
	Metabogo ya dibaesekele ya dikolo ya Aforikaborwa	Nomore ya Setlankana. SASC/REG/MTB/0000
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1. DITLHALOSO


- 1.1. SASC – Metabogo ya dibaesekele ya dikolo ya Aforikaborwa (South African Schools Cycling)
- 1.2. CSA – Metabogo ya dibaesekele ya Aforikaborwa (Cycling South Africa)
- 1.3. UCI – Yunioni ya Boditšhaba ya Metabogo ya dibaesekele (International Cycling Union)
- 1.4. XCO – Thulaganyo ya kgabaganyonaga ya diolimpiki (Cross Country Olympic Format)
- 1.5. XCC – Kgabaganyonaga ya mabala a makhutshwane (Cross Country Short Course)
- 1.6. MTB – Megogantsi ya dibaesekele (Multi-terrain Biking)
- 1.7. Commissaire –Motlhankela (motlhankela wa Metabogo ya dibaesekele) (Cycling Official)

2. MELAWANAKAKARETSO

- 2.1. SASC ke mokgatlho wa semolao o o etseng tlhoko metabogo ya dibaesekele ya dikolo mo Aforikaborwa, ka jalo o rwele maikarabelo a melawana ya kgaisano ya dibaesekele kwa dikolong.
- 2.2. Tseokarolo
 - 2.2.1. Ke dikolo tsa botlhe le tsa poraefete fela tse di nepagetseng tse di letleletsweng go tsaya karolo mo ditiragalong tsa dikgaisano tsa dibaesekele tse di goleditsweng ke SASC.
 - 2.2.2. Barutwana ba ba kwadisitsweng kwa dikolong tse dikgolo tsa botlhe kgotsa tsa poraefete, le bao ba tsenang sekolo mo pakeng e e tletseng ya dithuto ba letleletsweng go tsaya karolo mo ditiragalong tsa kgaisano ya dibaesekele ya sekolo.
 - 2.2.3. Bapagami ba emela fela sekolo se ba se tsenang semmuso mme ba ka se kgone go emela sekolo kgotsa dikolo dipe fela.
 - 2.2.4. Ga go dilaesense tse di tlhokegang go tsaya karolo mo ditiragalong tsa SASC.
- 2.3. Mefama ya bapagami
 - 2.3.1. Mmotlana: Bapagami ba bogolo ba dingwaga di le 17 le 18.
 - 2.3.2. Moša: Bapagami ba bogolo ba dingwaga di le 15 le 16.
 - 2.3.3. Mmotlana-tlase: Bapagami ba bogolo ba dingwaga di le 13 le 14.
 - 2.3.4. Mofama wa mopagami o tlhomamisiwa ke bogolo ba gagwe ka Sedimonthole a le matsatsi a le somamararonngwe mo ngwageng wa ga jaana.
 - 2.3.5. SASC e na le tshwanelo ya go lopa lekwalo itshupo kgotsa setlankana sa ID go netefatsa dingwaga.
- 2.4. Ditlhokego tsa semmuso
 - 2.4.1. Ditiragalo/dikgaisano tse di tshwarwang ke dikolo di tshwanetse go obamela *Molao wa dikolo wa 84 wa 1996*.
 - 2.4.2. Ditiragalo tse di tshwarwang ke barulaganyi ba bangwe di tshwanetse go obamela *Molao wa pabalesego ya metshameko le ditiragalo tsa Boitapoloso wa 2010*.
- 2.5. Pabalesego
 - 2.5.1. Pabalesego ya mopagami

