

## RIDER'S GUIDE

Version4\_22May

# OCBC

## NATIONAL CHAMPIONSHIPS

2025 Singapore Cycling Mountain Bike (MTB) and 'Off-Road' National Championships

Venue: Bintan, INDONESIA

19<sup>th</sup> July: Mountain bike (MTB): XCO & XCE.

20<sup>th</sup> July: XCE and Gravel Racing



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# 1. GENERAL INFORMATION

The Event Formats	<p>2025 Singapore Cycling National Championships 'OFF-ROAD' Formats.</p> <p>National cycling championships are held annually by national federations in each cycling discipline. The event is organised to allow the cycling community and our national athletes, the required exposure for a high-level competition/s.</p> <p><b>MTB – Cross country Olympic Format (XCO)</b></p> <p>In mountain biking, "XCO" stands for "Cross-Country Olympic," which is the only mountain bike format featured in the Olympic Games, characterized by technical courses and mass starts.</p> <p><b>MTB – Cross country Eliminator (XCE)</b></p> <p>In mountain biking, "XCE" stands for Cross-Country Eliminator, a fast-paced, short-course racing format where riders compete in heats, with the two fastest from each heat advancing to the next round until a final four (4) riders remain.</p> <p><b>Gravel Racing</b></p> <p>Combines elements of road and mountain bike, and takes place mainly on unsealed roads (gravel, forest tracks, farm roads, dirt trails, etc). Featuring mass starts and a focus on adventure and community.</p> <p>We encourage all participants to approach the race as, self-supported.</p>
Who are we	<p><a href="#">SCF</a> OCBC ARENA, 5 Stadium Drive #02-44 Singapore 397631.</p> <p>Email: <a href="mailto:admin@singaporecycling.org.sg">admin@singaporecycling.org.sg</a> Tel: 65-67846621.</p> <p>Sporting governing body: <a href="#">Sport Singapore</a></p> <p>International Federation: <a href="#">Union Cycliste Internationale (UCI)</a></p>
Venue Host	Indonesian Cycling Federation <a href="https://icf.id/">https://icf.id/</a>
Event Dates	Saturday and Sunday: 19 <sup>th</sup> and 20 <sup>th</sup> July 2025
Time	Daily: 0630 to 1700 hrs (Indonesian time)
Classification	<p>SCF OCBC General Classification (GC) Ranking 'Off-Road': <a href="#">Class 1</a></p> <p>SCF &amp; <a href="#">UCI calendar of events (CN)</a></p> <p>Sports officiating by National Commissaires from ICF &amp; SCF.</p> <p>Race operations by ICF &amp; SCF staffing team.</p>
Participation	<ol style="list-style-type: none"> <li>1) Open to all Nationalities.</li> <li>2) <b>All Riders WILL need</b> a valid 2025 UCI Licence and are Eligible for the OCBC SCF 2025 General Classification (GC) Points ranking system, in <b>Off-Road events</b>.</li> <li>3) Singaporean Riders in the UCI categories are eligible for UCI Points in the following categories: Women &amp; Men: JUNIOR, UNDER 23, and ELITE.</li> </ol>

## 2. CATEGORIES

Age Groups	Age is based on 2025 minus the 'YEAR of BIRTH'.
Participation	<p>All RIDERS, will need a valid 2025 UCI Licence to participate.</p> <p>Open to all Nationalities.</p> <p>Riders may take part in all three (3) Formats, or choose to race in two (2), Or one (1) format (i.e. XCO, XCE and GRAVEL racing).</p>
UCI Points	<p>Valid only to Singaporean riders, racing for UCI points in the following UCI categories:</p> <p>XCO: Men / Women: Juniors, Under 23, Elite.</p> <p>XCE: Men / Women: ELITE*</p>
SCF GC Rankings Points	<p>1. Individual Points will only be awarded in their respective category &amp; age-group.</p> <p><i>2025 Individual OCBC SCF age-group categories:</i></p> <p><i>Youth: 13-16 years (born in 2009-2012)</i>  <i>Junior: 17-18 years (born in 2007-2008)</i>  <i>U23: 19-22 years (born in 2003-2006)</i>  <i>Elite: 23 years &amp; above (born in 2002 &amp; earlier)</i>  <i>Master: 35-44 years (born in 1981-1990)</i>  <i>Senior: 45-54 years (born in 1971-1980)</i>  <i>Veteran: 55 years &amp; above (born in 1970 &amp; earlier)</i></p> <p>2. Team points: total points for each Individual in their SCF category.</p>
For the UCI XCE format	<p>Junior (17 to 18 years), Under 23 (19 to 22 years) and Elite (23 years and above) riders shall compete in this Championship in the same race, under a Combined Category, as follows:</p> <ul style="list-style-type: none"> <li><b>WOMEN ELITE* (17 years and above)</b></li> <li><b>MEN ELITE* (17 years and above)</b></li> </ul>
National Champion (CN)	Jersey Awards: Best Singaporean, UCI Categories: National Championship jersey.
Domestic Champion (DC)	Jersey Awards: Best Singaporean, SCF Age group Categories: Domestic Champions jersey.

