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1. IZINCAZELO

- 1.1. SASC – South African Schools Cycling
- 1.2. CSA – Cycling South Africa
- 1.3. UCI – International Cycling Union
- 1.4. XCO – Cross Country Olympic Format
- 1.5. XCC – Cross Country Short Course
- 1.6. MTB – Multi-terrain Biking
- 1.7. uNompempe – Isikhuli samabhayisikili

2. UMTHETHONQUBO JIKELELE

2.1 I-SASC ihlangano esemthethweni ebhekele umdlalo wamabhayisikili ezikoleni zaseNingizimu Afrika ngakho-ke le nhlangano inegunya lokushaya umthetho malungana nemidlalo yamabhayisikili ezikoleni.

2.2 Ukuhlanganyela

2.2.1 Izikole zikahulumeni nezizimele ezisemthethweni kuphela ezivumelekile ukungenela imicimbi yamabhayisikili ehlelwe i-SASC.

2.2.2 Abafundi ababhalisiwe ezikoleni zamabanga aphezulu zikahulumeni nezizimele nabangena isikole isikhathi esigcwele bavumelekile ukuba yingxenye yemicimbi yamabhayisikili.

2.2.3 Abangelele imijaho yamabhayisikili bavumeleke ukumela izikole abangena kuzo kuphela, kabavumelekile ukumela esinye isikole noma izikole.

2.2.4 Asikho isidingo samalaysensi ukuze ungenele imicimbi ehlelwe iSASC.

2.3 Izigaba zabagibeli

2.3.1 Junior: Abagibeli abaphakathi kweminyaka eyi-17 neyi-18

2.3.2 Youth: Abagibeli abaphakathi kweminyaka eyi-15 neyi-16

2.3.3 Sub-Junior: Abagibeli abaphakathi kweminyaka eyi-13 neyi-14


2.3.4 Isigaba somgibeli sizonqunwa ngokuthi uneminyaka emingaki mhla zingama-31 kuZibandlela onyakeni ophezulu.

2.3.5 I-SASC inelungelo lokucela imiqulu enobufakazi beminyaka yabagibeli.

2.4 Izidingo ezisemthethweni

2.4.1 Imicimbi esingethwe izikole kumele ilandele imigomo equkethwe kwi-*Schools Act 84 of 1996*.

2.4.2 Imicimbi eyethulwa abanye abahleli kumele ilandele imigomo equkethwe kwi-*Safety at Sports and Recreational Events Act of 2010*.

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2.5 Kwezokuphepha

2.5.1 Ukuphepha kwabagibeli

2.5.1.1 Abagibeli kumele bagqoke isigqoko (helmet) ngaso sonke isikhathi bephekwebhayisikili.

2.5.1.2 Amahembe angenayo imikhono awavumelekile.

2.5.1.3 Umgibeli kumele aqale umjaho enebhodlela lamamzi eligcwele elixhunwe ebhayisikilini lakhe noma egqoke isikhwama samanzi.

2.5.1.4 Amakamera kawavumelekile esifubeni somgibeli noma esigqokeni sakhe.

2.5.1.5 Abagibeli abavumelekile ukuba nezinto ezixhunwe ezindlebeni. Lokhu kubandakanya ama-ipod, amaMP3 player, amaWalkman, umakhalekhukhwini kanye nobunye ubuchwepheshe basezindlebeni.

2.5.1.6 Abagibeli abanokukhubazeka kwangempela ezindlebeni nabanqike emshinini wendlebe kuzomele bathole imvume kumhleli kanye nonompepe ngaphambi kukuqala komcimbi.