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- 2.5.1.1.1. Bapagami ba tshwanetse go rwala hutshe ya pabalesego ka dinako tsotlhe fa ba le mo baesekeleng.
- 2.5.1.2. Dihempe tse di senang matsogo ga di a letlelelwa.
- 2.5.1.3. Mopagami o tshwanetse go simolola kgaisano ka lebotlolo le le tletseng metsi le manegilwe mo baesekeleng ya gagwe kgotsa a belege kgetsana ya go tima lenyora e tshotse metsi.
- 2.5.1.4. Ga go khemera e e letleletsweng mo mafatlheng kgotsa mo hutsheng ya pabalesego ya mopagami.
- 2.5.1.5. Ga go sedirisiwa sepe se se letleletsweng go tsenngwa mo ditsebeng tsa bapagami. Tsone di akaretsa diI-pod, didirisiwa tsa MP3, Walkmans, dicellphone kgotsa sedirisiwa sengwe le sengwe sa mogala kgotsa se se modumo.
- 2.5.1.6. Bapagami ba go netefaditsweng fa ba na le bothata ba go utlwa ba ba ikaegileng mo dithusa-kutlo ba tshwanetse go rebolelwa katlenegiso ke morulaganyi le motlhankela wa kgaisano pele ga kgaisano/tiragalo.
- 2.5.1.7. Maparego kgotsa mepakwana e ileditswe go kgabaganya lebala.
- 2.5.1.8. Kopano ya batsamaisi ba setlhophha e tshwanetse go tsenwa ke batsamaisi botlhe ba setlhophha.
- 2.5.2. Pabalesego ya setšhaba
- 2.5.2.1.1. Thulaganyo ya pabalesego ya tiragalo e tshwanetse go rulaganngwa le go nna le :
- 2.5.2.1.2. Dintlha tsa seteišene se se fa gaufi sa sepodisi
- 2.5.2.1.3. Dintlha tsa bookelo bo bo fa gaufi
- 2.5.2.1.4. Thulaganyo ya tshoganyetso
- 2.5.2.1.5. Tshekatsheko ya kotsi go ya ka setlankana sa molawana wa pabalesego wa SASC no. SASC/SEH/POL/0000.
- 2.5.2.1.6. Dintlha tsa go golagana le morulaganyi, motlhankela wa tshireletso, motlhankela wa kgaisano le setlamo se se tlamelang ka ditirelo tsa kalafi.
- 2.5.2.1.7. Bopaki ba Inšorense ya tiragalo
- 2.6. Didirisiwa
- 2.6.1. Baesekele e tshwanetse go nna le maotwana a le mabedi a bogolo jo bo lekanang, leotwana la kwa pele le le kgonang go laolega, leotwana la kwa morago le kgweediwa ka tsamaiso ya diphedale le ketane.
- 2.6.2. Bokete ba baesekele ga ba tshwanela go nna kwa tlase ga dikilograma di le 6.8.
- 2.6.3. Tiriso ya dithaere tse di nang le disepeke tsa tshipi kgotsa dikurufa ga di a letlelelwa.
- 2.6.4. Baesekele e e tlwaelegileng ya dinaka (Traditional road type handlebars) ga e kitla e dirisiwa le baesekele ya maotwana a mararo (triathlon) kgotsa ya timetrial bars le yona e ileditswe. Tsa di-bar-ends di letleletswa.
- 2.6.5. Go ka dirisiwa baesekele ya lebelo le lengwe.
- 2.6.6. Bapagami ba tshwanetse go wetsa motabogo ka foreimi e ba simolotseng ka yona.

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2.7. Tikologo

2.7.1. Barulaganyi ba metabogo ba tshwanetse go obamela setlankana sa tikologo sa SASC sa no. SASC/SEH/POL/0001.

2.7.2. Bapagami ba tshwanetse go tlotla tikologo ba se e kgotlhele.

2.8. Dithulaganyo tsa ditiragalo

2.8.1. Dikolo tse dikgolo di tlaa dirisa thulaganyo ya XCO.

2.8.2. Dikolopotlana/ poraemari di tlaa dirisa thulaganyo ya XCC.

3. DIAPARO TSA MOPAGAMI, MOAPARO LE TSAMAISO YA SERALA

3.1. Dikolo di rotloediwa go nna le didirisiwa tse di kgethegileng tsa dibaesekele tse di dirilweng lefa go le jalo mebala e e kgethegileng ya dikolo ga e ise e gapelediwe go dirisiwa ka 2015.

