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## 1. INKCAZELO ZAMAGAMA

- 1.1. SASC – South African Schools Cycling = Umdyarho Wokukhwelwa kweeBhayisekile weZikolo zoMzantsi Afrika
- 1.2. CSA – Cycling South Africa = Umdyarho weBhayisekile woMzantsi Afrika
- 1.3. UCI – International Cycling Union = Iqumrhu leHlabathi loMdyarho wokuKhwelwa kweeBhayisekile
- 1.4. XCO – Cross Country Olympic Format = Indlela yesizwe ekhethekileyo yeeolimpiki
- 1.5. XCC – Cross Country Short Course= Izifundo ezifutshane zesizwe ezikhethekileyo
- 1.6. MTB – Multi-terrain Biking= Umdlalo ontlobo-ntlobo ngeBikini
- 1.7. Commissaire – Cycling Official = Umphathi mdlalo womdyarho osemthethweni

## 2. Immimiselo ephangaleleyo

- 2.1. I-SASC liqumrhu elimiselwe ngokusemthethweni ukuze lijongane nomdyarho weebhayisekile kwizikolo zoMzantsi Afrika. Umsebenzi weli qumrhu kukujongango nemimiselo yemidyarho yeebhayisekile ezikolweni.
- 2.2. Uthatho-nxaxheba
  - 2.2.1. Zizikolo zikawonke-wonke nezabucala kuphela ezivumelekileyo ukuthatha inxaxheba kugqatso lophuhliso womdyarho weebhayisekile owenziwa yi-SASC.
  - 2.2.2. Abafundi ababhalisileyo kwizikolo zemfundo ephezulu zikawonke-wonke nezabucala kunye nabo bafunda ngokusisigxina bavumelekile ukuba bangathatha inxaxheba kugqatso lomdyarho weebhayisekile wezikolo
  - 2.2.3. Abakhweli bangamela kuphela izikolo abafunda kuzo ngokusemthethweni abanakukwazi ukukhwela bemele ezinye izikolo.
  - 2.2.4. Akukho layisenisi ifunekayo ukuze uthathe inxaxheba kugqatso lwe-SASC.
- 2.3. Amaqela abadyarhi beebhayisekile
  - 2.3.1. Ijuniya: Iminyaka yabadyarhi ili17 ukuya kwi18 ubudala.
  - 2.3.2. Ulutsha; Iminyaka yabadyarhi ili15 ukuya kwi16 ubudala.
  - 2.3.3. Abangezantsi kancinci kwijuniya, iminyaka yabadyarhi ili13 ukuya kwi14 ubudala.

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2.3.4. Iqela lomntwana liqitywa ngokweminyaka yomntwana kodwa kufuneka abe kanti ugqiba loo minyaka nge31 KweyoMnga kulo nyaka.

2.3.5. U-SASC unelungelo lokucela incwadi yesazisi ID ukuqinisekisa iminyaka.

## 2.4. Immimiselo esemthethweni eyimfuneko

2.4.1. Umsitho obanjwa zizikolo mawuvumelane noMthetho weZikolo unombolo-84 ka1996.

2.4.2. Umsitho ocetywe yeminye imibutho kufuneka ivumelane noKhuseleko loMthetho weZemidlalo noPhuhliso ka2010.

## 2.5. Ukhuseleko

### 2.5.1. Khwela ngokhuseleko

2.5.1.1. Abakhweli beebhayisekile kufuneka banxibe isigqokro(ihelmethi) ngowo onke amaxesha xa benyawuza iibhayisekile.

2.5.1.2. Iihempe ezinemikhono emifutshane azivummelekanga

2.5.1.3. Umkhweli makaqale ugqatso enebhotile ezele ngamanzi eqhotyoshelwe apha kwibhayisekile okanye anxibe isinxibo esinamanzi esimkhusele kunxano olomisayo.

