finish line until the arrival of the vehicle that will close the race at the close of control of the test.

14.4. Any participant who falls outside the cut-off times at the points established by the organization and / or arrives out of control, will be left out of the classifications and out of the race. When arriving at the cut-off points out of time, the runner is obliged to hand over the number and from that moment he can only continue on the route under his responsibility.

The organization will have vehicles to return the retired runners to the finish line.

14.5. The following classifications are established: Absolute. Sub 23 Male Sub 23 Female Elite Male. Elite Female. Master 30 Male. Master 30 Female. Master 40 Male. Master 40 Female. Master 50 Male. Master 50 Female. Master 60 Male. Master 60 Female.

14.6. All participants carry a disposable chip to record their times. The Stewards must approve these times for the results to be considered valid.

15. Awards

15.1. The first three participants in each category and the corresponding race leaders have a mandatory podium ceremony.

15.2. In the trophy delivery, the first three classified in each category of the general classification are called to the podium at the time established for the ceremony by the organization.



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15.3. The order of entry for the 40km short march will also be controlled. This distance is a cyclo-sports event and the first three of the women's and men's classification will have trophies.

<u>16. Bicycle</u>

16.1. Bicycles must comply with UCI regulations, both in technical characteristics and safety.

16.2. Participants are not allowed to change bikes during the event.

16.3. Tandem bikes are not allowed.

17. Equipment

17.1. It is mandatory to compete with the badge and number given by the organization. The plate must be properly attached to the front of the bike. The bib must be placed on the participant's back. Both must be clearly visible and neither can be modified.

The electronic device for time control cannot be modified either and must be placed where indicated by the organization.

17.2. For security reasons it is recommended to carry a mobile phone. The numbers are printed with a telephone number that should only be called in an emergency. It is not an information phone!

17.3. The organization does not provide clothing to participants and is not responsible for the choice of clothing for each person.

17.4. The organization is not responsible for any object left loose or incorrectly stored in the backpack / bag.

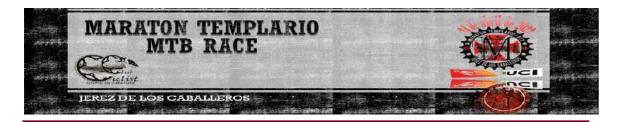
17.5. The organization is not responsible for any breakdown or repair of the bicycle that may occur during the race.

18. Sport and nature

18.1. Our sport, mountain biking, is a competition and leisure activity that takes place in nature and its impact on it.







Environment is a responsibility for all participants and organizers of sports events. Participants are asked not to throw garbage along the route, to be respectful of the environment (do not roll off the roads, do not take shortcuts that damage the vegetation, etc.), be careful with the animals, do not leave any spare parts behind , etc.

18.2. The Stewards can disqualify any participant who does not respect the environment or private properties that are crossed during the test, expelled from the test without the possibility of continuing in it.

<u>19. Considerations</u>

19.1. Any participant can be subjected to an official anti-doping control in accordance with UCI regulations.

19.2. All participants must be respectful of other participants, Commissioners, members of the organization, the media and the public.

19.4. The Stewards may disqualify any participant who does not respect these considerations, expelling him from the event without the possibility of continuing in it.

19.5. All participants assign their image rights to the organization, being able to use any photograph or video where they appear.

19.6. The organization is not responsible for the expenses or debts that a participant may incur during the event.

19.7. If necessary and under serious circumstances, the organization reserves the right, without prior notice and in order to guarantee the correct development and safety of the event (participants, Stewards, staff, etc.), to delay the start time or modify the schedule.

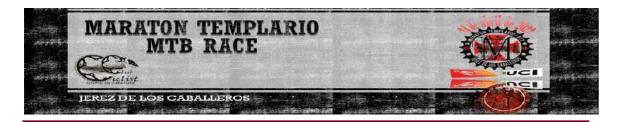
19.8. The organization reserves the right to modify these regulations without prior notice or consent.

20. Claims



CYCLISTE





20.1. Claims must be formally presented to the Stewards and processed by them in accordance with UCI regulations.

21. Paddock

21.1. The organization does not provide water or electricity to the equipment installed in the paddock, which must be self-sufficient and must also request the space to be located through the mail<u>clubciclistajerezcross@gmail.com</u> indicating in the subject PADDOCK.

21.2. If you want to have water and electricity, you must contact the organization.

ENROLLING IN THE SPANISH CUP XCM - TEMPLARY MARATHON IMPLIES THE ACCEPTANCE AND FULFILLMENT OF THIS REGULATION. IT ALSO IMPLIES ACCEPTANCE OF THE CANCELLATION AND MODIFICATION POLICY, THE DATA PROTECTION LAW, AND THE LIABILITY POLICY.