3.2. Dijeresi tsa matsogo a makhutshwane di ileditswe gotlhelele.

3.3. Baeteledipele ba mofama ba tshwanetse go apara dijeresi tsa bona tsa boeteledipele fa ba gaisana. Dijeresi tsa baeteledipele di tshwanetse go apariwa ka ditiragalo tsa metselsetsele tse di maleba fela. Bapagami ba ka se apare jeresi ya moeteledipele kgotsa ya mofenyi wa ngogola kgotsa go letlelelwa go apara jeresi ya moeteledipele kgotsa mofenyi go tswa go tiragalo nngwe ya dikolo kgotsa metselsetsele.

3.4. Bapagami ka nosi ba ba siamelang meputso, dikgele, dijeresi tsa boeteledipele kgotsa dithaetlele ba tshwanetse go tsenela moletlo wa dikabo.

3.5. Fa go na le lebaka (le le siameng kgotsa le le sa siamang) la gore mopagami a se tseenele dikabo, mopagami kgotsa motsamaisi wa setlhopho o tshwanetse go tsibosa barulaganyi pele ga tshimologo ya dikabo.

3.6. Go retelelwa ke go iponatsa kwa dikabong ntle le go tsibosa batlhankela go ka baka dikotlhao.

3.7. Bapagami ba ba bileliwang kwa seraleng ba tshwanetse go apara hempe ya bona ya mabelo a dibaesekele ya sekolo. Fa e se gone, go tla apariwa tracksuit e e maleba ya sekolo kgotsa sekipa. .

3.8. Ga go a letlelelwa seaparo se se senang matsogo kgotsa se se khutshwafaditsweng mo seraleng.

3.9. Ga go a letlelelwa go rwala mo tlhogong kgotsa go rwala diborele tsa letsatsi mo seraleng.


3.10. Morago ga thebolelo ya meputso go ya ka mofama, baeteledipele ba metselsetsele kgotsa bafenyi ba tshwanetse go apara dijeresi sentle (ba apole dihempe tse dingwe) go tsaya setshwantsho sa setlhopho sa baeteledipele kgotsa bafenyi ba mofama.

3.11. Dihutshe tsa pabalesego: Bapagami ba ba sa rwalang dihutshe tsa bona ba sa gokelela megala ya bona ka tshwanelo, nako nngwe le nngwe mo kgaisanong ba tlile go kgalengwa kgotsa go se letlelelwe.

3.12. Ke dihutshe tsa pabalesego tsa dikgapetla tse di popota tse di nyalanang le seemo se se atlenegisitsweng tse di tla amogelwang.

3.13. Ditlapele tsa thulaganyo ya dijeresi tse di farologaneng di ntse jaana:

- Jeresi ya moeteledipele wa metselsetsele
- Jeresi ya Kontinente ya Aforika
- Jeresi ya bosetšhaba ya CSA

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- Jeresi ya sekolo

4. BAETLEETSI/BOBOROGI

4.1. SASC ga e patelesege go tlotla baetleetsi ba mopagami.

5. DITIRELO TSA KALAFI LE DIAMBULANSE

5.1. Kgaisano le katiso ya semmuso e tšile go simolola fa fela badiri ba kalafi le Ambulanse e le gone mo lefelong la kgaisano.

6. BATLHANKELA BA KGAIANO & BALAODI

6.1. Ke batlhankela ba kgaisano ba ba katisitsweng ke SASC fela kgotsa CSA ba ba tlaa dirisiwang go dira jaaka batlhankelabagolo, ba pheletso kgotsa ba tshimologo kgotsa ba dira tiro kwa lefelong la tlanelo.