2.5.1.4. Akukho khamera ivumelekileyo esifubeni okanye kwisigqokro(ihelmethi) somkhweli ngamnye.

2.5.1.5. Abakhweli abavumelekanga ukuba babe nezixhobo eziplagwe kwiindlebe zabo. Oku kubandakanya I-pods, i-MP3, Walkmans, iiselula okanye naziphina izixhobo ezimobhayili okanye ezikhalayo.

2.5.1.6. Abakhweli abazelwe benengxaki yokungeva nabaxhomekeke kwizixhobo zokuva mabafumane imvume kubaquzeleli nakubagunyaziso bomsitho.

2.5.1.7. Izixhobo ezivuthayo azivumelekanga ukuba zinqumle ibala.

2.5.1.8. Intlanganiso zoManejala bamaQela mazizinyaswe ngabo bonke ooManejala bamaQela.

### 2.5.2. Ukhuseleko loluntu jikelele

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2.5.2.1. Isicwangciso sokhuseleko zomsitho masiqulunqwe ze sibe nezi zinto zilandelayo:

- 2.5.2.1.1. Iinkcukacha Sesikhululo saMapolisa Esikufutshane
- 2.5.2.1.2. Iinkcukacha zesiBhedlele esikufutshane
- 2.5.2.1.3. Isicwangciso seeNkonzo ezingxamisekileyo
- 2.5.2.1.4. Isicwangciso sopononongo lwezinto ezinokuba yingozi ngokoMgaqo woKhuseleko weSASC idotyumentu engunombolo: SASC/SHE/POL/0000
- 2.5.2.1.5. Inkcukacwa zoqhagamshelwano zomququzeleli, umphathi wokhuseleko, umgunyazisi kunye nenkampani enikezela ngeenkonzo zezonyango.
- 2.5.2.1.6. Isiqinisekiso se-inshorensi yomsitho.

## 2.6. Izixhobo sokhuphiswano

- 2.6.1. Ibhayisekile kufaneleke ukuba ibe namavili amabini nalinganayo, ivili langaphambili likwazi ukujika, ivili langasemva liqhutywe ngeepadali kunye netsheyina.
- 2.6.2. Ubunzima bebhayisekile abukwazi ukuba ngaphantsi ko-6.8 weekilogramu.
- 2.6.3. Amavili asele esetyenzisiwe avele intsimbi okanye izikrufu awavumelekanga.
- 2.6.4. Amatayala esiqhelo anehendilibazi awanakusetyenziswa kunye netrayethloni okanye thayimitrayeli bhazi azivumelekanga. IiBha-endzi zivumelekile.
- 2.6.5. Ibhayisekile ezinesiba lesantya elinye nesinamasibe amaninzi zivumelekile.
- 2.6.6. Abadyarhi mabawugqibe umdyarho bekwele ibhayisekile enye ababeqale ngayo.

## 2.7. Okusingqongileyo

- 2.7.1. Abaququzeleli bomdyarho mabavumelane kunye nedotyumentu yeSASC engunombolo. SASC/SEH/POL/0001
- 2.7.2. Abakhweli mabahloniphe indalo esingqongileyo bangangcolisi.

## 2.8. Indlela ongayo umsitho

- 2.8.1. IZikolo Zamabanga Aphezulu zakusebenzisa indlela i-XCO.
- 2.8.2. IZikolo Zamabanga Asezanzi zakusebenzisa indlela i-XCC.

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3. Iimpahla zomkhweli, indlela yokunxiba kunye nendlela eza kulandelwa xa ubani eza kuthetha.