2.5.1.7 Ama-arche afuthekayo amiswe endleleni awavumelekile.

2.5.1.8 Umhlangano wabaphethe amaqembu kumele wethanyelwe yibobonke abaphethe amaqembu.

2.5.2 Ukuphepha komphakathi

2.5.2.1 Isu lokuphepha emcimbini kumele liqukethe:

2.5.2.1.1 Imininingwane yesiteshi samaphoyisa esiseduzane

2.5.2.1.2 Imininingwane yesibhedlela esiseduzane

2.5.2.1.3 Isu lesimo esiphuthumayo

2.5.2.1.4 Ukuhlaziwa kwesimo sobungozi ngokulandela imiyalo eku SASC Safety Policy document no. SASC/SEH/POL/0000

2.5.2.1.5 Imininingwane yomhleli, ophethe ezokuphepha, unompempe kanye neyenkampani ezohlinzeka izidingo zokwelapha

2.5.2.1.6 Ubufakazi bomshwalensi bomncimbi


2.6 Impahla

2.6.1 Ibhayisikili kumele libe namasondo amabili anobubanzi obulinganayo, isondo langaphambili kumele likhapheke, isondo langasemuva kumele lixhumeke ebhayisikilini ngesinyathelo kanye nangeketanga.

2.6.2 Isisindo sebhayisikili asivumelekile ukuba ngaphansi kwama kilogramu angu- 6.8.

2.6.3 Ukusetshenziswa kwamathaya afakelwe izinsimbi ezihlabayo noma izikulufa akuvumelekile.

2.6.4 Izimpondo zebhayisikili ze-road type ezijwayelekile azivumelekile kanti izimpondo zebhayisikili zenhlobo i-triathlon kumbe –timetrial azivumelekile. Amabar-end

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avumelekile.

2.6.5 Amasingle-speed kanye namamulti-speed avumelekile ukusetshenziswa.

2.6.6 Abagibeli kumele baqede umjaho ngesakhiwo sebhayisikili abaqale ngaso.

2.7 Indawo ezungezile

2.7.1 Abahlela imijaho kumele balandele iSASC Environmental document no. SASC/SHE/POL/0001.

2.7.2 Abagibeli kumele bahloniphe indawo ezungezile bangangcolisi.

2.8 Uhlelo lwemicimbi

2.8.1 Izikole zamabanga aphezulu zizosebenzisa uhlelo iXCO.

2.8.2 Izikole zamabanga aphantsi zizosebenzisa uhlelo iXCC.

3. IZIMPAHLA ZOKUQOKA ZABAGIBELI, INDLELA YOKUGQOKA KANYE NOKUZIPHATHA KUPULATIFOMU

3.1 Izikole siyakhuthazwa ukuba zibe nomfaniswano wabo okhiqizwayo kepha imifaniswano ayibalulekile kulo nyaka ka-2015.

3.2 Ukugqokwa kwamahembe angenayo imikhono akuvumelekile.

3.3 Abaholi bezigaba kumele bagqoke amajezi abo uma bengenele imincintiswano. Amajezi wabaholi kumele agqokwe emicimbini ethile kuphela. Abagibeli abavumelekile ukugqoka amajezi wabaholi noma wabawinile weminyaka eyedlulile, futhi abavumelekile ukugqoka amajezi wabaholi noma wabawinile abaphuma kweminye imincintiswano yezikole.

3.4 Abagibeli abawina iMiklomelo, izindebe, amajezi wabaholi noma izihloko kumele bethamele umcimbi wemiklomelo.

3.5 Uma kukhona isizathu (esithethelekayo noma esingathetheleki) esibangela ukuthi umgibeli engakwazi ukwethamela umcimbi wemiklomelo, umgibeli kumbe umphathi weqembu kumele azise abahleli ngaphambi komcimbi.

3.6 Ukungathameli komncimbi wemiklomelo ngale kokupha isizathu kungaholela ekutheni kube nezijeziso.


3.7 Abagibeli ababizwa kupulatifomu kumele bagqoke umfaniswano wamabhayisikili wesikole sabo. Uma isikole singenawo umfaniswano, itraksuit noma ihemebe lesikole singagqokwa.

3.8 Amahembe angenawo imikhono noma aveza isusu awavumelekile kupulatifomu.

3.9 Izigqoko nezibuko zelanga azivumelekile kupulatifomu.

3.10 Emuva komcimbi wemiklomelo, abawinile kanye nabaholi kumele bagqoke amajezi abo ngokufanele (bakhumule amahembe) ukuze kutweshulwe isithombe sabawine ezigabeni zabo.

