

CBBR 2024 REGULATION



RACE DIRECTION

CLUB DEPORTIVO CINCO CONTINENTES

THE COMPETITION

Costa Blanca Bike Race (Five Continents Stage Race Costa Blanca) is a mountain bike competition belonging to the UCI S1 stage category (XCS) composed of 4 marathon stages (XCM), which can be disputed individually and in pairs formed by 2 members, according to the established categories.

The competition takes place **from Thursday 25 January 2024 to Sunday 28 January 2024** in the best environment of the Costa Blanca, in Calpe, Alicante.

The competition complies with the technical and sporting regulations of the UCI (International Cycling Union), for the female and male UCI Elite categories. The master categories will be governed by the regulations of the RFEC.

This competition has the distribution of the following points in the UCI S1 category according to UCI 2021 regulations.

UCI S1 points table

1°	150	6°	65	11°	40	16°	24	21°	14	26°	6
2°	120	7°	60	12°	35	17°	22	22°	13	27°	4
3°	100	8°	55	13°	30	18°	20	23°	12	28°	2
4°	80	9°	50	14°	28	19°	18	24°	10	29°	1
5°	75	10°	45	15°	26	20°	15	25°	8	30°	x

This competition has the distribution of the following economic prizes in the UCI S1 category according to UCI 2020 regulations.

GENERAL CLASSIFICATION	1°	2°	3°	4°	5°	6°	7°	8°	9°	10°
STAGES ELITE M	200 €	150 €	100 €	75 €	50 €	45 €	40 €	35 €	30 €	25 €
STAGES ELITE F	200 €	150 €	100 €	75 €	50 €	45 €	40 €	35 €	30 €	25 €
GENERAL ELITE M	375 €	300 €	225 €	190 €	150 €	135 €	120 €	105 €	90 €	75 €
GENERAL ELITE F	375 €	300 €	225 €	190 €	150 €	135 €	120 €	105 €	90 €	75 €

REGISTRATIONS

Anyone who wants to participate in this competition must materialize their registration through the official website: www.fivecontinentsrace.com For the registration to be valid, it is mandatory to fill in all the data requested in the form and pay the registration fees and those services that are contracted in parallel.

Registration fees are per person, for the 2024 edition they are:

Until 10/09			
Registration	Pack 1	Pack 3	Pack 4
220 €	305 €	400 €	695 €
Welcome Pack	Welcome Pack + Maillot + Culotte	Pack 1 + Pack X Aniversay	Pack 2 + Mechanical assistance + Physiotherapy + Cancelation insurance
Until 31/12			
Registration	Pack 1	Pack 3	Pack 4
245 €	330 €	425 €	720 €
Welcome Pack	Welcome Pack + Maillot + Culotte	Pack 1 + Pack X Aniversario	Pack 2 + Mechanical assistance + Physiotherapy + Cancelation insurance
Until 21/01			
Registration	Pack 1	Pack 3	Pack 4
299 €	385 €	480 €	775 €
Welcome Pack		Pack 1 + Pack X Aniversario	Pack 2 + Mechanical assistance + Physiotherapy + Cancelation insurance

(*) Places are limited to 750 bikers.

(*) All registrations carry with them 2 euros of POS and registration platform expenses, not included in the registration fee.

Registrations of couples must be made by teams formed of two members.

The registration period begins on August 7, 2023, and ends on January 21, 2024, or once the places are sold out.

Participants must possess a competitive cycling license, issued by a national cycling federation approved by the UCI.

Cycling and other sports licenses are not accepted.

Those riders who do not own a license for competitive cycling will have to process a license approved by the Cycling Federation of the Valencian Community

Participants who wish to participate in the female or male UCI Elite category

must own an annual license for elite competitive cycling. They compete for UCI points and prize money, so they must strictly comply with UCI regulations.

