



# Cyclology India

## Coast to Crest

Digha, India

3rd Edition | 27 December 2025



### 830km RAAM Qualifier Self-Supported

## Rules and Regulations

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#### Guiding principles

- Safety of all persons involved
- Running a Clean and Healthy race with a level-playing field for all
- Creating a Race of International standards
- Protecting Race integrity and reputation

The guiding principles will dictate decision making by the Race Committee on any issue not specifically covered in these rules

#### 1. General

- A. All participants are responsible for reading and understanding the rules, event information and instructions given before and during the event.
- B. Safety is a primary concern. All riders are responsible for their own health and well-being and obliged to be physically prepared for the race.
- C. All rules and regulations must be obeyed by all riders at all times. The race committee has the authority to override, modify or create rules based on extenuating circumstances.
- D. The race is open to any amateur cyclist over the age of 18 as on January 1st, 2025.

#### 2. Conduct

- A. Riders must conduct themselves in a civil manner at all times during the race.
- B. Riders may not act maliciously toward any other person for any reason. Riders may not intentionally impede the progress of or misdirect any other person for any reason.
- C. Riders must at all times behave respectfully toward all Race officials and volunteers.
- D. Violation of the conduct rules and/or any other inappropriate behavior by a rider will result in the rider's immediate disqualification and possible suspension from future Cyclology India events. This may include the suspension of riders as potential crew members in Cyclology India Races, from participation or supporting any Cyclology India Races.
- E. Littering is not tolerated under any circumstances. Refer 19A-E for detailed rules with respect to littering.

#### 3. Route/Checkpoints/Tracking

- A. All riders must ride (or walk with their bikes) the entire route as prescribed by the official route book.
- B. All protocol about Control point distance, cut offs, stages and reporting at controls is detailed in Appendix B. Each Control Points passage must be noted and protocol must be followed as prescribed.
- C. The route will not be marked. Each racer will receive GPX file and a cue sheet at the start of the race indicating the route and location of checkpoints. Riders must stay on the route at all times.
- D. If a racer leaves the route for any reason, and using any means, they must return to the route at the same point at which they departed the route, prior to continuing in order to avoid shortcuts and detours unless specified by the race committee.
- E. A tracking device will be given to each racer/team for tracking racers. Device battery must be kept charged to allow tracking at all times. It's the rider's/team's responsibility to keep the tracker safe else s/he will be charged INR 5000.00 for its loss/damage.

- F. If for any reason racers are forced off route by road construction, diversion due to accidents or by traffic police for any reason, they must immediately contact one of the Race Officials and report exact details of diversion. Racers may continue to race. If for any reason they are unable to establish a telephone call, they must send a text/WhatsApp message, giving coordinates or location pin of start of diversion. They must do the same at the time of re-joining the race route.
- G. Race Committee will assess whether a time penalty is to be added to Racer's time or whether a time deduction is required. This decision will be conveyed to the racer so that they can recalculate race cut-off time for the racer.
- H. Each racer must possess along with the prescribed lighting equipment, batteries and replacement lights and power bank in addition to items listed in the Mandatory list in Appendix C.
- I. Racers must at all times have a charged cell phone that will be used as a tracking device and to communicate with the race officials. Racers have the obligation to inform the officials in case of accidents, closed roads, detours, non-functioning of GPS device or quitting the race.

#### **4. Traffic Laws & Law of the Land**

- A. Riders must obey traffic laws at all times.
- B. This includes, but is not limited to: riding on the correct side of the road, stopping and waiting at red lights until they turn green, stopping at stop signs and checking for traffic before proceeding, using hand signals for all turns, keeping as far to the left as safety permits, using the shoulder whenever possible and obeying speed limits.
- C. Racers and support crew members are expected to follow all pertinent laws, regulations and mandates.
- D. Race officials may issue penalties for traffic violations.