22. PROTOCOLS OF ACTION IN THE CASE OF A SPORTS ACCIDENT

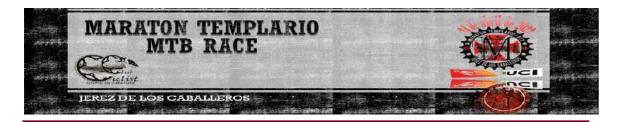
The Extremadura Cycling Federation (FExC) provides coverage for accidental bodily injuries suffered by the insured in sports in the terms provided in RD 849/1993 of June 4. The basic and mandatory policy contracted by the FExC is governed by the aforementioned Royal Decree, which includes injuries derived from sports accidents, that is, due to punctual, violent and sudden trauma, during sports practice, provided they are not due to chronic and / or pre-existing injuries; Chronic diseases or pathologies derived from the habitual practice of sport, due to repeated micro-trauma, such as chronic tendinitis and bursitis, osteoarthritis or arthritis, herniated discs, and in general any degenerative pathology are also excluded.

PROTOCOLS OF ACTION BY FEDERATED ATHLETES BY THE FEXC IN THE EVENT OF A SPORTS ACCIDENT: ACCIDENT COMMUNICATION PROTOCOL:









1.- The accident must be communicated within a maximum period of 5 days to ITEGRA (www.itegra.es), selecting the community of Extremadura and proceeding through either of the two channels indicated:

a) The federated can register himself and proceed with his parts as explained in the manual published in www.ciclismoextremadura.es in the 'INSURANCE' section.

b) The ITEGRA Customer Service can be used in the same way by calling 902 090733, which will be operational exclusively on working days.

2.- The accident report will be registered through the online platform www.itegra.es and the following steps will be followed:

a) Once the indicated platform has been accessed, the Community of Extremadura is selected.

b) The name, surname and federative license number are indicated. c) Place and date of the event. d) Contact telephone number and email of the federated. e) Detailed description of the accident.

3.- With these data, the accident report will be registered at www.itegra.es. The interested party will receive a copy of it via email.

4.- In a maximum period of 24 hours, the part will be validated if the insurance company so deems it, with which a medical center will be assigned in which to request an appointment to attend the first consultation. No specific authorization is necessary to attend the consultation since the copy of the assignment email is sufficient.

5.- The federated must go to the assigned medical center where he will receive the diagnosis of his injury. The medical center has an on-line file in the name of the federated where the details of your visit will be completed.

6.- The file completed by the medical center, together with the declaration of the accident party, will be subsequently analyzed by the medical advice of the insurance company, which will issue a communication of acceptance or rejection of the file according to the coverage of the policy







to which the federated has accepted, which will be properly notified via email to the interested party.

7.- The fact that the file is VALIDATED by the insurer will imply that the affected person is covered in the terms established by the policy of the Extremadura Cycling Federation and, therefore, may begin the treatment and / or rehabilitation recommended by the physician .

8.- If the file is REJECTED, it will mean that it is estimated that the case is not within the coverage granted by the type of license chosen by the federated based on the type of accident, the medical diagnosis and the analysis carried out by the medical advice of the company, and therefore the case will be closed.

EMERGENCIES: For those assistances that are considered EMERGENCY (trauma with loss of consciousness, open wounds that require cures or contusions that lead to fractures or dislocations, all within 12 hours after the accident).

The federated must go to a Medical Center arranged by the insurance company, previously they must contact the insurer by phone (902 090733) and identify the interested party as federated with their corresponding federative license in force and ID.

Within 48 hours after the emergency assistance, the accident report must be registered in ITEGRA (www.itegra.es) indicating the emergency service that was attended, so that in this way the insurance company can issue the part to the concerted center and take charge of the file.

Only in the event of a SERIOUS EMERGENCY (one in which the life of the insured may be compromised) can the health center closest to the place of the accident be visited directly, whether this has been arranged or not. Once the first emergency assistance has been passed, on the first business day to do so, the circumstance of the federated must be communicated to ITEGRA for the opening of the corresponding file and be transferred to a concerted medical center in case it is considered so and the doctors do not consider any added risk to the federated's health.

WARNING! In the event that the federated remained in a non-concerted medical center or Social Security due to an unjustified decision from the







From a medical point of view, and beyond the criteria of the medical advice of the insurance company, it will not be responsible for the costs passed on for the care provided.