3.11 Izigqoko zomjaho: abagibeli abangagqokile izigqoko zabo zomjaho kanye

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namabhande akhona, nganoma yinini usaqhubeka umjaho bazoqondiswa izigwegwe noma bengavunyelwa ukuthi baqhubeke nomjaho.

3.12 Izigqoko zomjaho eziqinile ngaphandle ezihambisana nemigomo eyamukelwe zizovumeleka.

3.13 Ukulandelana kokubaluleka kwamajezi ahlukeno kuhamba kanjena:

- Ijezi lomholi weSeries
- Ijezi leAfrica Continental
- Ijezi leCSA likazwelonke
- Ijezi lesikole

4. IMIXHASO

4.1 I-SASC ayinaso isibopho sokuhlonipha imixhaso yabagibeli.

5. IZIDINGO ZOKWELAPHA KANYE NAMA-AMBULENSE

5.1 Umjaho kanye nokuqeqesha okusemthethweni kungaqala kuphela uma abasebenzi bezempilo kanye nemoto yeziguli zikhona endaweni.

6. ONOMPENPE KANYE NONOGADA

6.1 Onompempe abaqeqeshwe i-SASC nona i-CSA kuphela abavumelekile ukuba baphathe imijaho babe onompempe abyizinduna, abaqalisa umjaho, nabaphethe ukuphothulwa kwemijaho noma ukugada ifeed netechzone.

ABAPHATHI BAMAQEMBU

7.1 Isikole nesikole kumele siqoke uMphathi weQembu.

7.2 I-SASC izoqeqesha abaPhathi bamaQembu ngokulayelwa iSASC/TRA/MTB/0000.


7.3 AbaPhathi bamaQembu bazokwethamela izinhlangano zabaPhathi bamaQembu.

7. UHLELO LWEMICIMBI YE-XCO

8.1 Ubude bomjaho: 4- 6 km

8.2 Izikhathi zihlelelwe izigaba kanje:

Isigaba	UCI	CSA	SASC
Junior – abesilisa	1:00 – 1:15	1:00 – 1:15	60 imizuzu

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Junior- abesifazane	1:00 – 1:15	1:00 – 1:15	60 imizuzu
Youth – abesilisa	National Federation	1:00 – 1:15	45-60 imizuzu
Youth – abesifazane	National Federation	1:00 – 1:15	45-60 imizuzu
Sub-Junior – abafana	National Federation	0:55 – 1:10	30-40 imizuzu
Sub-Junior – amantombazane	National Federation	0:55 – 1:10	30-40 imizuzu

8.3 Indlela yomjaho nemidwebo

8.3.1 Ikilomitha nekhilomitha lendla kumelwe limakwe likhombise ibanga elisele lomjaho.

8.3.2 Imigwaqo okwakhwe phezu kwayo nenotiyela ayivumelekile ukudlula u-15% wendlela yonke yomjaho.

8.3.3 Indlela yonke yomjaho kumele ikuvumele ukugitshelwa kwamabhayisikili.

8.3.4 Kumele kube nezikhala ezanele ukudlula ezidleleni ezinomzila owodwa.

8.3.5 Abagibeli kumele baqale beliqembu elilodwa.

8.3.6 Indlela yomjaho kumele ibiyelwe ngokufakwa kwethephu nhlangothi zombili.


8.3.7 Uma indlela yomjaho ingabiyelwe kuzo thathwa ngokuthi ububanzi bendlela amamitha amabili (2) kusukela phakathi nendawo yendlela.










8.3.8 Lapho kukhona khona izimpande, iziphunzi noma amatshe avimba indlela njalonjalo, kumele zimbozwe nopende obolayo kanye nokhanyayo (flourescent).