7. BATSAMAISI BA SETLHOPHA

7.1. Sekolo sengwe le sengwe se tshwanetse go nna le motsamaisi wa setlhopha yo o thapilweng.

7.2. SASC e tšile go katisa batsamaisi ba setlhopha, go ya ka setlankana sa nomere ya SASC/TRA/MTB/0000.

7.3. Batsamaisi ba setlhopha ba tlaa tsenela kopano ya batsamaisi ba setlhopha.

8. THULAGANYO YA DITIRAGALO TSA XCO


8.1. Boleele ba lebala: XCO 4 – 6 km.

8.2. Nako e e beilweng ya motabogo ya mefama e ntse jaana:






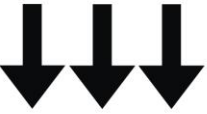



Mofama	UCI	CSA	SASC
Banna ba ba botlana	1:00 – 1:15	1:00 – 1:15	60 Metsotso.
Basadi ba ba botlana	1:00 – 1:15	1:00 – 1:15	Metsotso 60
Banna ba baša	Federeišene Bosetšhaba	1:00 – 1:15	Metsotso 45 – 60
Basadi ba baša	Federeišene Bosetšhaba	1:00 – 1:15	Metsotso 45 – 60
Basimane ba babotlana –tlase	Federeišene Bosetšhaba	0:55 – 1:10	Metsotso 30 – 40
Basetsana ba ba botlana-tlase	Federeišene Bosetšhaba	0:55 – 1:10	Metsotso 30 – 40

8.3. Lebala le Matshwao


8.3.1 Kilometara nngwe le nngwe ya lebala e tshwanetse go tshwaiwa, e supe sekgala se se setseng sa motabogo.

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- 8.3.2. Ditsela tse di pheivilweng kgotsa tsa sekontiri ga di a tshwanela go feta 15% tsa lebala lotlhe.
- 8.3.3. Lebala le tshwanetse go nna bonolo go taboga/kgweetsa mo go lone.
- 8.3.4. Go tshwanetse ga nna le dikarolwana tse di lekaneng tsa go kgabaganya mo dikarolwaneng tse di atolositswng tsa tselana e le nosi.
- 8.3.5. Bapagami ba tshwanetse go simolola ka setlhophapha se le sengwe.
- 8.3.6. Lebala le tshwanetse go sirelediwa ka moo go kgonagalang ka go tsenya ditheipi mo mathakoreng otlhe.
- 8.3.7. Mo lebala le sa sirelediwang mo mathakoreng otlhe, lebala le ka tswa le le bophara ba dimitara di le pedi go tswa mo gare ga tsela kgotsa tselana e le nosi.
- 8.3.8. Fa go kgonagala mo go nang le medi, dikutu tsa ditlhare, matlapa a a tswileng fa fatshe le tse dingwe di tshasiwe ka pente e e seng ya leruri.
- 8.3.9. Ditshipi di tshwanetse go apesiwa ka polasitiki.
- 8.3.10. Maborogo a legong kgotsa motlhatlogo o tshwanetse go apesiwa ka sengwe se se sa releleng sekai mmetshe kgotsa sefe ya dikgogo.
- 8.3.11. Matshwao a a latelang a tshwanetse go dirisiwa:

		
Straight Ahead	Right Turn	Left Turn
		
Straight Ahead Slow	Caution	Extreme Caution
		
Wrong Way	Bridge Ahead	Water Crossing

- 8.4. Diboto tsa dinomore tsa dibaesekele
 - 8.4.1. Diboto tsa dinomore di tshwanetse go manegiwa mo matshwarong, di lebelele kwa pele mme di bonagale sentle ka dinako tsotlhe.
 - 8.4.2. Diboto tsa dinomore ga di a tshwanela go kgorelediwa ke mariki kgotsa matshwao a baesekele.