HOSPITAL CENTERS

1stHospital Park Via de la Plata

Ctra. Vieja de los Santos de Maimona, s / n, 06300, Zafra, Badajoz

View on Google Maps

924552755

digital@parquehospitales.es

2nd Hospital Quirónsalud Clideba

C / Eladio Salinero de los Santos, 6 06011 Badajoz Badajoz

<u>924 229 050</u>

3rdSan Blas Mérida Clinic

Whatsapp: 699 200 278 (+34) 924 04 09 89 info@clinicasanblas.es Travesía Princesa Sofía, 1. 06800 Mérida (Badajoz)

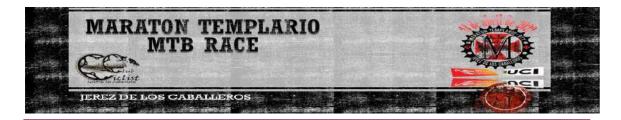
4°C San Blas Almendralejo Clinic

Whatsapp: 689 772 848

(+34) 924 67 17 57







info@clinicasanblas.es

Calle San Blas, 11. 06200 Almendralejo (Badajoz)

20.PROTOCOL FOR THE PREVENTION OF COVID-19

Before the competition

• If you have a fever accompanied by a dry cough, tiredness, sore throat, diarrhea, headache, loss of sense of smell or taste, difficulty breathing or shortness of breath, chest pain... you should not come to compete.

Delivery of numbers

• The cyclist will select one of the 2 possible time slots in which he wishes to collect the number during the registration process (Saturday, May 22, 2021, from 4:00 p.m. to 8:00 p.m.) (Sunday, May 23 from 7:15 a.m. to 7:00 p.m. : 45h)

• For the delivery of numbers, the organization will set up a space as large as possible, to guarantee the minimum safety distance.

• The use of a mask will be mandatory on public roads, in outdoor spaces and in any closed space for public use or that is open to the public, except when competing, which must be kept in the pocket of the jersey.

Access to venues, whether open or closed, exclusive to the event (competition office, pavilions, refreshment areas, etc.) will not be allowed to those accompanying them.







• All participants must go through the thermometer control to measure the temperature (fever> 37.3°C), before entering the venue where the numbers will be delivered.

During the stages of the race

• You have to come to compete dressed, changed and prepared for the race. You must bring clothes to change and wash in the vehicle after the race, as there will be no cloakroom, changing rooms or showers at the end of the stage.

• Before entering the starting grid, a temperature control will have to be passed by health officials

• The starting blocks will be duly marked on the ground, with starting lines 3 meters apart between each line.

•It is mandatory for all runners to be on the grid for their start 15 minutes before the start and wear the mask until 1 minute before the start. If the rider does not arrive at the time set for the grid, he will have to leave the last box.

• Cyclists have to go out to compete making sure to carry everything they need in their pockets (bars, gels) and with the necessary liquid to hydrate (1 or 2 cans if necessary).

• It is mandatory to carry the mask in your jersey pocket during the race. In case of assisting another participant, you must put on the mask. During the stage, there may be mask checks by the organization of the test.

• Upon arrival it is not allowed to stop or wait for other colleagues to hug or congratulate each other. You must go directly to collect the aid station bag, and from there to the parking lot, except for those who have to collect the prizes.

Assistance and refreshment area









 At the beginning of the refreshment there will be the assistance area. In this service area there may only be one assistant per runner, who must be duly accredited

• After the assistance area there will be the supply delivery area. The refreshment station volunteers will wear gloves and masks, likewise they will have hydrogel at all times.

• Between the refreshment table and the corridor there will be a space of 2 meters delimited with a closure. The volunteers will deliver the food from the refreshment station, which may contain fruit, gels and drinks, to the cyclist.

• After the provisioning area, a space will be reserved to be able to take it.

Awards

• The podium area will be outdoors to guarantee space between spectators and avoid crowds, people who enter must wear masks.

• Before going to the pre-podium waiting area, the awarded cyclists will pass a temperature control.

• The award-winning cyclists must access the podium alone, without companions or family members and must do so having washed their hands with hydroalcoholic gel to avoid digital contact with the structure of the podium, and without a mask only for photography.

• The representatives of the institutions will appear on the podium respecting the safety distance of 2 meters and will wear a mask. Trophies will not be delivered between personalities and runners, they will be the ones who will collect the previously identified prize for each podium position.

• Greetings and congratulations on the podium, with the traditional handshake, are prohibited.







Organization infrastructure

• The organization will place information graphics on hygiene measures for cyclists, technicians, referees and the general public at different points of the circuit.

• One hour before the start of the race, the municipal managers of the race, and in agreement with the organizer, must verify that the qualified personnel designated by the City Council of the municipality have disinfected the areas of greatest risk for cyclists, technicians, referees. and the general public.

• In the departure area and technical areas, the organization will install points of disinfectant gels.

• Covid Manager: The organization will appoint a person who will ensure compliance with this protocol.

Restricted and controlled access areas

- Number delivery area.
- Paddock area.
- ▶ Finish zone.

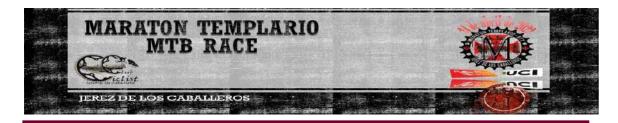
Timing tent and referees.

- Start and finish of the race.
- ▶ Podium area.

This document is subject to modification according to the security protocols and evolution of the situation







by the corresponding health and sports institutions.