#### **5. Drafting**

- A. Drafting of any motorized/battery-operated/electric vehicle is not allowed and will constitute cheating.
- B. Drafting of any Human Powered Vehicle (bicycle or other) that is not participating in your specific category of the race is also not allowed and amounts to cheating. Category does not apply to gender or age categories, but to Distance/Relay/supported/unsupported.
- C. Any violation of the drafting rules 5.A and 5.B will result in a rider's immediate disqualification.
- D. Racers within the same category, as described in 5.A may ride together and draft each other provided it is with mutual consent. If a racer explicitly says that s/he does not wish to have a competitor draft or accompany him/her that must be respected. Complaints will be dealt with by warnings and penalties as required.

#### **6. Self-sufficiency, Official Support & Drop Bags**

- A. Each racer must be fully self-sufficient. No support vehicles of any kind are permitted during the race. Violation of these rules will result in immediate disqualification of the racer. Racers within the same category may however help each other. Category does not apply to gender or age categories, but to Distance/Relay/supported/unsupported.
- B. Racers must be fully self-supported in terms of all hydration, food, nutrition, mechanical requirements etc. and particularly at all times must be fully equipped to combat the elements. Racers may avail of whatever vendors, shops, hotels, restaurants are available on route. Racers must ensure that all purchases are paid for in full and interactions are conducted respectfully. Complaints of non-payment of any other form of nuisance will attract a penalty.
- C. Racers may not have friends/family come on the route to cheer or in any way assist racers. With prior intimation to Race officials they may only cheer at a manned control point. No support, food, drink, supplies may be exchanged. Violation will lead to a penalty or disqualification
- D. Racers may use technical/mechanical assistance available enroute provided they adhere to 3.D if they leave the route.
- E. Racers will be given 2 bags during pre-race registration to pack with Drop Bag requirements for the Drop Bag location. These bags are to be handed over before race start, and may only be accessed at Drop Bag location. No valuables and non-perishable items are to be put in the bags.
- F. Drop Bags will be made available by the official vehicle at the night halt control point only, and may NOT be accessed along the route. Official vehicles are only there to observe racers and in case of emergency.
- G. Drop Bags must be repacked before the rider's departure from the hotel room on each instance. Race management will not be held accountable for missing items not packed into the Drop Bags.

## **7. Support, Vendors & Resources**

- A. Cyclology India provides resources in the form of information on technical support, accommodation and on route restaurants, as also support personnel in the form of volunteers. Cyclology India cannot be held responsible for any disappointment to the Racers, or any disagreement that may arise.
- B. Racers and all crew are expected to behave respectfully toward all resources, vendors and support that is made possible through the goodwill of Cyclology India and throughout the period of the race, including the days before and after the race at the Start/Finish Venues. This is particularly important at Ghoom where you must keep all interaction respectful with the local community, and ensure all bills are cleared.
- C. No misuse, littering, damage to property is permitted in the hotel rooms provided by Cyclology India for racers. Any damages MUST be made good by the racers. Racers vacating rooms in a manner that is not acceptable by Hotels will be given a time penalty.
- D. All expenses towards any resources, vendors used are to be borne in full by the Racer. All expenses for the duration of the race, including accommodation as required at start and finish are to be borne by the racer.

## **8. Safety, Sleep and Medical Support**

- A. Racers are responsible entirely for their own safety at all times during the race. Decisions to rest, or quit based on health to avoid a particular section of route during night are to be taken by racers with full responsibility towards their own wellbeing and safety.
- B. The safety rules prescribed are to be strictly adhered to. Traffic rules must be followed at all times. If riding with a buddy, riding single file is recommended. Cyclists may not obstruct traffic or ride on the wrong side of the road for any reason.
- C. Hand signals must be given to indicate turns or that you are stopping to avoid accidents with vehicles behind you. Racers MUST ONLY STOP after pulling fully off the road on the left.
- D. Race officials reserve the right to stop a racer deemed to be riding in an unsafe manner, and only allow them to continue once they are satisfied about their ability to continue safely. Repeatedly riding in an unsafe manner will lead to an immediate disqualification to prevent injury or harm. Race officials' verdict on what is safe or unsafe is final.
- E. Race officials reserve the right to pull a rider off the course and order them to rest or retire from the race, if that person is suffering from sleep deprivation and/or riding or acting in an unsafe manner.
- F. In case of any medical emergency, racers must immediately inform the race officials and also immediately seek local medical help.

