



**LEBANON**

25<sup>th</sup> Asian Mountain Bike Championship  
11<sup>th</sup> Asian Junior Mountain Bike Championship



## 1. INTRODUCTION

This document summarizes the information needed by National Federations for participating in the 25st Asian Mountain Bike Championship & 11th Junior Asian Mountain Bike Championship, 2019.

## 2. RULES

The 25st Asian Mountain Bike Championship & 11th Junior Asian Mountain Bike Championship, 2019 will be conducted in accordance with latest Rules and Regulations of the Union Cyclist International (UCI) as per 01/01/2019 and Asian Cycling Confederation (ACC). In case of disagreement in the translation of the rules, the English text shall prevail. Any unforeseen cases not covered by the regulation shall be dealt with accordingly:

General issues: Resolved in accordance with UCI and ACC Constitution

Technical issues: Resolved in accordance with the spirit of the UCI rules

The UCI penalty scale is the only one applicable.

## 3. PARTICIPATION

As per UCI regulation, all National Federations affiliated to the Asian Cycling Confederations can take part in the 25st Asian Mountain Bike Championships & 11th Junior Asian Mountain Bike Championships, 2019.

### EXTRACT FROM UCI REGULATIONS (CHAPTER X – CONTINENTAL CHAMPIONSHIPS):

**10.1.005** All National Federations affiliated to their Continental Association, and only these, can take part in Continental Championships races. The maximum number of riders taking part in the various races will be the same for all these Federations.

## 4. COMPETITORS' AGE

Participation in elite competitions shall be open to riders born in 2000 and below (19 years old and above). Participation in U23 competitions shall be open to riders born in 1997 to 2000. Any rider who is between 19 and 22 and wishes to take part in the elite category **MUST** get the approval from UCI through ACC.

Participation in junior competitions shall be open to riders born in 2001 and 2002 (17-18 years old). **Only for DHI, Elite competition open to riders born in 2002 and below (17 years old and above)**

## 5. REGISTRATION PROCEDURE

All National Federation shall return their delegation composition and **Entry Form by Number** before **25th May 2019** and **Preliminary Entry Form by Names** before **15th June 2019** email, to the Lebanese cycling federation.

### Down Hill Individual (DHI):

Men Elite, 17 years and above (born in the year 2002 & earlier)

Women Elite, 17 years and above (born in the year 2002 & earlier)

### Cross Country Olympic (XCO):

Men Elite, 19 years and above (born in the year 2000 & earlier)

Women Elite, 19 years and above (born in the year 2000 & earlier)

Men U23, 19 to 22 (born in 1997 to 2000)

Women U23, 19 to 22 (born in 1997 to 2000)

Men Junior, 17 & 18 year only (born in the year 2001 & 2002)

Women Junior, 17 & 18 year only (born in the year 2001 & 2002)

### Cross Country Team relay (XCR):

**TECHNICAL GUIDE 25st ASIAN MOUNTAIN BIKE CHAMPIONSHIP & 11th JUNIOR ASIAN MOUNTAINBIKE CHAMPIONSHIP, 2019. Kfardebian, Lebanon 25th - 28th July 2019, Edition 1**



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- o Each national team shall consist of 5 riders – [article 9.2.032](#)
- o The UCI points awarded for the team relay event are awarded to the nation in the elite ranking and not to the individual riders - [article 4.11.005](#). A minimum of 5 nations must compete in the XCR for UCI points to be awarded - [article 4.2.015](#).

#### **Entries per Team / nation:**

- Maximum of 6 (six) riders for DHI, Men Elite
- Maximum of 6 (six) riders for DHI Women Elite
- Maximum of 5 (five) riders for XCO, Men Elite
- Maximum of 5 (five) riders for XCO, Women Elite
- Maximum of 5 (five) riders for XCO, Men Junior
- Maximum of 5 (five) riders for XCO, Women Junior

#### **Tokyo 2020 Olympic Games – Mountain Bike – Qualification System**

- o For Men and Women, an NOC can earn maximum of (1) quota place through the Elite Individual results from the 2019 Continental Championships.