Registration implies the following rights:

- Right, to participate in the competition.
- Competition bib.
- Welcome bag.
- An electronic device for time control (Chips).
- Final and intermediate refreshments (liquid and solid) of each stage.
- Basic technical service (box tools) on the route.
- Other extra services contracted with established cost.
- Basic medical service during the competition.
- Collection service for retirees on the route.
- Technical briefing of each stage.

All registrations **may be returned in full for 15 days from the date of registration, by the same means that the payment of the registration was managed**, by the provisions of the Commerce Law Retailer from Spain. The return within 15 days carries with it a return fee of 2 euros.

Without insurance, returns outside this period will not be accepted.

For returns outside this period, cancellation insurance is established with a price of **20 euros per person**. Under this condition, the corresponding amount will be refunded according to the following sections:

Period	% Return
Until November 30, 2023	75%
Until December 31, 2023	50%
Until January 21, 2024	25%

After January 21, 2024, no refunds will be made under any circumstances, even if you own cancellation insurance.

TRANSFER OF REGISTRATIONS

Transfers of registrations to others are allowed up to one week in advance **until January 21, 2023**. The ownership change fee is €50 per participant.

Participants with cancellation insurance have a free change of ownership, not being usable cancellation insurance after having made a change of ownership.

No refunds will be made for cancellation, or alteration in all or part of the event.

Due to weather or any other type that prevents the test from being carried out

safely, the organization may reduce the necessary segments of the route safely, as long as the route passes through the route authorized by the competent authority. The reduction of segments, the reduction of the circuit, the cancellation of any stage or any other alteration in the test will not lead the organizer to the total or partial refund of the registration fee.

In case of any kind of disqualification or abandonment of the competition, the registration fee will not be refunded in whole or in part.

Cancellation Policy.

The test may be cancelled for any of the following reasons:

By order of the Competent Authority. If, by order of the competent authority, we are forced to cancel the event or it could not be held, during the scheduled dates.

For not reaching the minimum participation levels. If we are forced to cancel the event during the scheduled dates because participation does not reach a minimum, which will be duly communicated to the

Options available to the registered athlete in case of cancellation:

- Postpone your reservation for the next edition at no cost.
- Request a refund of the registration fee, assuming the costs for a return of 2, if it is within 15 days of registration, or has contracted cancellation insurance, according to the dates of the refund request.

PARTICIPANTS

All runners must be 19 years of age on the days of the competition. The categories contemplated to which runners can register are:

Categories.

1. Men's Elite
2. Women's Elite
3. Master's 30 female
4. Master 40 female
5. Women's Master 50
6. Master's Degree 60 Women
7. Master 30 male
8. Master 40 male
9. Male Master 50
10. Master 60 male
11. Male partners

12. Female couples
13. Mixed couples

1. **Female elite:** A female aged **19 years or older**. You must have an approved UCI Elite license for competition, strictly comply with all UCI regulations, and compete for UCI points and prize money in the general classification and stages.
2. **Elite male:** A man aged 19 years or older. You must have an approved UCI Elite license for competition, strictly comply with all UCI regulations, and compete for UCI points and cash prizes in the general classification and by stages.
3. **Master 30 female:** A woman aged between 30 years and 39 years. You must have an approved Master's license for competitive cycling. Those who hold an Elite category license will not be able to compete in this category. **Master 40 female:** A woman aged between 40 years and 49 years. You must have an approved Master's license for competitive cycling. Those who hold an Elite category license will not be able to compete in this category.
4. **Master 50 female:** A woman aged between 50 years and 59 years. You must have an approved Master's license for competitive cycling. Those who hold an Elite category license will not be able to compete in this category.
5. **Female Master 60:** A woman aged 60 years or older. You must have an approved Master's license for competitive cycling. Those who hold an Elite category license will not be able to compete in this category.
6. **Master 30 male.** A man aged between 30 and 39 years. You must have an approved Master's license for competitive cycling. Those who hold an Elite category license will not be able to compete in this category.
7. **Master 40 male.** A man aged between 40 and 49 years. You must have an approved Master's license for competitive cycling. Those who hold an Elite category license will not be able to compete in this category.
8. **Master 50 male.** A man aged between 50 and 59 years. You must have an approved Master's license for competitive cycling. Those who hold an Elite category license will not be able to compete in this category.
9. **Master 60 male.** A man must be 60 years or older on December 31 of the year in which the competition is held. You must have an approved Master's license for competitive cycling. Those who hold an Elite category license will not be able to compete in this category.
10. **Female couples.** Two women of legal age. Without distinction of their category, They will not obtain UCI prizes or cash prizes.
11. **Male partners** Two men of legal age. Without distinction of its natural category. They will not get UCI prizes or cash prizes.
12. **Mixed couples.** An adult woman and man. They will not earn UCI points or cash prizes.