- 3.1. Izikolo ziyakhuthazwa ukuze zibe nesinxibo somdyarho esahlukileyo kodwa yona imibala iyahlukileyo ayikanyanzeliswa ngo-2015.
- 3.2. Ukunxitywa kwejezi ezingenamikhono kona akuvumelekanga kwaphela.
- 3.3. Iinkokheli zamaqela mazinxibe ijezi zeenkokheli xa zikuqatso. Ijezi yobunkokheli ayinxitywa xa kukho iimisitho efana nale kuphela. Abakhweli abanakunxiba ijezi yobunkokheli okanye yempumelelo yonyaka odlulileyo, yaye abavumelekanga ukunxiba ijezi yenkokheli okanye yomntu obephumelele kumsitho okanye umdlalo wesinye isikolo.
- 3.4. Umkhweli ofumene isiqinisekiso sesipho, imbasa, ijezi yobunkokheli okanye igama lokubahlonipha elithile kufuneka bawuzimase umsitho lowo wokunikezela ngeembasa.
- 3.5. Ukuba ngaba nangasiphina isizathu (esinokuchazwa okanye esingenakuchazwa umkhweli akakwazi kuzimasa ukunikezelwa kweembasa, umkhweli okanye imanejala yeqela kufaneleke yazise abaququzeleli phambi kokuba umsitho wokunikezelwa kweembasa uqale.
- 3.6. Xa ubani engaphumeleli ukuzimasa ukunikezelwa kweembasa ngaphandle kokwazisa abaphathi lo nto ingakhokelela kwisohlwayo.
- 3.7. Abakhweli ababizelwe ukuze bakhwele eqongeni kufunela banxibe iihembe zezikolo zabo zokukhwela iibhayisekile. Ukuba akukho efumanekayo, banxibe itraksuti yesikolo okanye banxibe i-T-shirt.
- 3.8. Akukho sinxibo sinemikhono emifutshane okanye sivulekileyo sivumelekileyo eqongeni.
- 3.9. Akukho sinxibo sasentloko okanye zipetekisi zivumelekileyo eqongeni.
- 3.10. Xa kulandelwa uluhlu lokunikezelwa kweziphu, Inkokheli zemidlalo/ abaphumeleleyo kufaneleke ukuba banxibe ijezi zabo ngendlela efanelekileyo ( bakhulule ezinye iisheti) ukuze balungele ukuthetha ifoto yeqela kunye neenkokheli zamaqela kunye nabantu abaphumeleleyo.
- 3.11. Izigqokro/ihelmethi zomdyarho: abakhweli abanganxibanga iihelmethi, neziqhotyoshwe ngendlela eyiyo, ngalo naliphina ixesha lomshitho bayakohlwaywa okanye bathintelwe ukuze baphinde bathethe inxaxheba kumsitho lowo.
- 3.12. Ziihelmethi ezinoqweqwe oluqinileyo ezivumelekileyo ngokomgatho owamkelekileyo.

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### 3.13. Isicwangciso sendidi zejezi ezahlukeneyo

- Ijezi yenkokheli yomdlalo
- Ijezi yezwekazi laseAfrika
- Ijezi yeSizwe yeCSA
- Ijezi yeSikolo

## Abaniki nkxaso-mali

U-SASC akazimisele nakancinci ukunika inkxaso-mali kuba kweli.

### 4. INKONZO YEZONYANGO & NEENQWELO ZOKUTHUTHA IZIGULANE

Ugqatso kunye nokuzilolonga lungaqala xa amagosa enkonzo yezonyango kunye neenqwelo zezigulane sezifikile apho<sup>1</sup> midlalo iza kubanjelwa khona.

#### 5. ABAPHATHI-MIDLALO NEEMASHALI

- 5.1. Ngabaphathi abaqeqeshiweyo kuphela okanye abaphathi bakwaCSA abanokusetyenziswa ukulawula njengaMagosa aphezulu okanye Abaphathi xa kuqala umdyarho okanye kwindawo yezidlo/ nobucwepheshe.