**Event Categories: Jerseys & Awards:** subject to change: combined or cancellation of a category

	<b>Event Category: XCO - UCI</b>	<b>SCF Age Group categories – or combined</b>	<b>Jersey</b>	<b>SCF GC ranking</b>	<b>Medals</b>
1	Women JUNIOR: 17-18	-	CN	C1	Top 3
2	Women U23: 19-22	-	CN	C1	Top 3
3	Women ELITE: 23 & above	-	CN	C1	Top 3
4	Men JUNIOR: 17-18	-	CN	C1	Top 3
5	Men U23: 19-22	-	CN	C1	Top 3
6	Men ELITE: 23 & above	-	CN	C1	Top 3
	<b>Event Category: XCO: Age-Groups: Sub categories: XC &amp; All Mountain bikes</b>	<b>SCF Age Group categories – or combined</b>	<b>Jersey</b>	<b>SCF GC ranking</b>	<b>Medals</b>
7	XC: Women Youth: 13-16	-	DC	C1	Top 3
8	XC: Women Masters: 35 & above	<i>Master (35-44). Senior (45-54). Veteran (55 &amp; above).</i>	DC	C1	Top 3
9	XC: Men Youth: 13-16	-	DC	C1	Top 3
10	XC: Men Masters: 35 & above	<i>Master (35-44). Senior 45-54). Veteran (55 &amp; above).</i>	DC	C1	Top 3
11	AM: Women Open: 13-34	<i>Youth (13-16). Junior (17-18). U23 (19-22). Elite (23 &amp; above).</i>	DC	C1	Top 3
12	AM: Women Masters: 35 & above	<i>Master (35-44). Senior (45-54). Veteran (55 &amp; above).</i>	DC	C1	Top 3
13	AM: Men Open: 13-34	<i>Youth (13-16). Junior (17-18). U23 (19-22). Elite (23 &amp; above).</i>	DC	C1	Top 3
14	AM: Men Masters: 35 & above	<i>Master (35-44). Senior (45-54). Veteran (55 &amp; above).</i>	DC	C1	Top 3
15	Weekend Warrior - Mix gender: 19 & above	-	-	-	Top 3

	<b>Event Category: XCE: UCI</b>	<b>SCF Age Group categories – or combined</b>	<b>Jersey</b>	<b>SCF GC ranking</b>	<b>Medals</b>
16	<b>WOMEN ELITE*: 17 &amp; above</b>	<i>Junior (17-18). U23 (19-22). Elite (23 &amp; above).</i>	CN	C1	Top 4
17	<b>MEN ELITE*: 17 &amp; above</b>	<i>Junior (17-18). U23 (19-22). Elite (23 &amp; above).</i>	CN	C1	Top 4



	<b>Event Category: XCE: Age-Groups</b>	<b>SCF Age Group categories – or combined</b>	<b>Jersey</b>	<b>SCF GC ranking</b>	<b>Medals</b>
18	Women Youth: 13-16	-	DC	C1	Top 4
19	Women Masters: 35 & above	<i>Master (35-44). Senior (45-54). Veteran (55 &amp; above).</i>	DC	C1	Top 4
20	Men Youth: 13-16	-	DC	C1	Top 4
21	Men Masters: 35 & above	<i>Master (35-44). Senior (45-54). Veteran (55 &amp; above).</i>	DC	C1	Top 4
22	Weekend Warrior - Mix gender: 19 & above	-	-	-	Top 4