For a category to be considered complete, at least three registrations must be covered in each of them. If the Master categories of any age group do not have enough registered or registered, a single master's category will be carried out.

Restrictions on participation.

If participation is reduced to a certain number due to any administrative issue due to the current pandemic situation or any other situation that forces us to reduce the estimated participation, places will be filled according to the order of registration.

The organization reserves 25 places, which may be applied to any category under its criteria.

To qualify for places, only confirmed paid registrations will be considered. Guest bikers will not be considered regardless of the category they hold.

Runners with a Master's license will not be able to compete in the UCI Elite category.

IMPORTANT: According to the Royal Spanish Cycling Federation (RFEC) regulations, foreign participants holding a cycling license not processed by the RFEC must have written authorization from their national federation certifying that their insurance is valid in Spain. This document must be presented to the Commissioners to be able to withdraw the bib.

NERVE ZONE

The test will have a neuralgic area located in the **Hotel AR DIAMANTE** where the teams will stay during the days of competition and that will become the central axis of competition.

The neuralgic area has facilities adapted to the needs of the runners: gym, swimming pool, spa, physiotherapy area, bike wash, etc.

The stages will run within a maximum radius of 50 km from the nerve area.

SECRETARIAT / DELIVERY OF BIBS

The administrative checks and collection of the broker's bag take place **on Wednesday, January 24, 2024, from 11:00 am to 2:00 pm and from 4:00 pm to 8:00 pm in the Neuralgic area of the HOTEL AR DIAMANTE.**

The bibs are assigned according to the ICU ranking. In case of not having UCI points, it will be in order of registration.

Each participant will be given an identification bracelet at the secretariat, which must be worn throughout the competition. This wristband grants access to the areas enabled for runners and is also useful as a security measure.

An electronic device for time control that all participants must carry during

the competition (Bicycling bib) will be provided at the secretariat.

BRIEFING

A team meeting or daily briefing will be held to which all participants are welcome. Review the stage to be played and report possible unforeseen changes in the development of the competition. It is only mandatory to attend the first, before the start of the competition.

The technical meeting will be the day before each stage at 19:30 at the AR Diamante Hotel in Calpe. Any change is published on the bulletin board located in the venue of the race. It is the responsibility of the participants to be aware of them. The website will also have a virtual bulletin board to check for up-to-the-minute information.

DEVELOPMENT OF THE COMPETITION

The competition is held by the general UCI regulations and the specific regulations of the UCI and the RFEC for Mountain Bike.

Once the stage is over, the classification of the stage, the general classification and the list of participants authorized to take the start are published on the official website and the bulletin board. These classifications shall be provisional until validation by the Commissioners.

The start of all stages, except the time trial, are in groups. The start of the chronoclimbing is done in reverse order to the general classification. Each team takes the start with a difference of thirty (30) seconds, or as set at the time by the UCI stewards.

The starting grid opens twenty (20) minutes before the departure time. For the timed stage, each participant must be prepared to take the start with this anticipation.