8.3.9 Izigxobo zensimbi kumele zimbozwe ngopulasitiki.

8.3.10 Amabhuloho akhandwe ngokhuni kumele ambozwe ngokuthile okungasheleli isb. ukhaphethi noma ucingo.

8.3.11 Kumele kusetshenziswe lezi zimpawu:

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Qonda Phambili	Jika ngakwesokudla	Jika ngakwesokunxele
		
Qonda phambili ungasheshi	Qaphela	Qaphela kakhulu
		
Akuyona indlela lena	Kunebhuloho phambili	Kunamanzi

8.4 Izimpawu zezinombolo zamabhayisikili

8.4.1 Izimpawu zezinombolo kumele zixhunwe ezimpondweni, zibuke phambili futhi zibonakale zikhathi zonke.

8.4.2 Izimpawu zezinombolo akumele zifihle izinatambo zebhuleki noma izimpondo.


8.4.3 Izimpawu zezinombolo akuvunyelwe ukuthi zisikwe, zishintshwe noma zimosheke nganoma iyiphi indlela. Akuvumelekile ukuthi ama-sticker asuswe.

8.5 Ukuqeqeshwa okusemthethweni

8.5.1 Abagibeli bayagqugquzelwa ukuba bahambe indlela yonke yomjaho kabili ngaphambi kokuqala komjaho.

8.5.2 Ukuqeqesha okusemthethweni kungaqhubeka kuphela uma kukhona abasebenzi bezempilo kanye ne-ambulensi.

8.5.3 Impawu yenombolo kumele ixhunyiwe ebhayisikileni uma kuqeqeshwa.

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8.5.4 Ukuqeqesha okungekho emthethweni akuvumelekile.

8.6 Indawo yokuqala umjaho

8.6.1 Kumele kube nomugqa endleleni yomjaho okhombisa lapho umjaho uqala khona.

8.6.2 Izimpawu ezikhombisa ukuqala komjaho zingasetshenziswa.

8.6.3 Indawo umjaho oqala kuwo kumele ube okungenani amamitha ayisithupha (6) ububanzi okungenani ibanga elingamamitha angama-30 ngaphambi komugqa kanye nebanga elingamamitha ayi-100 kusukela emgqeni.