#### 6. Abaphathi bamaqela

- 6.1. Isikolo ngasinye siyakutyumba Umphathi Weqela.
- 6.2. I-SASC iya kuqeqesha abaphathi bamaqela, njengo kubhaliwe kwidyumententi engunombolo 0000/MTB/TRA ye-SASC.
- 6.3. Abaphathi bamaqela baya kuzimasa intlanganiso

#### 7. UBUME BOMSITHO WE-XCO

- 7.1. Ubude bomgama: I-XCO 4-6km

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7.2. Amaxesha achanekileyo omdyarho ngokwamaqela ngala alandelayo:

Iqela	UCI	CSA	SASC
Amadoda aphakathi	1:00 – 1:15	1:00 – 1:15	imizuzu engama60.
Omama abaphakathi	1:00 – 1:15	1:00 – 1:15	imizuzu engama60.
Amadoda alulutsha	Ifederayshini yeSizwe	1:00 – 1:15	imizuzu engama45 – 60.
Omama abalulutsha	Ifederayshini yeSizwe	1:00 – 1:15	imizuzu engama45 – 60.
Amakhwenkwe angezantsi	Ifederayshini yeSizwe	0:55 – 1:10	imizuzu engama 30 – 40.
Omama abengezantsi	Ifederayshini yeSizwe	0:55 – 1:10	imizuzu engama30 – 40.

8.3. Ibala lomdyarho kunye nokuphawulwa kwalo

- 8.3.1 Zonke iikilomitha kibala lomdyarho mayiphawulwe kubonise ukuba kushiyeke iikilomitha ezingaphi ukuze ugqitywe umdyarho.
- 8.3.2 Indlela enepavumente kunye netha ayinakuba ngaphaya komyinge oli-15% webala lonke xa liphelele.
- 8.3.3 Ibala malikhangaleke liwulungele umdyarho
- 8.3.4 Makubekho amacala awoneleyo awongezweyo ukuze umkhweli onye akazi ukudlula.
- 8.3.5 Abakhweli mabaqale beliqela lokuqala.
- 8.3.6 Ibala malikhuseleke ngazo zonke iindlela ngokuthi lirhanqwe ngeeteyiphu amacala omabini.
- 8.3.7 Apho ibala lingakhuselekanga macala omabini kufuneka ibala elo limejarisheka ngokwe mitha ezi2 ukusuka kumbindi wendlela okanye kumzila womkhweli omnye.
- 8.3.8 Apho kuyimfuneko khona iingcambu, iziqu zemithi, namatye athe phuhlu ngaphandle njl.njl. kufuneka zigqunywe ngepeyinti yebhayodigrebhile floesenti.
- 8.3.9 Izixhobo zentsimbi mazingqunywe ngeplastiki eqinileyo.
- 8.3.10 Ibhulorho zemithi okanye iirampu mazingqunywe ngesinto okanye isixhobo esingatyibikisiyo umz. imethi okanye ucingo oluyitshikin waya.
- 8.3.11 La amandelayo ngamaphawu anokusetyenziswa.

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<b>Straight Ahead</b>	<b>Right Turn</b>	<b>Left Turn</b>
		
<b>Straight Ahead Slow</b>	<b>Caution</b>	<b>Extreme Caution</b>
		
<b>Wrong Way</b>	<b>Bridge Ahead</b>	<b>Water Crossing</b>

#### 8.4. Inombolo mbhalo weebhayisekile

8.4.1. Inombolo mbhalo yeebhayisekile fanele ukuba ifakelo phakathi kwimpondo zebhayisekile ihlale ibonakala ngawo onke amaxesha.

8.4.2. Inombolo mbhalo mazingasithwa yikheyibhuli yeziqhuboshi okanye impondo zebhayisekile.

8.4.3. Inombolo mbhalo mayingasikwa, ihonjiswe okanye iphazanyiswe nangayiphina indlela.

#### 8.5. Ukuzilolonga okusemthethweni

8.5.1. Kukhuthazwa ukuba abakhweli bangenele ugqatso lomdyarho kwabini phambi kokuba umsitho uqale

8.5.2. Ukuzilolonga okusemthethweni kungaqala kuphela xa amagosa ezonyango kunye nemoto yezigulane Zikhona.

8.5.3. Inombolo yomdyarho maxiqhotyoshelwe ngalo lonke ixesha lokuzilolonga elisemthethweni.

8.5.4. Ukuzilolonga okungekho semthethweni akuvumelekanga.

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#### 8.6. Indawo apho uqala khona umdyarho