## **9. Bicycles**

- A. All bicycles must be propelled solely by human force. Disc wheels, wheel covers and/or aero bars are allowed.
- B. There are no bicycle categories. Special bikes will be considered and ruled upon by the Race Committee.
- C. All bicycles must be deemed to be in race condition as assessed by an authorized official at the start of the race. If a bicycle is judged to be unfit or unsafe to ride by a race official, riders may NOT use it until the issue is resolved to the satisfaction of the Race Committee.
- D. Racers must ensure brakes are in fully working condition at ALL times during the race.

## **10. Helmets**

- A. Riders must wear an approved helmet, properly fastened, at all times when riding a bicycle. Riders without a helmet will not be permitted to start. Riding without a helmet, even briefly, will result in immediate disqualification of the racer.

## **11. Lights and Reflective Gear**

- A. Riders must use at least one steady white front light visible from 500 feet (150 lumens or more) mounted to the bicycle and a steady (not flashing) red rear light visible from 300 feet mounted to the bicycle. A second red rear light visible from 300 feet mounted to the bicycle or rider, may be kept on flashing or steady mode. Spare lights and batteries are strongly recommended. Riders who fail to comply will be refused to start the race. Riders must wear reflective gear during the night hours, in the form of a vest or bandoleer. (Adhesive reflective material and jerseys with reflective material stitched to them, are not acceptable as replacement to reflective gear).

- B. Lights and reflective gear must be used during night hours from 4:00 PM – 6:00 AM and at times of low visibility conditions such as fog and rain. All lighting requirements must be met by all riders, during the night. Any rider found riding without lights and/or reflective gear during the night hours will be immediately penalized (no warnings will be issued in this regard).
- C. These are the minimal requirements we will accept but are nowhere near optimal. For optimal lighting, we recommend using a front light of at least 600 lumens, with a secondary front light in use with the other light or to use as a backup. For the rear, we recommend using lights with visibility up to 500 feet.
- D. Racers failing to comply will be penalized immediately without warnings.

## **12. Timings/Cut offs**

- A. Racers must finish within all prescribed cut-offs with an official at the manned control points, and within the overall cut-off time to be listed in the rankings.

## **13. Cheating**

- A. Any instance of fraud, cheating or deliberate violations of any rules will result in issuance of penalties or may result in further exclusions of the racer as a racer or a crew member in future Cyclogy India Races.
- B. Drafting of any motorized/battery-operated/electric vehicle is strictly forbidden. Any rider seen attempting to gain advantage by drafting a motorized/battery-operated/electric vehicle will be immediately disqualified.
- C. Towing any motorized/battery-operated/electric vehicle is strictly forbidden. A violation will lead to immediate disqualification and a ban from future races.
- D. Any Racer seen using a motorized/battery-operated/electric vehicle to move ahead on the course will be disqualified. Racers must inform Race Officials of Withdrawal from the race before boarding any vehicle.
- E. Any deliberate act of taking advantage over others is considered cheating and will lead to immediate disqualification.
- F. A very serious view is taken of any manner of cheating. If found cheating Race officials WILL immediately disqualify a rider and ban them from future races.