8.6.4 Uwo lokosho kumele ukakiwe.

8.6.5 Abesibili/abazali/othisha noma abaphathi bamaqembu abavumelekile kuwo lokosho nganoma inini.

8.6.6 Umjaho uzoqala ngomsindo wempempe.

8.6.7 Abagibeli bazolawulwa unompempe uma sebegitshezwe kuwo lokosho.

8.6.8 Uma umgibeli eseweqile umugqa wokuqala ozobe ezeyingxenywe yomjaho ngokusemthethweni.

8.6.9 Abagibeli kumele bagibele ngasemuva kukawo lokosho. Ukweqa ucingo noma amathephu akuvumelekile.

8.7 Uhlelo lokuqala umjaho

8.7.1 Imizuzu eyi-15 ngaphambi kokuqala: Unompempe uzomemeza abagibeli kuba bame ngomumo.

8.7.2 Imizuzu eyi-12 ngaphambi kokuqala: Abagibeli abangenazo izinkoma zesipiliyoni bazokwamukelwa.

8.7.3 Imizuzu emihlanu (5) ngaphambi kokuqala: Unompempe uzokwazisa bantu ngomjaho.

8.7.4 Bonke abagibeli kumele babe nonyawo okungenani olulodwa phansi uma isixwayiso semizuzu emithathu (3) sinikezwa.

8.7.5 Unompempe oqala umjaho uzosebenzisa lolu hlu:

8.7.5.1 Isixwayiso sekusele imizuzu emithathu (3)

8.7.5.2 Isixwayiso sekusele imizuzu emibili (2)


8.7.5.3 Isixwayiso sekusele umzuzu owodwa (1)

8.7.5.4 Isixwayiso sekusele imizuzwana engama-30

8.7.5.5 Isixwayiso sekusele imizuzwana eyi-15, bese kuthi inhlabamkhosi inikezwe kuyo imizuzwana eyi-15 esele.

8.7.5.6 Umgibeli ofika emuva kwesikhathi kuzomele aqale emuva kweqembu labagibeli.

8.8 Indawo umjaho ophela khona

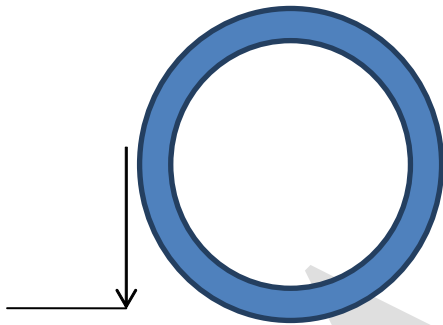
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8.8.1 Umugqa okhombisa ukuphela komjaho kuzoba umugqa omhlophe ongamasentimitha angama-20 onomugqa omnyama ongamasentimitha amane (4) ngaphathi nedawo.

8.8.2 Uphawu olukhombisa ukuphela kwendla yomjaho kumele ubengaphezu komugqa okhomibsa okuphela komjaho.

8.8.3 Indawo lapho kuphela khona umjaho kumele ube okungenani amamitha amane (4) ububanzi okungenani amamitha angama-50 ngaphambi komugqa okhombisa ukuphela komjaho kanye nama mintha okungenani angama-20 ngale kwawo.

8.8.4 Ukuphothulwa komjaho kwenzeka ngomzuzu ithaya lesondo elingaphambili lihlangana nomugqa omile osuka ekuqaleni komugqa okhombisa ukhuphela komjaho.



8.8.5 Umgibeli engeqa umugqa wokuphela komjaho ngezinyawo inqobo maye phethe ibhayisikili lakhe.

8.9 Umjaho


8.9.1 Abagibeli abaphikelele izikhundla kupulatifomu kanye namaphuzu e-series kumele baliqede lonke ibanga lomjaho.

8.9.2 Kuyisibopho somgibeli ukuthi alandele imiyalo kanompempe kanye nendlela okuyiyo emjahweni.

8.9.3 Umgibeli akavumelekile ukunqamulela indlela noma engahambi indlela yonke noma enze okunye okunjalo.

8.9.4 Uma umgibeli esuka endleleni yomjaho ngexa yanoma yisiphi isizathu, kumele abuye kuyona leyo ndawo uma esephindela.

8.9.5 Noma ikuphi ukuhamaba ngezinyawo, ukugijima noma ukugibela ibhayisikili okwenziwa umgibeli ngale kokuba nenhloso yokubuyela endleleni yomjaho, noma izenzo ezingalandeli umthetho okwenzeka ngaphandle kwendla yomjaho, zingaholela ekukhishweni komgibeli emjahweni.

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8.9.6 Umgibeli engathola usizo lobuchwepheshe endleleni komunye umgibeli kodwa hhayi komunye umuntu ongaphandle.

8.9.7 Umgibeli kumele abenenhlonipho ngaso sonke isikhathi avumele aumgibeli osheshayo ukuthi amdlule ngale kokumvimba.

8.9.8 Abagibeli abavumelekile ukusebenzisa amawi acasulayo noma ahlukumezayo emjahweni noma baziphathe ngendla engahambisani nomuzwa womjaho noma angazihloniphi izikhulu noma ashaye indiva imithetho yomjaho.

8.10 Usizo lobuchwepheshe kanye nendawo yesidlo

8.10.1 Usizo lobuchwepheshe kanye nokunikezwa kwesidlo usaqhubeka umjaho kuvumelekile uma kulandelwa lemi gomo:

8.10.1.1 Usizo lobuchwepheshe oluvumelekile usaqhubeka umjaho ukulungiswa noma ukufakwa kabusha amalunga ebhayisikili ngaphandle kwe-frame.

8.10.1.2 Ukushintshwa kwamabhayisikili usaqhubeka umjaho. akuvumelekile, umgibeli kumele ege umugqa wokuqeda umjaho esaphethe izimpondo ezifanayo kanye nophawu lwenombolo aluthole ekuqaleni komjaho.