 <p>SOUTH AFRICAN SCHOOLS CYCLING</p>	Metabogo ya dibaesekele ya dikolo ya Aforikaborwa	Nomore ya Setlankana. SASC/REG/MTB/0000
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- 8.4.3. Diboto tsa dinomore ga di a tshwanela go kgaolwa, go ntšhwafadiwa kgotsa go fetolwa ka mokgwa mongwe. Ga go a tshwanela go tlapisiwa disitikara tse dingwe kgotsa tsa ntshiwa.
- 8.5. Katiso ya semmuso
- 8.5.1. Go katlanegiso ya gore bapagami ba wetse bobotlana dikarolo di le pedi tsa lebala pele ga tshimologo ya tiragalo .
- 8.5.2. Katiso ya semmuso e ka tshwarwa ka peoleitlho ya modiri wa kalafi le ambulanse.
- 8.5.3 Boto ya dinomore e tshwanetse go manegiwa ka nako ya katiso ya semmuso.
- 8.5.4. Katiso e e seng ya semmuso ga ya amogelesega.
- 8.6. Lefelo la go simolola
- 8.6.1. Go tshwanetse ga nna le mola wa go simolola o o kgabaganyang lebala.
- 8.6.2. Dibenara tsa kwa tshimologong di ka nne tsa dirisiwa.
- 8.6.3. Lefelo la go simolola le tshwanetse go nna bophara ba dimitara di le 6 le dimitara di le 30 pele le dimitara di le 100 morago ga mola wa go simolola.
- 8.6.4. Lefelo la go simolola le tshwanetse go paregiwa sentle.
- 8.6.5. Ga go batsadi/barutabana kgotsa batsamaisi ba setlhopha ba ba letleletsweng mo lefelong la go simolola ka dinako tsotlhe.
- 8.6.6. Kgaisano e tla simolola ka go lediwa ga phala/nakana.
- 8.6.7. Fa bapagami ba sena go tsenngwa botlhe mo lefelong la go simolola ba nna mo taolong ya motlhankela yo o malebana le tshimologo.
- 8.6.8. Fa mopagami a sena go kgabaganya mola wa go simolola, o tsewa a simolotse motabogo semmuso.
- 8.6.9. Bapagami ba tshwanetse go fologa mo lefelong le le tshaotsweng go fologa mo go lone le go ya mo la go simolola. Go palama magora kgotsa ditheipi ga go a letlelelwa.
- 8.7. Tsamaiso ya go simolola
- 8.7.1. Metsotso e 15 ya go simolola: motlhankela wa kgaisano o tla laela bapagami ba ba emeng sejaro go nna mo maemong a bona.
- 8.7.2. Metsotso e 12 ya go simolola: bapagami ba ba iseng ba ipaakanye ba tlaa palama dibaesekele.
- 8.7.3. Metsotso e 5 ya go simolola: motlhankela o tla tshwara kopano malebana le motabogo.
- 8.7.4. Bapagami botlhe ba tshwanetse go baya leoto le le lengwe fa fatshe fa go rebolwa tsiboso ya metsotso e le meraro.
- 8.7.5. Tshimologo e diriswa ke motlhankela yo o malebana le go simolola kgaisano ka go dirisa mekgwa e e latelang ya nako:
- 8.7.5.1. Tsiboso ya metsotso e le meraro
- 8.7.5.2. Tsiboso ya metsotso e le mebedi
- 8.7.5.3. Tsiboso ya motsotso
- 8.7.5.4. Tsiboso ya disekonto di le somamararo

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8.7.5.5. Tsiboso ya metsotso e le some le botlhamo ka letshwao la go simolola le le tlaa diriwang nako nngwe le nngwe mo disekontong di le some le botlhamo tsa bofelo.

8.7.5.6 Mopagami mongwe le mongwe yo o gorogang thari kwa lefelong la go simolola o tshwanetse go nna kwa morago ga setlhopho.

8.8. Lefelo la pheletso

8.8.1. Mola wa go fetsa o tlaa nna bophara ba disentimitara di le somamabedi ka mothalo o mosweu ka mola wa disentimetara di le nne mo montsho fa gare.

8.8.2. Go atlenegisitswe gore go tlhomiwe benara ya pheletso fa godimo ga mola wa go fetsa.

8.8.3. Lefelo la go fetsa le tshwanetse go nna bophara ba dimitara di le nne, dimitara di le somamatlhano pele ga mola wa go fetsa le dimitara di le soma mabedi morago ga mola wa go fetsa.

8.8.4. Pheletso e diragala ka nako eo thare ya leotwana la kwa pele le kopanang le boalo jo bo tlhamaletseng go tswa mo lefelong la tshimologo ya mola wa pheletso.