- 8.6.1. Kuneka kubekho umgca wokuqala onqumle ibala.
- 8.6.2. Iibhena zokuqala azisosinyanzeliso
- 8.6.3. Indawo yokuqala umdyarho mayibe bububanzi obu6 seemitha ubuncinane ze bube ngama30 eemitha ukuya kwi100 emva komgca wokuqala.
- 8.6.4. Umgca wokutsiba xa kuqala umdyarho blokwe okanye ukhuselwe.
- 8.6.5. Akukho bazali/bafundisi-ntsapho okanye Baphathi Bamaqela abavumelekileyo nangaliphi na ixesha ukusondela kumgca wokutsiba xa kuqala umdyarho.
- 8.6.6. Umdyarho uqala xa kuthe kwakhala impempe.
- 8.6.7. Xa abakhweli bemiswe kuMgca Wokutsiba kuba kuza kuqala umdyarho baphantsi kolawulo nomthetho wabalawuli
- 8.6.8. Xa umkhweli ethe wanqumla umgca wokuqala kufaneleke bazithathe njengabantu abakugqatso olusemthethweni.
- 8.6.9. Abakhweli mabame emva komgca olungiselelwe ukuqala. Ukutsiba izibiyeli okanye izinto ezirhanqwe ibala akuvumelekanga.

#### 8.7. Indlela yokuqala

- 8.7.1. Imizuzu eli15 phambi kokuba kuqalwe: abaphathi baya kubiza abakhweli abaza kuqala ukuze bathathe iindawo zabo.
- 8.7.2. Imizuzu eli12 phambi kokuba kuqalwe: abantu abangazukuthatha nxaxheba kumdyarho bayacelwa ukuze bathathe indawo zabo.
- 8.7.3. Imizuzu emi5 phambi kokuba kuqalwe: umphathi uza kwenza abagqabantshintshi ngomdyarho.
- 8.7.4. Bonke abanke abakhweli kufanele babenonyawu abalubeka phantsi emhlabeni kangange mizuzu e3 xa sele kunikwe isilumkiso.
- 8.7.5. Ixesha lokuba kuqalwe laziswa nguMphathi obekelwe ukuba ayalele oko esebenzisa imigca emiselwe ukuba kuqalwe.
  - 8.7.5.1. Isilumkiso semizuzu emi3
  - 8.7.5.2. Isilumkiso semizuzu emi2
  - 8.7.5.3. Isilumkiso semizuzu o1



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8.7.5.4. Isilumkiso semizuzwana engama30

8.7.5.5. Isilumkiso semizuzu eli15, uphawu olubonisa ukuba kuqalwe linganikwa ixesha elingange mizuzwana eli15.

8.7.5.6 Nawuphina umkhweli ofike emvakwe xesha makame emgceeni ongasemva kwiqela eliza kuqala.

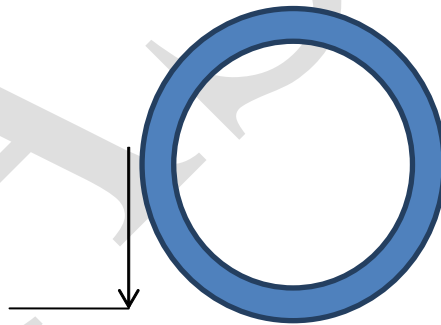
## 8.8. Ifinishi eriya

8.8.1. Ifinishi layini iyakuba ngama20 cm ububanzi nomgca oqatywe mhlophe oyi4 cm onomgca omnyama embindini.

8.8.2. Kukhuthazwa ukuba ifinishi ibhena kufuneka imiliselwe kwifinishi layini

8.8.3. Ifinishi ereya kufuneka ibe yi4 m ububanzi ze ibe yi50 m phambi kwefinishingi layini kunye ne20 m emva kwefinishi layini.

