

WOW Glacier 360 - Rules & Regulations

Last updated 14th of July 2018.

The rules may be updated at any time, the version of the rules which are in force on the start date of the race in any year shall remain applicable to that staging of the race.

In WOW Glacier 360 riders race in two person teams. WOW Glacier 360 is a mountain bike marathon stage race. Team members must race together throughout the race, looking after each other and their equipment.

All participants must be 19 years or older on December 31st of the year in which the race takes place. Race Management may make an exception for younger riders. In those cases riders must contact race management to apply and receive further information.

In the case of any infringement of the following rules the race management has the right to apply time penalties and/or suspension from the race depending on the nature of the infringement.

1. Bicycles and equipment

- 1.1. Only mountain bikes in good working order and race ready at the start of each stage will be allowed to start that stage. For purposes of rule 1.1 “race ready” means the following:
 - 1.1.1. The front number board is securely fitted and visible from the front;
 - 1.1.2. The bike is in safe working order, as determined in the discretion of the organisers;
 - 1.1.3. Handlebar ends and handlebar extensions shall be plugged and must not have sharp or jagged edges. The use of tribars and bladed wheels is not allowed;
 - 1.1.4. Bicycles may be propelled only through a chainset and by the rider’s leg action, without any form of assistance (electrical or otherwise)
- 1.2. Each rider is responsible for the maintenance of his/her own bike for the duration of the race. Time spent on maintenance and repair will thus not entitle a rider to any extension of the maximum stage time.
- 1.3. Each rider must wear a helmet at all times while riding during the race.

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- 1.4. All helmets must comply with international 'ANSI' standards.
- 1.5. Appropriate riding attire must be worn at all times.
- 1.6. Every rider must carry a functioning GPS devices capable of loading GPX tracks of the course. Riders are required to use this to follow the course of the race to conserve fairness and keep safe in the highlands of Iceland.
- 1.7. Every rider is required to carry a small backpack with the following:
 - Wind/waterproof jacket and/or a thermal top layer
 - Wind/ waterproof pants and/or a thermal bottom layer
 - Hat & gloves
 - Emergency supplies of food and fluids

2. Team riding

- 2.1. The maximum allowable time separation between team members at any time during the race is 2 minutes. Any rider who, at any time during the race, has been separated from his team member in excess. "Rider separation" means the maximum allowable time separation between team members at any time during the race, namely 2 minutes.
- 2.2. Rider separation may be measured at the start and finish of each stage and at various designated check-points during the stage, but can also be enforced at any point during the race.
- 2.3. Rider separation may be measured more than once during any stage, and penalties may be applied to each occurrence of rider separation outside the allowable limit during a stage.
- 2.4. There will be checkpoints on each stage, during which rider separation rules will be enforced.
- 2.5. Teams that are not detected when passing the checkpoints may be disqualified.
- 2.6. The location of the checkpoints will not be published, and hidden checkpoints are not excluded.
- 2.7. Any rider may receive physical assistance from his/her team partner or from a fellow competitor. For purposes hereof, "physical assistance" shall

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mean the sharing of water and nutrition, sharing of bike parts and accessories (including the swapping of bike frames), assistance with maintenance and repair, and pushing/towing by physical contact only.

- 2.8. No team may receive physical assistance from any separated rider. "Separated rider" means any rider who, at any time during the race, has been separated from his team member in excess of the maximum allowable rider separation time.
- 2.9. No towing between or pushing of riders by means of any mechanical or physical devices is allowed.
- 2.10. A rider is allowed to "double back" on the route at any time in order to rejoin his/her team mate or in order to reach the nearest tech support zone (if applicable), provided that he/she shall not endanger any other rider in doing so.
- 2.11. Swapping or switching bikes or bike frames other than stated in rule 2.7 is forbidden.

3. Rider Identification

- 3.1. All riders will receive a race number and transponder which they must display at all times. Race number shall be fixed on the front of the bike.
- 3.2. No official WOW Glacier 360 sponsor logos may be removed from race numbers and/or be obscured in any way.

4. Outside assistance

- 4.1. No outside assistance is permitted under any circumstances. For purposes hereof, "outside assistance" includes physical assistance (as defined in rule 2.7.) by any person other than a fellow competitor or accredited water point staff at official water points on the route.
- 4.2. Drafting is allowed between riders, their team partners and fellow competitors, but no rider may draft behind a rider or any person who is not a participant in the race.

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- 4.3. No other form of drafting is permitted whatsoever, including but not limited to drafting behind private vehicles, motorcycles, trucks and official race vehicles.
- 4.4. Escort vehicles not provided by the race organisers are not permitted to follow the race route. However, supporters may drive their own vehicles along public roads to reach vantage points to vocally support riders. Some sections of the course will be closed to all non-event traffic – including some public roads. Their closure must be respected by all.

5. Stage starts

- 5.1. Riders must report to the race office at least 15 minutes before start and sign into the race.
- 5.2. Differential start zones may be allocated according to overall ranking in the race, and the organisers may allocate different (i.e. “staggered”) start times for each starting zone. Should staggered start times be allocated, any reference to start times in these rules will be to the start time applicable to the particular rider’s start zone. Leading teams may be called to the front of the start pen.
- 5.3. The seeded starting zones will close strictly 5 minutes before their start time. Teams arriving late must start at the back of the field.
- 5.4. Riders must enter the start zone as a team with their bikes, and once entered must remain in the start zone with their bikes.