8.8.5. Mopagami a ka nne a kgabaganya mola wa pheletso ka maoto fa fela a tshotse baesekele ya gagwe.

8.9. Motabogo /Kgaisano

8.9.1. Bapagami ba ba gaisanelang maemo a phodiamo le dintlha tsa metseletsele ba tshwanetse go wetsa sekgala sotlhe sa kgaisano ya lebelo.

8.9.2. Maikarabelo a go sala morago tsela ya semmuso mme e le maleba a mo maruding a mopagami.

8.9.3. Mopagami ga a letlelelwa go tsaya tsela e khutshwane kgotsa go kgaola botlhabongwe jwa yona kgotsa go dira se se tshwanang le seo kgatlhanong le mopagami ka ena.


8.9.4. Fa mopagami a tswa mo lebaleng ka lebaka lefe kgotsa lefe, o tshwanetse go boela mo lebaleng teng mo lefelong leo a tswileng mo go lone.

8.9.5. Motsamao mongwe le mongwe, motabogo, kgotsa go kgweetsa go go diriwang ke mopagami ntle le maikaelelo a go boela gape mo lebaleng ka tlhamalalo, kgotsa tiragalo ya go gataka melawana e e diragalang kwa ntle ga lefelo le le tshwailweng la labala, o tlaa baka go se letlelelwe ga mopagami.

8.9.6. Mopagami a ka amogela thuso ya setegeniki go bapa le lebala go tswa go mogaisani nae mme eseng go tswa go mongwe yo o kwa ntle ga lebala.

8.9.7. Mopagami o tshwanetse go nna boikobo ka dinako tsotlhe le go letlelela mopagami mongwe le mongwe yo o lebelo go mo feta ntle le kgoreletso.

8.9.8. Bapagami ga ba tshwanela go dirisa puo e e kgobang kgotsa ya tshotlo ka nako ya motabogo, go itshola ka mokgwa o eseng wa motshameko, go nyatsa batlhankela, kgotsa go ikgatholosa melawana ya metabogo/ kgaisano.


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8.10. Thuso ya setegeniki le lefelo la tlamelo/phepo


- 8.10.1. Thuso ya setegeniki le tlamelo/phepo ka nako ya motabogo e letleletswe go ya ka mabaka a a latelang:
- 8.10.1.1. Thuso ya setegeniki e e atlenegisitsweng ka nako ya motabogo ke ya dipaakanyo kgotsa go tsenngwa ga karolo nngwe le nngwe ya baesekele ntle le foreimi ya baesekele.
- 8.10.1.2. Ga go a letlelelwa phetogo gotlhelele ya baesekele mme mopagami o tshwanetse go kgabaganya mola wa pheletso ka tshipi ya boto ya dinomere e e tshwanang le e a simolotseng ka yone.
- 8.10.1.3. Thuso ya setegeniki e rebolwa fela mo lefelong le le thadilweng e le la tlamelo/thuso ya Setegeniki.
- 8.10.1.4. Thuso ya setegeniki gareng ga bagaisani ba ba kgweetsang mo motabogong o o tshwanang ba dirisa tsela e e tshwanang, e letleletswe.
- 8.10.2. Thuso go tswa go mongwe le mongwe e tšile go kaiwa e le thuso ya kwa ntle mme ga e tle go letlelelwa.
- 8.10.3. Ka nako ya tlamelo, batlamedi le bapagami ga ba tshwanela go amana ka ntlha ya fa seno se kaiwa e le thuso e e seng mo molaong ya setegeniki.
- 8.10.4. Motlamedi ga a tshwanela go tsenya mabotlole a metsi mo baesekeleng kgotsa go tsenya dijo le mabotlole a metsi mo dikgetsaneng tsa mopagami. Go dira jalo go tsewa e le thuso e e seng mo molaong ya setegeniki. Dijo tsotlhe le mabotlole di tshwanetse go neelwa mopagami ka mokgwa wa kemo le letsogo.
- 8.10.5. Ga go mopagami yo o tshwanetseng go boela morago mo lebaleng go ya kwa lefelong la tlamelo le thuso ya setegeniki. Fa a le mo lefelong la tlamelo le thuso ya setegeniki, bapagami ba letleletswe go boela morago mo lebaleng, fa fela ba sena go feta lefelo la tlamelo le thuso ya setegeniki, mopagami o tshwanetse go sala morago lebala go fitlha a fitlhelela lefelo le le latelang la tlamelo le thuso ya setegeniki pele a fitlhela tlamelo kgotsa thuso ya setegeniki.
- 8.10.6. Batlamedi ga ba letlelelwa go taboga go bapa le bapagami ba bone mo lefelong la tlamelo. Ke fela mokgwa wa Kemo-le-letsogo o o letletseng.
- 8.10.7. Fa bapagami ba tshwanelwa ke go latlha mabotlole a metsi mo lefelong la tlamelo, seno se tshwanetse go dirwa ka mokgwa o o babalesegileng. Go kolopa mabotlole a metsi nako nngwe le nngwe go ileditswe.
- 8.10.8. Tlamelo ya kwa ntle e tsewa e le thuso e e seng mo molaong ya setegeniki.