#### **6. MAP**

##### **A. DOWNHILL**

To be sent apart because of existence of snow in the area

##### **B. Cross country**

To be sent apart because of existence of snow in the area

#### **7. MEETINGS**

The Team Managers meeting shall take place on **Thursday 25 July at 18:30** at the venue to be determined. Managers are reminded to bring with them licenses of Team managers, riders, passport of junior riders and their team jerseys while confirming their starters.

Rider numbers and frame numbers will be issued to Team Managers upon confirmation of starters. For each race, teams may notify modifications to the Secretary of the Colleague of Commissaires in the Commissaire Room, located at the secretariat of the Lebanese Cycling federations headquarters and operations' room.

Unless due to force majeure, a rider once announced as taking the start and who fails to present, shall be liable to a fine of CHF 500 to CHF 5000. Injury or illness will not be accepted as a valid circumstance unless the rider is declared unfit to start by the official doctor.

#### **WELCOME DINNER**

All participants are invited to the welcome party on **Thursday 25 July at 18:30**.

#### **8. TEAM REPRESENTATION**

Each National Federation shall designate a Team Manager for each team (i.e. Elite Men, Elite Women, Junior Men, and Junior Women) participating in the Championship. The Team Manager shall represent the team and the National Federation. Any contacts with teams shall be made through the Team Manager.



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## 9. EQUIPMENT

Equipment used in cycling competitions must comply with UCI rules and regulation. All participants shall ensure that his equipment (bicycle with accessories and other devices fitted, headgear, clothing, etc) does not by virtue of its quality, material or design, constitute any danger to himself or to others. All equipment shall be checked by the commissaire before each event.

### Clothing and protective accessories for Individual Downhill;

**4.3.012** A full-face helmet must be worn properly both when racing and when training on the course. The helmet must be fitted with a visor. Open-face helmets may not be worn.

**4.3.013** The UCI strongly recommends that riders wear the following protection:

- x Back, elbow, knee and shoulder protectors made of rigid materials;
- x Protection for the nape of the neck and the cervical vertebrae;
- x Padding on shins and thighs;
- x Broad full-length trousers made from rip-resistant material incorporating protection for the knees and calves, or broad-cut shorts made from rip-resistant material plus knee and calf protectors with a rigid surface;
- x Long sleeved shirt;
- x Full finger gloves.

All lycra-elastaine based tight-fitting clothing is not permitted

## 10. RACE PROGRAMME

Tentative schedule of 2019 Asian Mountain Bike Championships.

25 July – 28 July 2019 .	Time	Venue
<b>Date</b> Wednesday 24 July 2019	09:00 -13:00	<ul style="list-style-type: none"> <li>• XCO and DHI Course inspection by UCI</li> <li>• Teams' arrival</li> <li>• Technical coordination</li> </ul>
	All day	
Thursday 25 July	16:00-17:00	
	10:00-12:00	official training DHI and XCO
	15:00- 17:00	official training DHI and XCO
	18:30 20:30	Teams managers meeting
Friday 26 July	09:00-11:00	Official opening ceremony
	11:15-11:30	<b>Cross country team relay</b>
	16:00-16:30	Award ceremony
	16:30-17:30	Official timed session DHI W
Saturday 27 July	09:00-11:00	Official times session DHI M
	8:30 -10:00	<b>XCO Junior men</b>
	8:35-10:00	<b>XCO Junior women</b>
	11:00- 12:30	<b>XCO under 23 women</b>
	13:00-14:30	<b>XCO under 23 Men</b>
	15:00- 16:30	<b>XCO Elite women</b>
17:00	Award ceremony for all	



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Sunday 28 July	10:00 – 12:00 12:00-12:15 12:30- 13:30 13:30:00-14:00 14:15 20:00	<b>XCO ELITE MEN</b> Award ceremony Finals DHI men Finals DHI Women Award ceremony Closing ceremony party
Monday 29 July	All day	Teams departure

**PS: THE final version will be confirmed by the newly appointed PCP .**

## 11. RACE CLOTHING

The wearing of National Team Clothing's shall be mandatory.

In the **continental championships every rider must wear the jersey of his national team.**

Reminder of the UCI regulations:

**1.3.056** National federations shall submit to the commissaires' panel of events as specified in art. 1.3.059, a sample of their national team clothing for validation. The design, color, place and size of the advertising spaces of the validated equipment must be identical for all athletes participating to the applicable events.