6. Route and stages

- 6.1. Riders must complete the full designated route and distance of all stages.
- 6.2. Only riders who complete each of the stages within the maximum stage time will qualify as official race finishers.
- 6.3. The actual race distance or route may vary from the published or briefed distance.
- 6.4. A rider must at all times follow the official route, obey the directions of the course marshals, and may not take any shortcuts or take any other

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advantage of a similar nature against competitors. The responsibility for following the official route lies with each rider.

- 6.5. Riders who exit the route for any reason must return to the course at the same point from which they exited.
- 6.6. Any walking, running or riding by a rider, which is carried out without the intention of directly re-joining the route, or any other activity in breach of the rules, which takes place outside of the marked course area, is not permitted.
- 6.7. No rider shall trespass at any time of the year on land which is not open to the public for mountain biking and which forms part of the race route of any edition of the race.
- 7. Traffic regulations
 - 7.1. The race does not always have exclusive use of any public or private roads during the race.
 - 7.2. All regular traffic regulations must be observed at all times during the race.
 - 7.3. Instructions of marshals must be strictly adhered to.

8. Race timing

- 8.1. Only team times will be advertised, but individual rider times will be recorded for purposes of measuring rider separation.
- 8.2. The team time is determined as the time at which the second team member passes the stage finish line.
- 8.3. Race organisers will determine the maximum number of hours allowed to officially complete any stage.
- 8.4. The start line will remain open for 15 minutes after the start time.
- 8.5. Any rider who cannot make his/her start time must report to the commissaire within 15 minutes of the start time to request approval for a late start.

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- 8.6. Riders may cross the finish line on foot provided that they have their bikes with them.
- 8.7. The race organisers may designate intermediate cut-off points which must be reached within specific times on each stage. Any teams which fail, or will in the sole opinion of the race organisers and commissaires be unable, to reach intermediate cut-off points will be prevented from continuing to ride, be swept from the course and be classified as DNF (did not finish) for that stage.
- 8.8. The race organisers may at any time impose additional cut-off points due to safety reasons. The provisions of rule 8.7. will apply to riders who have not yet reached the designated cut-off point within the allocated time or, in the sole opinion of the race organisers and commissaires, will not reasonably be able to do so. Any rider not able to complete a stage will be transported to the stage finish.
- 8.9. If a rider cannot continue the race for whatever reason, all effort will be made to transport such riders and their bikes to the race finish at their own cost.
- 8.10. Any rider who does not complete a stage within the maximum stage time for may start the next stage but will not receive an official time for the race. Rules 8.7 and 8.8 will always out rule 6.1.

9. Race registration

- 9.1. Race registration takes place at the venue and at the time and place indicated on the race website.
- 9.2. Riders must report to registration as a team and bring any form of ID with a photograph on it.
- 9.3. All riders must have registered by the cut-off time indicated on the race website on the day preceding the first stage of the race. No category changes will be permitted after race registration closes.

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10. Nutrition and hydration

- 10.1. WOW Glacier 360 puts riders through marathon length stages, climates can vary greatly between race days and during each stage. It's worth a mention that it can be a tendency to consume less liquids when riding in colder climates especially if the weather gets wet, this can lead to dehydration without a warning. Riders hold the responsibility to carry enough water and nutrition with them.
- 10.2. At each service station on each stage the race organiser will provide water, which is intended for drinking purposes only. No excessive use of water for any other purpose will be permitted at official water points.

11. Technical Assistance

- 11.1. Technical assistance may be provided for riders at neutral tech support zones along the route, and riders will be informed on the race website should this be available during any edition of the race. Riders will be required to carry credit cards with them in order to pay for any spare parts received.

12. Withdrawals

- 12.1. Teams or riders that cannot continue the race for whatever reason must immediately inform the race office. This can be done at the race start, the finish, water points or by calling the WOW Glacier 360 hot line.
- 12.2. Should any rider or team fail to inform the race office of his/her/its withdrawal, and should a search and rescue operation be initiated for such rider or team, the cost of the search and rescue will be for the account of that rider or team.
- 12.3. Should any member of a team be incapable of finishing the race, his or her team partner will be entitled to continue riding in the race and may qualify as a finisher, but will not qualify for any rankings.

13. Environmental and Ethical

- 13.1. Riders must respect the environment at all times, and no littering or damage to the environment will be tolerated. In particular, but without limiting the generality of this rule, the following actions are specifically prohibited:
 - 13.1.1. throwing away of water bottles, packaging or bike spares;
 - 13.1.2. deviating from the route; and/or
 - 13.1.3. smoking at any point on the route is not permitted.
- 13.2. Riding outside of the marked course or trails is strictly prohibited. If riders are caught in such action they may be disqualified from the race immediately.

14. Protests

- 14.1. Any protests must be submitted in writing, on the official protest sheets provided in the race office, to the commissaire after the rider has crossed the finish line, within the allocated time period set out below.
- 14.2. A deposit of 5.000 ISK must accompany any protest, before the protest will be considered.
- 14.3. If the protest is upheld, the deposit will be refunded. If the protest is not upheld, the deposit will be forfeited and donated for trail development.
- 14.4. Race protests must be submitted within 2 hours of the rider crossing the finish line.