8.11. Go tlhotlha/ seeding

- 8.11.1. Go tlhotlha/seeding go tshwanetse go tšwelediwa go tloga mo ngwageng wa ntlha go ya go o o latelang, sekai dipholo tsa mopagami wa mmotlana-tlase tsa ngogola di tshwanetse go dirisiwa go simolola mo tiragalong ya ntlha ya boša ya ngwaga o o latelang.
- 8.11.2. Bapagami ba ba senang maitemogelo kgotsa ba ba sa itekanelang ba rotloediwa go simolola kwa morago.
- 8.11.3. Mo setlhopheng se se simololang sa bapagami ba le somamatlhano kgotsa go feta, go atlenegisitswe gore ba ba kwa godimo ba ntlha ba le somamabedi-tlhano ba tlhotlhiwe, ntle le foo ba le lesome ba kwa godimo ba tshwanetse go tlhotlha.

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- 8.11.4. Dintlha di tlaa abelwa maemo a ntlha a le somamabedi-tlhano ka tatelano e e tlaa simololang ka maemo a ntlha e le: 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. Go atlenegisitswe gore mongwe le mongwe yo o fetsang go tswa mo maamong a bo somamabedi-thataro go ya pele a rebolelwe ntlha e le nngwe.
- 8.11.6. Mo ditiragalong tse di nang le bagaisani ba ba kwa tlase ga somamatlhano, dintlha di tlaa tlamelwa go fitlha go maemo a lesome go ya ka tatelano e e simololang ka maemo a ntlha e le: 15, 12, 10, 8, 7, 6, 5, 4, 3, 2.
- 8.11.7. Go atlenegisitswe gore mongwe le mongwe yo o fetsang go tswa mo maamong a bosomenngwe go ya pele o tlaa amogela ntlha e le nngwe.
- 8.11.8. Fa fela mofenyi mo mofameng o o rileng a tsene, lebala le tlile go tswalelwa mofama oo. Lefa go le jalo bapagami ba tlile go tshola maemo a bona fa ba fetilwe mme ba tlaa tshwaiwa ka [LPD] – mme ba ka ikgapela dintlha le dimetale.
- 8.11.9. Bapagami ba ba ikgogelang morago mo motabogong pele ga mofenyi a goroga ba tlaa tsewa e le ba ba sa fetsang lebelo mme ba tlaa tshwaiwa ka DNF [ga a fetsa/did not finish].
- 8.12. Dipholo le Lloko/Rekoto
- 8.12.1. Rekoto/lloko ya mopagami e tshwanetse go tsholwa.
- 8.12.2. Fa bapagami ba le babedi ba ikgapela dintlha tse di lekanang mo mofameng o o tshwanang mo bokhutlong jwa metseletsele, maemo a bona mo metseletseleng e fetileng a tlaa tlhomamisa mofenyi.
- 8.12.3. Dintlha tsotlhe tsa bapagami go tswa kwa sekolong se se rileng di a kopanngwa go dira rekoto/lloko ya sekolo.
- 8.12.4. Fa dikolo di le pedi di ka nna le palo ya dintlha tse di tshwanang mo bokhutlong jwa metseletsele, maemo a tlaa balelwa kwa morago go tlhomamisa mofenyi. Sekai, fa sekolo se na le maemo a le mantsi a ntlha, e tlaa nna sone mofenyi. Fa dikolo ka bobedi di sena maemo a ntlha, go tlaa balwa maemo a bobedi, jalo le jalo.
- 8.13. Dikotlhao
- 8.13.1. Dikotlhao di tlaa manegiwa go ya ka mokgwa wa tlolomolao mme nngwe ya tse di latelang di ka dirisiwa go ya ka bomasisi ba tsone:
- 8.13.2. Go digiwa ga maemo (ka bongwe kgotsa go feta)
- 8.13.3. Kotlhao ya nako kgotsa ya dintlha
- 8.13.4. Go se letlelelwe
- 8.13.5. Go sekegiwa
- 8.14. Ngongora
- 8.14.1. Mopagami mongwe le monwe yo o tsayang fa a sa direlwa molemo mo kगतong nngwe le nngwe mo motabogong, o tshwanetse go isa ngongora kwa go motlhankela wa kgaisano morago ga gore a kgabaganye mola wa pheletso.
- 8.14.2. Ngongora e ka tlhatlhelwa ka go kwala le go isiwa mo sebakeng sa metsotso e le some le botlhano mo bokhutlong ba kgaisano ya lebelo la gagwe.