The organization will enable exit boxes based on UCI points for XCM, UCI points in XCO and then in order of registration for the first stage. For the following ones, it will be determined by the general classification for the following stages. The pre-established order, without prejudice to what the arbitration committee decides, shall be as follows:

- UCI elite runners
- Master 30
- Master 40 and Master 50
- Master 60 and male, female and mixed couples.

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.

No participant may take the start once the official start has been given unless a UCI commissary consents. Participants who take the exit after that time will be considered DNS (Did Not Start). Each checkpoint, intersection control, refreshment point, departure and arrival have a maximum hour of passage, at which time the service is closed. Participants must ride within this time interval so as not to be disqualified. The time to reach these points is announced on the roadbook of the competition.

Completing the course with other means than the individual physical effort of the participant and his bicycle supposes the disqualification of the team.

Any unlawful aid results in the disqualification of the participant.

Participants who are no longer officially classified can continue to participate in the test recreationally, as long as they do not influence the normal development of the competition. Failure to comply with this rule implies expulsion from the test, without the possibility of continuing in it.

STAGES

The competition is held in four 4 stages whose venues and stages are:

- 25 January 2024 – Stage 1
- 26 January 2024 – Stage 2
- 27 January 2024 – Stage 3
- 28 January 2024 – Stage 4

The route is duly marked with signs, especially at dangerous points, such as junctions, road intersections or streets.

The route is open to traffic but properly controlled. Runners should follow the indications of the traffic authorities and drive with caution. On Spanish public roads, cyclists must remain on the shoulder of the right lane. On tracks, it is advisable to drive on the right side.

The route includes demanding climbs and technical downhill sections. The participant is responsible for deciding if he can overcome it on the bike.

During the tour, two types of controls are established: step control (CP) and intersection control (IC).

At checkpoints, a commissary notes the number of participants and their time. Skipping a checkpoint result in disqualification.

Failure to follow the directions of an intersection control results in disqualification. Abandoning the route marked by the organization means disqualification.

NEUTRALIZED EXITS

For safety reasons, the exit can be neutralized. In this case, the stewards will lead the participants in an official vehicle for the race. At the moment the race director starts the stage, participants must start competing.

When the official competition car reaches the end of the neutralized stage, it moves aside and indicates the end of the neutralized section.

During neutralization, it is forbidden to overtake the official competition vehicle of the route director.

NEUTRALIZED ARRIVALS

For safety reasons, the finish line can be overtaken before reaching a stretch of asphalt.

ROADBOOK

For each stage, a roadbook is published detailing the distance, altitude, type of road, checkpoints, intersections, refreshment/assistance points and closing time of each of the services.

PROVISIONING AND TECHNICAL ASSISTANCE

Refreshments and technical assistance areas are signposted along the route and at the end of each stage. These points have everything necessary to cover the food and hydration needs of the runners during the race.

The refreshments coincide with the teams' assistance areas.

The organization will make available to the participants a basic mechanical service located at several points throughout the stage and duly indicated.

SIGNAGE

The route is marked with arrows and beacons. The use of GPS is recommended.

Every ten kilometres the remaining distance to the finish line is indicated. As well as the last kilometre.

SECTIONS NOT PRACTICABLE

The Commissioners and Competition Director may decide that a section of the route is impracticable and impossible to cross, being able to divert the route by the points provided by the organization, as long as they are authorized by the competent authority.

If this is not possible, the point where the last time control is taken as the arrival time.

OUT OF CONTROL

The out-of-control will be established at certain points of the route, which will be communicated by the organization the day before the stage during the briefing. Any runner or team that has not crossed the finish line or the control closure point at that time may be evacuated by the organization or continue the stage under its responsibility (out of the race, as well as any user of public roads).

Any rider or team that is out of control will be classified as NOT FINISHED (DNF) and may continue in the following stages as a runner without competition.

ABANDONMENT

The abandonment of one or both team members (in the case of participating in pairs) should be communicated as soon as possible to the organization.