8.8.4. Ukugqiba umdyarho uyazenzekela xa itayali elingaphambili lidibana nomgca oxwesileyo osuka kwikona esekuqaleni yefinishingi layini.



8.8.5. Umkhweli anganqumla ifinishi layini kunyawo alunikiweyo ukwenzela ibhayisekile yakhe iluqabele.

## 8.9. Umdyarho

8.9.1. Abakhweli abakhuphisana ngezihlalo zephodiyamu kunye nemidlalo ethile mabagqibezele umgama xa uwonke womdyarho.

8.9.2. Luxanduva lomkhweli ukulandela indlela yomdyarho esemthethweni.

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- 8.9.3. Umkhweli akanalungelo lokuthatha iindlela ezimfutshane, shiya isekethi, uthathe i-advanteyiji lwezinto ezithile zendalo ngakubantu okhuphisana nabo.
- 8.9.4. Ukuba umkhweli uye waphuma phakathi kumdyarho ngaso nasiphina isizathu, makaphume kwindawo apho kuyekwa khona kumntu wonke.
- 8.9.5. Naluphina uhambo okanye umdyarho owenziwa ngumkhweli ngaphandle kwenjongo yokuphinda owenze okanye isenze sokwaphulwa kwemiqathango eyenzeka ngaphandle kwendawo ephawuliweyo iya kukhokelela ekurhoxisweni ekuthatheni inxaxheba.
- 8.9.6. Umkhweli angafumana uncedo olungxamisekileyo nakomnye umkhweli akhuphisana naye ngexesha logqatso kodwa akanakulufumana komnye umntu ongathathi nxaxheba.
- 8.9.7. Umkhweli makazipha ngendlela eyiyo ngawo onke amaxesha ze avumele newuphina umkhweli onamendu ukuze amdlele ngaphandle kokumvalela.
- 8.9.8. Abakhweli abavumelekanga ukusebenzisa ilwimi elingcikivayo okanye elithukayo ngexesha lomdyarho, nokuziphatha ngendlala yokungathi ayingabandlali yokungabi nambeko kubaphathi bemidlalo nokungathobeli imiqathango yomdyarho.
- 8.10. Uncedo olungundoqo nendawo yokutyela
- 8.10.1. Uncedo olungundoqo kunye nokutyisa ngexesha logqatso livumelekile phantsi kwemiqathango ethile.
- 8.10.1.1. Uncedo elungundoqo elivumelekileyo ngexesha logqatso libandakanya ukulungisa okanye ukufakela elinye ilingu lebhayisekile kodwa hayi ifreymu yebhayisekile.
- 8.10.1.2. Utshintso olupheleleyo lebhayisekile ezikhuphisanayo aluvumelekanga, umkhweli makanqumle umngca wokugqibezela umdyarho ngenombolo yebhodi esezimpondweni ebeqale ngayo umdyarho.
- 8.10.1.3. Inkonzo yoncedo olungundoqo inganikezelwa kuphela kwindawo eyenzelwe oko.
- 8.10.1.4. Ukunikezelwa koncedo olungundoqo phakathi kwabakhweli abakhuphisanayo kwindlela enye kuvumelekile.

