

Instructions and rules for studded tyre cycling on natural ice

1. The cyclist must behave in a fair and sporting spirit.
2. The start is executed as a neutral start. The fastest cyclists in the front row. Start carefully, you will have time to pass others on the way. Timing will start after crossing the start line.
3. Keep your riding line, do not make sudden moves to the side, do not try to fit into a small space between others.
4. Cycle on the right hand side of the track, so that faster cyclists and the best cyclists of other distances can pass safely from the left.
5. Avoid cycling side by side, so that you will not cause anyone to fall.
6. Drafting behind other cyclists is allowed, as long as it does not cause any disturbance to other cyclists. Helping someone by e.g. pushing is forbidden.
7. Blocking, holding other cyclists or pushing them to the side is forbidden.
8. Tactical deceleration of pace for own or a friend's breakaway from the top group is allowed, as long as it does not block other cyclists' chance to follow or pass.
9. Cyclists in the top group can choose their position in the line freely, but those being passed are not allowed to go in between the line, only to the end of the line.
10. The cyclist must him/herself take care that s/he has cycled the sufficient amount of rounds. The timing system measures lap times and final time, thus controlling the cycled rounds.
11. On the finish stretch, the cyclist on a round will give way to the finish of the top group, choose the finishing lane accordingly. Passed cyclists are not allowed to join the top group.
12. Crossing the finish line and time will be defined based on the moment the cyclist and bike cross the finish line. If needed, the winner can be settled with the help of a finish line camera or video footage.
13. The usage of any equipment or sails that affect the bike's speed is forbidden.
14. Shortcuts or a premature start are forbidden.
15. The cyclist must ride on the marked and fixed track (ice skating track).
16. Choosing the bike is free, for example a mountain bike, cyclocross or fatbike can be used.
17. **We strongly recommend** using protective safety glasses, as well as windproof and warm hat, gloves, clothes, shoes and shoe covers.
18. **Using a helmet is compulsory during the entire competition and training on the track.**
19. **Using studded tyres on the bike is compulsory for safety reasons.**
20. **The use of aerobars and tube extenders is forbidden. Also the use of an electronic bike is forbidden.**
21. The use of clip-in pedals and mudguards is allowed. The cycling will be done in daylight.
22. The competitor must present the bike, helmet, race numbers attached and any other competition equipment latest 30 min before the start in the checkpoint, where the equipment check will be done. If needed, the competitor must fix the equipment before the competition if the organiser decides so.
23. In the case of broken bicycle, you have the chance to pull out, fix, or change the bike in the changing area (the race number must be attached to the bike throughout the whole competition.)
24. The cyclist must personally choose the clothing and equipment according to the weather and the condition of the track.
25. The cyclist must pay attention that the timing chip and race number(s) are attached and located according to the separate instructions.
26. The cyclist can keep his/her own drinking bottle/backpack and supplements in addition to those arranged by the organiser. Also personal outside food or drink supplies are allowed.
27. If you have to pull out of the competition, inform the organisers.
28. The organisers have the right to change start times, distances and the length of the track based on weather conditions and the condition of the ice. The competition can also be interrupted if necessary by a ruling of the judges.
29. Competitors must begin the last round latest before the closing time of the start gate (2:00 pm). If the competitor cannot reach the final round's start by this time, their competition will be interrupted.
30. The competitors take part in the competition at their own risk, and are responsible for their own accident insurance.
31. The cyclist must follow the instructions and orders of the race manager and judge. The race manager follows the track in a car on the maintenance course next to the top group of the main distance. If a cyclist breaks the race rules, the manager or judge can execute a Stop & Go penalty or order the cyclist to pull out of the race.
32. The cyclists must begin the last round latest before the closing time of the start gate (5:00 pm). If the competitor cannot reach the final round's start by this time, their competition will be interrupted.
33. The only allowed traffic on the maintenance course are the referee car, first aid and track maintenance.
34. The cycling track will be repaired if necessary, for example in the case of snowing during the competition. The decision will be made by the race manager. If the track is being repaired, the competitors must exercise extreme caution.