For any participant, the organization will determine intermediate points where participants can communicate the abandonment, as well as they will be informed of a telephone number where they can notify it.

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

If any of the bikers who are members of a team, in case they participate in pairs, leave, the partner may continue the competition. The latter will not opt for the general classification but can be considered a finisher.

CLASSIFICATIONS

The classifications of each stage are made according to the time invested to complete each stage, for those who compete individually or for those who compete in pairs the sum of times used by the members of the couple + penalties, if applicable.

The sum of the time of the disputed stages, plus the accumulated time penalties, establishes the general classification of each participant or couple.

The following classifications are established.

- Men's Elite
- Women's Elite
- Master's 30 female
- Master 40 female
- Women's Master 50
- Master's Degree 60 Women
- Master 30 male
- Master 40 male
- Male Master 50
- Master 60 male
- Male partners.
- Female couples.
- Mixed couples.

In addition, a female and male UCI Elite classification will be published, to award these participants UCI points and cash prizes.

For each of the categories, registration must be completed with a minimum of three participants per category.

All participants will carry an electronic device to record their times and be able to keep track of them. Commissioners must approve these times for the results to be considered valid and official.

AWARDS

Only stage-winning participants in their category and leaders in their category are immediately called to the podium after crossing the finish line.

At the final awards ceremony, the first three participants in each general classification category are immediately called to the podium, once they have all crossed the finish line.

It is mandatory to attend the collection of trophies and the podium, in case of not being able to attend, the reason for the absence must be justified before the college of commissioners. Likewise, the collection of trophies on the podium must be with the cycling equipment (jersey and culotte).

UCI points are only awarded to the male and female UCI Elite categories, according to the table set out in the competition section.

Only the male and female UCI Elite categories will be eligible for the cash prizes

of the general classification.

The cash prizes are subsidized by the institutions, so they will be paid by bank transfer when the organization receives the grant.

Participants who obtain cash prizes must complete and deliver through the web the prize application form, and prize registration required by the organization before **Sunday, February 25, 2024, at 20:00**. If this is not the case, the organization understands that the participant renounces to receive the corresponding cash prize.

THE BICYCLE

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

Participants are allowed to change their bikes from stage to stage, but cannot be completely replaced or changed during a stage.

Tandem bikes are not allowed.

THE EQUIPMENT

Competing with the plate and bib number delivered by the organization is mandatory. The plate should be placed on the front of the bike. The bib should be placed on the back. Both must be visible and neither can be modified. The electronic device for time control cannot be modified and must be placed where indicated by the organization. These numbers cannot be modified under any circumstances, at the risk of sanction by the stewards.

The international or national XCM champions must go with the corresponding champion's jersey, except on the second day if they have to wear the leader's jersey of the race.

The leaders of the general classification of their category must wear the leader's jersey, delivered by the organization. The leader's jersey has a blank space on the front and back to place the advertising of the team/participant.

Participants who wish to engrave the leader's jersey with their corresponding advertising must send their digitized logos in advance to the organization.

For security reasons, it is recommended to bring a mobile phone.

It is also advisable (but not mandatory) for team members to maintain uniformity in their dress during all stages.

In certain conditions, it may be necessary to wear warm clothes (raincoat, sleeves, leggings, etc.). In case of adverse weather forecasts, it will be mandatory to take the exit with a raincoat / waterproof jacket and mobile phone. The organization does not provide these garments to participants.

The organization is not responsible for any lost or forgotten object along the route or in the course of the test of any participant.

The organization is not responsible for any breakdown or repair of the bicycle that may happen in the course of the test.

The organization will put basic mechanical points.

SPORT AND ENVIRONMENT

Our sport, mountain biking, is a competitive and leisure activity that takes place in nature, and its impact on this environment is the responsibility of all participants and organizers of sports events. Participants are requested not to throw garbage along the route, be respectful of the environment (do not roll off the roads, do not take shortcuts that damage vegetation, etc.), be careful with animals, not leave behind any spare parts, etc.