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- 8.10.2. Uncedo olusuka kuye nokuba ngubani na liya kuthathwa njengeli ngelo ncedo kwaye alivumelekanga.
- 8.10.3. Xa kutyiwa, akufuneki kungqutywane nabatyisi kuye nabakhweli ngengoko oku kuthatyathwa njengento engekho semthethweni.
- 8.10.4. Umntu otyisayo akavumelekanga ukubeka ibhotile yamanzi kwibhayisekile, okanye ukubeka ukutya namanzi asebhotileni kwipokotho yomkhweki. Ukwenza oko kuthatyathwa njengendlela yokunceda engundoqo engekho semthethweni. Konke ukutya neebhotile mazinikezelwe kubakhweli ngokubanika ngezandla kumiwe ngeenyawo.
- 8.10.5. Akukho mkhweli onokujika phakathi kumdyarho ejikela ukutya okanye uncedo olungundoqo. Ze kwindawo yokutya okanye eyoncedo elingundoqo abakhweli bavumelekile ukubuyela umva kwibala, kodwa xa ubani ethe wayidlela indawo yokutyela, umkhweli makalandele ibala ade abe udibana nendawo yokutyela okanye yoncedo olungundoqo anokufumana kuyo ukutya okanye uncedo olungundoqo.
- 8.10.6. Abatyisi abafumelekanga ukubaleka ecaleni kwabakhweli kwindawo yokutyela.
- 8.10.7. Ukuba ngaba kunikezelwa ngeebhotile zamanzi ashiyekileyo kubakhweli kwindawo yokutyela lo nto mayenzi ngendlela ekhuselekileyo. Ukuphosa kugityiselwa amanzi akuvumelekanga.
- 8.10.8. Ukutyisela ngaphande kwindawo ebekubanjelwe kuyo imidlalo akuvumelekanga.
- 8.11. Ukuzilolongela umdyarho
- 8.11.1. Ukuzilolongela umdyarho mawenziwe unyaka wonke kude kuphutyelwe nakomnye unyaka, umzekelo iziphumo zabakhweli abasezansi zonyaka odlulileyo mazisetyenziswe ukuzilongela kumsitho weQela lokuqala kunyaka olandelayo.
- 8.11.2. Abakhweli abangenamava nabangakhange bazilongele bayakhuthazwa ukuze babe ngasemva.
- 8.11.3. Iqela eliza kuqala elinabakhweli abayi-50 okanye ngaphezulu kukwakhuthazwa ukuba abakhweli aba25 babe kanti bazilongile okanye abokuqala aba10.

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- 8.11.4. Amanqaku ayakunikezelwa kubakhweli abali25 bokuqala ngokwalendlela ilandelayo ukusuka kwinombolo yoku1 ukuya kweya:35, 32, 30, 28, 26, 24, 22, 20, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2.
- 8.11.5. Kukhuthazwa ukuba umkhweli ngamnye ukusuka kwipozishini engu26 ukuya phambili bafumane inqaku e1.
- 8.11.6. Imisitho enabakhweli abangama50, amanqaku ayakunikwa abakhweni abali10 bokuqala ngokwale ndlela ilandelayo ukuqala kwipozishini yoku1: 15, 12, 10, 8, 7, 6, 5, 4, 3, 2.
- 8.11.7. It Kukhuthazwa ukuba wonke umkhweli ukusuka kwipozishini 11 ukuya phambili bafumane ipoyinti enye.
- 8.11.8. Xa sele kukho umntu ophumeleleyo kugqatso oluthile, ibala liyavalwa kwelo qela. Abakhweli babamba iipozishini zabo xa ilephe ithe yabonisa oko (lapped-marked)[LPD], bangafumana amanqaku kunye neembasa.
- 8.11.9. Abakhweli abaphume phakathi kumdyarho phambi kokuba kubekho owinileyo bakuthatyathwa njengabantu abangawugqibanga umdyarho [did not finish] DNF
- 8.12. Iziphumo nerejista
- 8.12.1. Inombolo-rejista yomkhweli mayigcinwe
- 8.12.2. Ukuba ngaba abakhweli ababini bafunele amanqaku alinganayo kwiqela elinye ekupheleni komdyarho, iipozishini zabo zakuthatyathwa njengeziphumeleleyo ekupheleni komsitho.
- 8.12.3. Onke amanqaku abakhweli kwisikolo esithile athi adityaniswe ukwenza irejista yesikolo.
- 8.12.4. Ukuba ngaba izikolo ezibini zifumene inani lamanqaku alinganayo ukuphela komdyarho, kubalwa ukubuyela umva ngokweendawo izikolo ezikuyo ukuze kugqitywe ngesiphumeleleyo.
- 8.13. Isohlwayo
- 8.13.1. Isohlwayo singanikezelwa ngokwendlela ubani one ngayo, ezi ndlela zilandelayo zingasetyenziswa kuxhomekeke kubuzaza betyala elo.