## **14. Warning/Penalties**

- A. Riders must obey all rules and regulations at all times. There will be no exceptions. It is the rider's responsibility to ensure that s/he does not give any cause for doubt.
- B. Race officials and volunteers may issue warnings to riders for minor violations not including wilful cheating. If the situation warrants a penalty may be issued at the first offense.
- C. In the situation of a race such as this, race marshals may take spot decisions that will be conveyed to the Race Committee. Every attempt will be made to convey it to the racer, but Race Officials may not be held responsible if contact is not made with the racer for this purpose.
- D. Repeating an offense will result in a penalty, regardless of whether the racer has been notified or warned about the first offense. In case the first offense was notified, repeating the same rule violation may result in an escalated time penalty.
- E. Race officials reserve the right to immediately disqualify a rider and ban them from future races for inappropriate behavior or if the situation warrants it. It is within the discretionary powers of Race officials to make a decision about warnings, penalties or disqualifications, based on their judgment and observations.
- F. Each violation of rules will result in a 15-30 minutes time penalty depending on the offense. The third penalty will result in disqualification.

## **15. Race Officials and Race Committee**

- A. The Race Committee comprises but is not limited to the Race Director, Head of Officials, Race Officials and Team Members. The Race Committee has the authority to override, modify or create rules based on unfolding circumstances during the course of the event. Race Officials have complete authority and the decision of the Race Committee is final and binding on all participants on all matters.
- B. Race Officials may be stationed along the route in marked or unmarked vehicles. The race officials may change their location and drive along with racers if deemed necessary.

## **16. Appeals/Protests/Complaints**

- A. During the course of the race, a racer may make a verbal protest to any Race Official or the Race Director, but it must be made privately and respectfully. Any public protest or display of disgust with the contents of the Rules, their application or to a Race Official may result in a penalty.
- B. Any rider wishing to make an official protest must do so in writing and submit it to the Race Director along with a Complaint Fee of Rs. 5000/- no later than two hours after their race's respective time limit has expired. The Race committee will rule on all protests after due deliberation, as time permits.
- C. Riders and support crew may not make allegations of cheating in public or in social media of any kind. Racers may not make allegations of cheating to Race Officials without substantiating it with evidence. Protocol is to be observed. Riders must submit a formal letter of complaint to the Race committee along with eye-witness accounts, evidence and a complaint fee, for it to be taken seriously.
- D. Complaint fee will be refunded in full if the Race committee rules in favor of the complaint. In the absence of substantiating evidence, the race committee will be unable to take action.
- E. Airing opinions, making allegations and complaints regarding Race and Race officials over Social or other Media before or after making a formal protest, that are considered harmful to the Race Reputation may result in a disqualification or a ban from future races.
- F. All Racers are encouraged to report to race officials any suspicions (with or without evidence) if they see some infraction of rules by other teams or racers. These reports must be made during the course of the race, with details of racer/team no. and location, to enable race officials to check on the report. Any racer or crew, witnessing a cheating or rule infraction and not reporting it to race officials immediately, will lead to witnesses being held complicit in the act itself.

## **17. Media, Race Publicity and PR**

- A. Riders and support crew agree to the use of their images for the purpose of Race Promotion in all Media.
- B. Riders must not through their actions on any media (print, social, internet, FB, X, etc) harm Race Reputation. The continuation of the Race is dependent on maintaining its integrity and reputation and any action that is considered harmful to the Race Reputation may result in a disqualification or a ban from future races.

## **18. Communication Protocol**

- A. In addition to conduct during the race (ref. rules and regulations #2: Conduct) that pertain mostly but are not limited to face-to-face conduct during the race, all communication between participants and Race organization, through any and all means, must be respectful and polite in nature.
- B. In addition to any appeal/protest/complaint covered in Rules and Regulations #15: Appeals/Protesting/Complaints, all communication between Participant and Race Officials must be private and respectful.
- C. The objective of the communication must clearly be to receive clarity and resolution, on race related issues or information from Race officials.
- D. Acceptable means of communication are via email for any official communication that need to be kept on record, and via phone call, text to phone or WhatsApp for any inquiries during race days.
- E. Posts on social media are not acceptable means of communication about race inquiries or addressing of issues. These are public forums that are critical to the well-being and growth of this race, and we will use our discretion in judging whether a racer is being disrespectful.
- F. A social media post deemed disrespectful, and harmful to the race reputation (guiding principle #4) may result in a disqualification or a ban from future races.