8.10.1.3 Usizo lobuchwepheshe lungatholakala ezindaweni ezibiyelwe ukutholakala kosizo.

8.10.1.4 Usizo lobuchwepheshe olunikezwa abagibeli abaseqenjani elilodwa kuvumelekile.

8.10.2 Usizo oluphuma kwabanye luzothathwa ngengosizo lwangaphandle futhi aluvumelekile.


8.10.3 Uma kunikwezwa isidlo, akuvumelekile ukuba umgibeli naloyo onikeza ukudla bathintane ngoba lokhu kuzothathwa njengosizo olungavumelekile.

8.10.4 Umuntu onikeza ngokudla akavumelekile ukubeka amabodlela amanzi phe kwebhayisikili noma afake ukudla namanzi ekhukhwini lomgibeli. Uma lokhu kwenzweka kuzothathwa njengosizo lobuchwepheshe olungavumelekanga. Konke ukudla namanzi kumele kunikezwe umgibeli ngokusebenzisa indlela yokuma nokunika.

8.10.5 Umgibeli akavumelekile ukuphindela emuva ukuze athole usizo lobuchwepheshe kumbe ukudla. Uma abagibeli bephakathi endaweni yoziso noma yokudla bavumelekile ukubuyela emuva nendlela yomjaho, kepha uma esedlulile kuleyo ndawo, umgibeli kumele aqhubeke phambili aze athole indawo yosizo lobuchwepheshe noma yokudla elandelayo.

8.10.6 Abanikeza ukudla abavumelekile kugijima nabagibeli endaweni yokudla. Kumele banikeze abagibeli ukudla bemile.

8.10.7 Uma amabodlela amanzi elashlwa abagibeli endaweni yokudla, lokhu kumele kwenziwe ngendlela ephaphile. Ukulahlwa noma ukujikijelwa kwamabodlela amamanzi nganoma inini akuvumelekile.

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8.10.8 Ukuthola ukudla ngaphandle kuthathwa njengosizo lobuchwepheshe olungavumelekile.

8.11 Inkomba yesipiliyoni sabagibeli

8.11.1 Inkomba yesipiliyoni kumele idluliselwe enyakeni olandelayo, isibonelo, umgibeli oyiSub-Junior uzodlulisela imiphumela yakhe yangonyaka owedlule ukuzekukalwe inkoma yakhe yesipiliyoni emjahweni wokuqala wama-Youth ngonyaka olandelayo.

8.11.2 Abagibeli abangenso isipiliyoni kumbe ababuthakathaka emzimbeni bacelewa ukuthi baqale ngasemuva.

8.11.3 Umakuqala abagibeli abadlula abangama-50, abangama-25 kumele babe nezinkoma zesipiliyoni, ngale kwalokho, abayi-10 kumele babe nezinkoma zesipiliyoni.

8.11.4 Amaphuzu azoklonyeliswa abathathe izikhundla eziphezulu ezingama-25 ngale ndlela elandelayo kusukela kothathe indawo yokuqala: 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 Kuyagqugquzelwa ukuba umgibeli nomgibeli othathe indawo yama-26 noma ngaphezulu aklonyelise ngephuzu elilodwa (1).

8.11.6 Emjahweni onabagibeli abangadluli ama-50, amaphuzu azonikezwa abaphume ezikhundleni eziphezulu ze-10 zokuqala ngale ndlela kusukela kuloyo ophume phambili: 15, 12, 10, 8, 7, 6, 5, 4, 3, 2.

8.11.7 Kuyagqugquzelwa ukuthi umgibeli oqede esikhundleni se-11 nangaphezulu aklonyelise ngephuzu elilodwa.

8.11.8 Uma loyo ophume phambili esigabeni sakhe esedlulile umuqqa wokuqeda umjaho, indlela izovalelwa abanye abakuleso sigaba. Kepha, abagibeli bazozigcina izikhundla zabo uma sebeqedile umjaho (bazobhalwa “LPD”) futhi besengawathola amaphuzu kanye nezindondo zabo.