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- 8.13.2. Izihlalo ubani azibambileyo ( sinye okanye zibini)
- 8.13.3. Ixesha okanye amanqaku ekuthulwa isohlwayo kuwo.
- 8.13.4. Ukuyekiswa ukuthatha inxaxheba kwimidlalo
- 8.13.5. Ukunqunyanyiswa

#### 8.14. Imiqondiso

- 8.14.1. Nawuphi na umkhweli ocinga ukuba ubadlululwe ngayo nayiphina indlela ngexesha lokhuphiswano angafaka umqondiso kuMphathi weMidlalo Ophezulu, angakwenza oko emva kokuba enqumle umgca obonisa ukuba udyarho uwugqibile.
- 8.14.2. Umqondiso lowo mawenziwe ngokuwubhala phantsi ze ungeniswe phambi kokuba kuphele imizuzu e15 yokuphiswano lwakhe.

#### 8.15. Uluhlu lwamatyala akhokelela kwisohlwayo.

- 8.15.1. Ukulungiswa kwebhayisekile ngokungekho semthethweni
- 8.15.2. Ukutya noncedo olungundoqo elingagunyaziswanga
- 8.15.3. Ukukhulula okanye ukunxiba ijezi
- 8.15.4. Ukuvalela omnye umkhweli
- 8.15.5. Izinto ezinganzelwanga imidlalo
- 8.15.6. Ukuthatha iindlela ezimfutshane
- 8.15.7. Indlela yokuziphatha engavumelekanga okanye ukusebenzisa ulwimi gwenxa.
- 8.15.8. Ukulwa nabantu okhuphisana nabo okanye abaphathi
- 8.15.9. Ukwenza ungcoliseko okanye ukungalahli izinto ezimdaka kwimigqomo eyenzelwe oko.
- 8.15.10. Ukusebenzisa I-pods, I-MP3, okanye ezinye izinto ezikhalayo ngexesha lokhuphiswano.

#### 8.16. Izinto zokumisa umdyarho

- 8.16.1. NguMphathi Ophezulu kuphela onelungelo lokumisa ukhuphiswano. Phambi kokuba akwenze oko kufuneka ukuba anxibelelane noMququzeleli Wokhuphiswano kunye noMphathi Wokhuseleko.

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8.16.2. Ukhuphiswano olumiswe phambi kwexesha umz. ngezizathu zokhuseleko ngexesha letori yoku1 luyakuthathwa njengelungekhoyo.

8.16.3. Amakhuphiswano amiswe phambi kwexesha umz. ngezizathu zokhuseleko emva kwetori yoku1 liya kuthathwa njengelisemthethweni, iziphumo zawo ziya kusetyenziswa.

## 8. Ukuvavanya iziyobisi

9.1. I-SASC iya yikhuthaza imigaqo-nkqubo yokuvavanya iziyobisi kunye nenkqubo yeMidlalo engaSebenzisi Ziyobisi. Abakhweli yabakuvavanyelwa ukuba abasebenzisi ziyobisi xa bathe batyunjelwa oko.

9.2. Akukho mkhweli uya kwala ukuvavanywa iziyobisi.

## 9. ULawulo

10.1. Le miqathango isekelwe kwimiqathango ye-UCI neCSA MTB kodwa ithe yalungiselelwa imidlalo yeZikolo zamabanga Aphezulu

10.2. Xa isehlo esithile singalungiselelwanga kule migaqo, ilizwi loMphathi Ophezulu lakuba lellokugqibela.