 <p>SOUTH AFRICAN SCHOOLS CYCLING</p>	Metabogo ya dibaesekele ya dikolo ya Aforikaborwa	Nomore ya Setlankana. SASC/REG/MTB/0000
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8.15. Lenaane la ditlolomolao tse di ka lebisang kwa dikotlhaong:

- 8.15.1. Paakanyo e e seng mo molaong ya baesekele
- 8.15.2. Tlamelo le thuso ya setegeniki e e sa atlenegisiwang
- 8.15.3. Go goga ka jeresi le go kgorometsa
- 8.15.4. Kgoreletso ya mopagami mongwe le mongwe
- 8.15.5. Maitsholo a eseng a motshameko
- 8.15.6. Go tsaya tsela e khutshwane
- 8.15.7. Maitsholo a a sa siamang kgotsa puo ya e e fosagetseng
- 8.15.8. Go lwa le bagaisane le batlhankela
- 8.15.9. Kgotlhelo kgotsa go latlhela leswe kgotsa meteme
- 8.15.10. Tiriso ya diI-pod, MP3 le didirisiwa tse dingwe tsa modumo tse di tshwanang le tseno ka nako ya kgaisano.

8.16. Kemiso ya Motabogo

- 8.16.1. Ke motlhankela wa kgaisano fela yo o nang le dithata tsa go emisa motabogo. O tshwanetse go gokagana le morulaganyi wa motabogo le motlhankela wa pabalesego pele a dira jalo.
- 8.16.2. Metabogo e e emisiwang pele ga nako sekai; ka mabaka a pabalesego ka nako ya tikologo ya ntlha e setse e tswelletse, e tlile go phimolwa.
- 8.16.3. Metabogo e e emisiwang pele ga nako sekai; ka mabaka a pabalesego morago ga tikologo ya ntlha e tlile go tsewa e le ya semmuso mme dipholo di tlaa tsewa e le tsa semmuso mme di tlaa tsewa jalo.

9. Diteko tsa diritibatsi

- 9.1. SASC e tshegetsa melawana ya go dira diteko le tsamaiso ya *Motshameko o o gololosegileng mo diritibatsing* mme bapagami ba tlaa tshwanelwa ke go dirwa diteko fa ba ka tlhophiwa.
- 9.2. Ga go mopagami yo o ka ganang go dirwa diteko.

10. Taolo/Bolaodi

- 10.1. Melawana eno e itshetlegile mo melawaneng ya UCI le CSA MTB mme e momagantswe fela go tota MTB ya dikolo tse dikgolo.
- 10.2. Fa go le tiragalo nngwe e e sa tlamelwang go ya ka melawana e e fano, tshweetso ya bofelo e tlaa nna mo maruding a motlhankelamogolo