## **19. Compliance**

- A. All racers must pass inspection of mandatory requirements before being cleared to race. This will include documentation and bicycle inspection as described in Appendix C.
- B. It is the responsibility of the racers to ensure that compliance, especially to safety rules, is strictly adhered to for the entire duration of the race.
- C. In case a change of bicycle is necessitated between inspections and race start, Race Officials have to be informed and bicycle inspected. Once flagged off the entire route must be covered by the racer on the same bicycle.
- D. Littering: Racers may not litter, throw garbage, plastic etc. at any point during the course of the race.
- E. All waste must be disposed of at private or public garbage bins on waste collection sites only. If

disposed of within a private property on the course like a hotel, restaurant or petrol pump, it must be with the permission of the property managers.

- F. This includes but is not limited to the finish at Ghoom where it is forbidden to throw any waste out of the vehicles into the public parking or the streets at the end of the race. Racers must only do this activity at their own respective hotels and dispose of the garbage as recommended at their hotels.
- G. It is the responsibility of the racers to ensure that compliance is strictly adhered to for the entire duration of the race.
- H. Any breach of these rules, Racers found littering during the course of the race will result in a time penalty or disqualification at the discretion of the Race committee, without warnings and appeal.

## **20. Substance Abuse**

- A. Consumption of alcoholic beverages, drugs, Narcotics, Opioids or any other substance that may have an effect of intoxication or impediment to functionality is **STRICTLY PROHIBITED** for all Racers!
- B. These rules apply from the day before the race starts till the participants finish. For Safety reasons, all racers are expected to impose this restriction on themselves and each other.
- C. Race Officials will take the strictest action upon breach of rules, even in the case of suspicion or suspicious behavior. In addition to a disqualification, Race Officials reserve the right to report the offending person to local authorities.

## **Appendix B**

### **SOLO Self Supported**

The Self-Supported format is derived from bike-packing wherein racers are self-sufficient for their needs during the race. Racers can ride along with other self-supported racers. Most importantly, racers do not require a crew to support them at the race.

Note:

- The Ride Events are non-competitive
- All Participants will receive a Medal and Certificate on completion of the route.
- There are no bicycle categories at this time. Special bikes will be considered and ruled upon by the Race Advisor.

## **Appendix C**

These are the mandatory pre-race requirements that each racer and relay team must meet in order to receive a clearance to race the Coast to Crest 2023. Racers or teams failing to meet these requirements in the required timeline may be denied a clearance to race and their registration canceled without a refund.

### **A. Bike Inspection:**

All bikes that racers and teams intend to use at the race must be inspected by race officials. The bikes must meet the following requirements in order to pass inspection. Racers will need to arrange for the required equipment listed below unless otherwise stated:

1. Front Bike Light - at least 150 lumens or visible from 500ft (recommended 700 to 1000 lumens)
2. Rear Red Tail Light - at least 150 lumens or visible from 300ft, must have steady mode (recommended 200 to 600 lumens)
3. Reflective Tape strips of 10mm x 50mm pasted on:
  - i. Fork Legs
  - ii. Seat Stays

- iii. Cranks
  - iv. Back of Pedals or Shoes
  - v. 3 strips on each side of each wheel rim
4. Helmet
  5. Reflective Vest or Bandoleer
  6. Bike Number Plate attached on seat post of bike - Provided by Officials at Inspection Venue
  7. Helmet Number sticker pasted on front of helmet - Provided by Officials at Inspection Venue

**B. Documents:**

Racers and teams will have to provide the following documents at the inspection venue. Please note that the inspection venue is NOT equipped to make prints and/or copies. Racers are advised to carry copies of documents themselves.

1. Identity Document of all Racers - Aadhar Card / Driving License / Passport (mandatory for non-Indian participants)
2. Waiver and Discharge Forms duly signed by racers