## 12. OFFICIAL CEREMONY

the Asia Champion, the second and the third placed riders shall be ready for the official ceremony that shall be conducted under the responsibility of the President Commissaire.

The following arrangements will apply to the official ceremonies: Within 10 minutes following the end of each race (unless otherwise provided and duly recorded in an official communiqué), the Asia Champion, the second and the third placed riders shall be ready for the official ceremony that shall be conducted under the responsibility of the President Commissaire. Riders shall appear in racing attire, wearing their national jerseys but bare-headed and without headband or glasses, until they leave the official ceremony enclosure.

Federations are required to bring **2 pieces of National Flag measured 1m x 2m (3 feet x 6 feet) and a National anthem on CD.**

## 13. ANTI-DOPING CONTROL

Anti-doping control during the Asian Cycling Championship will be conducted under the UCI Anti doping Regulations. UCI will appoint the Doping Inspector and LCF will appoint the Doping Control Doctor, nurse and Chaperons.

The Anti-doping Control Station is located at:-

DH Event : Venue of Championships

XC Event : Venue of Championships

## 14. VEHICLES

Any National Federation wishing to rent a vehicle during the event can benefit from preferential rates obtained by the Organizing Committee with a local rental company. In order to organize such a rental, please inform the Secretariat.



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## 15. UCI OFFICIALS

The following persons have been appointed by the UCI Management Committee and the ACC President:

### PRESIDENT OF THE COMMISSAIRE'S PANEL:

Mrs *Fulvia Tosi (Italy)*

### UCI INTERNATIONAL COMMISSAIRES:

- MR. *Evangelos Diamantides (Cyprus)*
- MR. *Savvas Anastasiou (Cyprus)*

Lebanon

### UCI NATIONAL COMMISSAIRES:

- Robert Patapoutian
- Jean Zgheib
- Hratch Zadourian
- Abdallah Tabet
- Any Commissaire who will attend the ENC MTB course who wishes to stay

## 16. INSURANCE

All participants (include but not limited to team officials, riders and their assistants) are aware that they bear their own responsibility for any injury, accident or lost that may occur or during their stay while taking part in this Championships. Participants should be properly insured before leaving their country in order to protect themselves against any lost and to indemnify themselves against any claims.

### OTHER GENERAL INFORMATION

#### CLIMATE

The temperature varies between LOW 28°C and HIGH 35°C in July.

#### CURRENCY

**1 US Dollar = 1505 LBP**

#### VISAS TO ENTER Lebanon

Please check with your local Lebanese Embassy or Consulate for visa requirements. If you need an official invitation letter for Visa application from the Organizer, please contact the organizer on [felicyc@gmail.com](mailto:felicyc@gmail.com) by local authorities.

#### AIRPORT TRANSFER

Please note that Kefardebian is 1:30 hour by car from Beirut International Airport . The organizer will provide free transportation service upon arrival at both airport and you should inform the organizer about your arrival flight schedule, number of persons and number of bicycles by 1<sup>st</sup> of July.





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## 17. USEFUL NUMBERS AND ADDRESSES

If you need further information, please contact the following persons:

### ASIAN CYCLING CONFEDERATION

President: Ossama Alchafar

Secretary General: Onkar Singh

### ORGANIZER – LEBANESE CYCLING FEDERATION

Email: [felicyc@gmail.com](mailto:felicyc@gmail.com)

President: Vatche ZADOURIAN

Secretary General: Sonia GERGES

## TEAM ACCOMODATION

### Hotel Monte Bello Ajaltoun

\* USD 90 (USD NINETY) per person per day on twin sharing basis or double type bed

\* USD 110 (USD HUNDRED AND TEN) per person per day on single basis

\* Payment in US\$ and cash only

\* All teams who wish to come before 24 july they should bear all the costs on their own. The organizer is responsible only from 24 july till 28 july.

WE WISH YOU THE BEST OF LUCK AND SUCCESS IN THE ASINA MTB CHAMPIONSHIP.  
WELCOME TO LEBANON!