

Race Rules and Regulations

OSLO - MYSEN

1. ORGANIZATION

Styrkeprøven Oslo – Mysen road race is arranged by Styrkeprøven AS, Ekebergveien 101, 1178, Oslo. The race is held on the 27th of April 2019, starting from Hvervenbukta in Oslo at 07:00 hrs.

2. PARTICIPATION

The race is open for the following participants:

Riders turning 17 years during 2019.

Registration is online at www.styrkeproven.no and the number of participants is limited. The organizer reserves the right to adjust the start list in order to create the safest possible start groups.

3. OTHER CONDITIONS

Riders are obligated to observe the Norwegian Highway Code, and this races rules and regulations.

Participants who ride and compete under these rules do so at their own risk.

Riders must attach the start number as instructed by the race

organizer. Start numbers must be worn at all times during the race. On race abandonment, numbers must be removed immediately.

Riders are obligated to follow instructions from police and race officials. Riders are responsible for starting at the correct time.

The organizers will remove riders from the race if they pose a hazard to other riders, either due to lack of experience, or inadequate physical condition.

Traffic rules must be obeyed at all times.

Riders who are left behind the peleton will be taken out of the race after the following limits:

Start of race: 07:00 am

- Svenneby - 71 km - 08:58 - 10:12 hours
- Momarken - 112 km - 10:07 - 12:06 hours
- Linnkleppen - 159 km - 11:26 - 14:15 hours

Riders who is taken out, may go to Mysen with the broom-wagon, or may continue by bike, outside the race.

4. EQUIPMENT

Helmet

Helmets must be worn by all riders at all times and have to be securely fastened with a chinstrap at all times while riding. Use of aerodynamic (tempo) helmets is not allowed.

Communication

Radio or other communication devices are not allowed.

Jerseys

When competing, all riders shall wear a jersey with sleeves and a pair of shorts. One-piece skinsuit is allowed. Sleeveless jerseys shall be forbidden. Approved club jerseys are registered with the NCF each year. Riders for the club shall wear uniform clothing complying exactly with that described in the notification referred to in article 1.3.046. Unless specifically provided for, no rider shall be permitted to ride in the colors of any association or company other than those of the club given on his license. During competitions, riders' attendants may not bear any advertising matter on their clothing other than that authorized for their team's riders for the race in question. (1.3.034)

Bicycle

The bicycle is a vehicle with two wheels of equal diameter. The front wheel must be steerable; the rear wheel must be driven through a

system comprising pedals and a chain. The bicycle must have handlebars which allow it to be ridden and maneuvered in any circumstances and in complete safety. The weight of the bicycle cannot be less than 6.8 kilograms. Only traditional handlebars can be used.

5. NEUTRAL SERVICE

The organizers will provide neutral service vehicles. Private service cars are not allowed. In need of service – call +47 906 67 191

6. FEEDING

There will be 3 food stations:

- Svenneby - 71 km
- Momarken - 112 km
- Linnkleppen - 159 km

7. CONDUCT

Holding onto a vehicle, intentional contact with other riders, interfering with progress of other riders, or any action that endangers other riders will be punished according to the rules.

8. PRIZES

All riders that complete the race will receive a finisher award.

9. ANTI-DOPING

Norges Idrettsforbunds (Norwegian Confederation of Sport) anti-doping rules apply to this event. Any rider found to be under the influence of drugs or possessing evidence of drug use must accept that samples will be taken for laboratory analysis, and that their license will be immediately revoked.

Participants in Styrkeprøven Oslo – Mysen must accept that they may be tested for drugs, even if there are no grounds for suspicion.

10. RULE VIOLATIONS

NCFs regulations for punishments and fines apply to this race. In cases not covered by NCF rules, UCIs regulations apply

11. ENVIRONMENT

Styrkeprøven is committed to protecting the environment and has a goal of zero littering. “Waste-Zones” where riders can discard rubbish and empty bottles will be setup before the food stations. Discarding litter outside of these areas will be penalized.