The Commissioners can disqualify any participant who does not respect the environment or private properties that are crossed during the race, expelling them from the race without the possibility of continuing in it.

PADDOCK

The teams must reserve the space in advance through the paddock registration form that can be done from the website <https://fivecontinentsrace.com>

The organization offers the possibility of providing teams that request it in advance with a tent of these measures, tents of 6 m x 3 m and tents of 3 m x 3 m.

No participant or team assistant can camp or spend the night in the paddock unless authorized by the organization.

The organization provides water and electricity to the teams based in the paddock, which are authorized and accredited.

OTHER CONSIDERATIONS

Any participant can be subjected to official anti-doping control under UCI regulations.

All participants must be respectful of the other participants, Commissioners, members of the organisation, media and the public. Aggression, disrespect or other unrequited attitudes can be punished with immediate expulsion from the competition.

The roads through which the competition takes place are given only and exclusively for the days of the competition, so it is not allowed to disclose the GPS tracks of the route.

Following the registration procedure within the official website of the competition, the runner will find a box **THAT MUST BE SELECTED** entitled **DISCLAIMER AND DATA PROTECTION PERSONAL, ACCEPTING** the clauses that appear in it.

It is recommended reading. By registering for the "5 CONTINENTS STAGE RACE **COSTA BLANCA**" THE PARTICIPANTS GIVE THEIR CONSENT FOR THE FIVE CONTINENTS SPORTS CLUB, by themselves or through third parties, to treat automatically and exclusively for sporting, promotional or commercial purposes, use their information. By the provisions of Organic Law 15/1999, of December 13, on the Protection of Personal Data, the participant has the right to access these files to rectify or cancel all or part of their content. To do so, it must be requested in writing to the registered office of Club Deportivo Cinco Continentes, located for notifications in Avd. Antigua Peseta, 136-12 03114 Alicante. Likewise, and according to the sporting interests, promotion, distribution and exploitation of the race "5 CONTINENTS STAGE RACE COSTA BLANCA", for everyone (reproduction of photographs of the race, publication of qualifying lists, etc.) through any device (Internet, advertising, etc.) and without time limit, those registered expressly assign to the organization the right to reproduce the name and surname, the site obtained in the general classification and the participant's own, the category, the sports brand made and its image.

CLAIMS

Complaints must be formally addressed to the Commissioners and processed by them under the UCI regulations.

REGISTERING FOR THE FIVE CONTINENTS STAGE RACE COSTA BLANCA IMPLIES ACCEPTING AND COMPLYING WITH THESE REGULATIONS, AS WELL AS ACCEPTING THE DATA PROTECTION LAW AND CANCELLATION POLICY.

REGISTRATION CONDITIONS

5 Continents Stage Race Costa Blanca is a mountain biking event open to any professional or amateur cyclist. It is a test that is within the UCI calendar (International Cycling Union). To participate it is essential to own a valid license and be validated by the UCI.

Most licenses are valid, but in case of doubt, it is advised that it be reviewed in your territorial or national federation.

In 5CSR the professional environment is mixed with the amateur, counting largely on amateur cyclists to enjoy and compete in a unique event, while professionals compete against these cyclists and against themselves to achieve UCI points. In 5CSR the atmosphere of competition and amateur is mixed, for that reason, they do it in a special, different test, where you can meet and compete against idols or cyclists who are in the top positions of the UCI Ranking.

IMPORTANT: According to the Royal Spanish Cycling Federation (RFEC) regulations, foreign participants holding a cycling license not processed by the RFEC must have written authorization from their national federation certifying that their insurance is valid in Spain. This document must be presented to the staff to remove the bib.

Cycling tourism licenses or those for other sports are not valid. In case of not have a competition cycling license, a temporary and specific license for the race can be processed through the organization, which will not allow you to obtain UCI points or cash prizes.

Team registrations must be made by two members.