8.11.9 Abagibeli abayekela umjaho umnqobi engakaqedi bazothathwa njengabagibeli abangaqedanga – bazobhalwa “DNF”.


8.12 Imiphumela namarekhodi

8.12.1 Umgibeli kumele agcine irekhodi lemijaho yakhe

8.12.2 Uma abagibeli ababili abasesigabeni esisodwa benamaphuzu alinganayo ekupheleni kochungechunge lwemijaho, izikhundla zabo emjahweni waphambilini ezizonquma owinile.

8.12.3 Wonke amaphuzu wabagibeli abaphuma esikoleni esisodwa azohlenganiswa ukuze kutholakale irekhodi lesikole.

8.12.4 Uma kwenzeka ukuthi izikole ezimbili zithole amaphuzu alinganayo ekupheleni kochungechunge lwemijaho, kuzobalwa izikhundla ukuze kutholakale owinile. Uma singekho isikole esithole isikhundla sokuqala, isikhundla sesibili esizobalwa njll.

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8.13 Izijeziso

8.13.1 Izijeziso singanikezwa ngokukala ubunzima becala kanti enye yalezi zijeziso ezinganikezwa ngokuya ngobukhulu becala:

8.13.2 Ukuphucwa kwesikhundla (esisodwa noma ngaphezulu kwesisodwa)

8.13.3 Isijeziso sesikhathi noma amaphuzu

8.13.4 Ukungavunyela ukuba ube yingxenye yomjaho

8.13.5 Ukumiswa

8.14 Izikhalo

8.14.1 Uma umgibeli ebona sengathi kubekhona ukungaphatheki kahle emcintiswaneni uvumelekile ukuhambisa iskhalo kunompempe omkhulu eseqile umugqa wokuqeda umjaho.

8.14.2 Isikhalo kumele sibhalwe phansi sihanjiswe ingakapheli imizuzu eyi-15 eseqedile umjaho.

8.15 Uhlu lwamacala angaholela ekujezisweni:

8.15.1 Ukukhandwa kwebhayisikili okungekho emthethweni

8.15.2 Ukunikezwa kokudla nosizo lobuchwepheshe olungagunyaziwe

8.15.3 Ukudonsa noma ukufusha amajezi

8.15.4 Ukuvikela indlela yomunye umgibeli

8.15.5 Ukuziphatha okungahambisani nomoya womdlalo

8.15.6 Ukunqamulela

8.15.7 Ukuziphatha ngendla enganambitheki noma amazwi athukanayo

8.15.8 Ukulwa nabangenele umcintiswano noma izikhulu

8.15.9 Ukungcolisa noma ukulahla amaphepha nezigubhu

8.15.10 Ukusebenzisa ama-ipod, ama MP3 player sezinye izinto ezinjalo usaqhubeka umjaho

8.16 Ukumiswa kwemijaho


8.16.1 Unompempe omkhulu kuphela ongunya lokumisa umjaho. Okungenani kumele abonisane noMhleli woMjaho kanye noMphathi wezokuPhepha ngaphambi kokumisa umjaho.

8.16.2 Imijaho emiswa ngokushesha, isibonelo emiselwa izizathu zokuphepha ungakapheli umjikelezo wokuqala, neke ubalwe.

8.16.3 Imijaho emiswa ngokushesha, isibonelo emiselwa izizathu zokuphepha emuva komjikelezo wokuqala, izothathwe njengesemithethweni bese kuthi imiphumela izokwamukelwa.

9 Ukuhlolwa izidakamizwa

9.1 I-SASC isekela imigomo ye-Drug Free Sport kanti abagibeli kumele bahlowe uma

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bekhethiwe.

9.2 Akekho umgibeli unganqaba ukuhlolwa izidakamizwa.

10 Ukuphathwa

10.1 Le mithetho isekelwe phe kwemithetho ye-UCI kanye neyeCSA MTB kodwa ishayelwe iMTB yezikole zamabanga aphezulu.

10.2 Lapho khona ungekho umthetho olawula izigameko, isinqumo sika Nompempe oMkhulu asiphikiswa.

SASC