	<b>Event Category: Gravel Racing</b> Sub categories: Gravel & Mountain bikes	<b>SCF Age Group categories – or combined</b>	<b>Jersey</b>	<b>SCF GC ranking</b>	<b>Medals</b>
23	Gravel bikes: Women Juniors: 13-18	<i>Youth (13-16). Junior (17-18).</i>	DC	C1	Top 3
24	Gravel bikes: Women Open: 19-34	<i>U23 (19-22). Elite (23 &amp; above).</i>	DC	C1	Top 3
25	Gravel bikes: Women Masters: 35 & above	<i>Master (35-44). Senior (45-54). Veteran (55 &amp; above).</i>	DC	C1	Top 3
26	Gravel bikes: Men Juniors: 13-18	<i>Youth (13-16). Junior (17-18).</i>	DC	C1	Top 3
27	Gravel bikes: Men Open: 19-34	<i>U23 (19-22). Elite (23 &amp; above).</i>	DC	C1	Top 3
28	Gravel bikes: Men Masters: 35 & above	<i>Master (35-44). Senior (45-54). Veteran (55 &amp; above).</i>	DC	C1	Top 3
29	MTB bikes: Women Open: 13-34	<i>Youth (13-16). Junior (17-18). U23 (19-22). Elite (23 &amp; above).</i>	-	C1	Top 3
30	MTB bikes: Women Masters: 35 & above	<i>Master (35-44). Senior (45-54). Veteran (55 &amp; above).</i>	-	C1	Top 3
31	MTB bikes: Men Open: 13-34	<i>Youth (13-16). Junior (17-18). U23 (19-22). Elite (23 &amp; above).</i>	-	C1	Top 3
32	MTB bikes: Men Masters: 35 & above	<i>Master (35-44). Senior (45-54). Veteran (55 &amp; above).</i>	-	C1	Top 3
33	Weekend Warrior - Mix gender: 19 & above	-	-	-	Top 3



**Event Categories in each Race: Number of laps/depending on the course, Distance, Time (Subject to Change)**

	<b>Event Category</b>	<b>Total Time &amp; Laps</b>
	<b>XCO</b>	<b>XCO Course: 4 km per Lap</b>
Race 1	Men ELITE, Men U23, Women ELITE, Women U23	1.15 - 1.40 min race (number of Laps to be confirmed)
Race 2	Men Masters, Women Masters	1 hr race (number of Laps to be confirmed)
Race 3	Men JUNIOR, Women JUNIOR, Women Youth, Men Youth	1 hr race (number of Laps to be confirmed)
Race 4	All Mountain categories (AM), Weekend Warriors	45 min race (number of Laps to be confirmed)
	<b>XCE</b>	<b>XCE Course: 600 m</b>
1	WOMEN ELITE*	1 Lap
2	MEN ELITE*	1 Lap
3	Women Youth: 13-16 years	1 Lap
4	Women Masters: 35 years & above	1 Lap
5	Men Youth: 13-16 years	1 Lap
6	Men Masters: 35 years & above	1 Lap
7	Weekend Warrior: Mix gender-19 years & above	1 Lap
	<b>Gravel Racing</b>	<b>Gravel course: 45 km per Lap</b>
1	Gravel bikes: Women Juniors: 13-18 years	1 Lap
2	Gravel bikes: Women Open: 19-34 years	2 Laps
3	Gravel bikes: Women Masters: 35 years & above	2 Laps
4	Gravel bikes: Men Juniors: 13-18 years	1 Lap
5	Gravel bikes: Men Open: 19-34 years	2 Laps
6	Gravel bikes: Men Masters: 35 years & above	2 Laps
7	MTB: Women Open: 13-34 years	1 Lap
8	MTB: Women Masters: 35 years & above	1 Lap
9	MTB: Men Open: 13-34 years	1 Lap
10	MTB: Men Masters: 35 years & above	1 Lap
11	Weekend Warrior: Mix gender-19 years & above	1 Lap

UCI Points are allocated in a National Championship (CN). (For Singaporean riders)

**XCO**

Ranking	<i>Elite</i>	<i>U23</i>	<i>Junior</i>	<b>XCE</b>
1	100	50	40	10
2	90	35	30	6
3	70	25	20	4
4	60	15	10	
5	50	5	5	
6	40			
7	30			
8	20			
9	10			
10	4			

**SCF Individual Ranking Points (All Nationalities)**

**Team points (Tabulation of Individual points)**

Ranking	SCF Points (Class 1)
1	40
2	32
3	27
4	23
5	19
6	16
7	13
8	11
9	9
10	7

## 3. SCHEDULE



(Subject to change & full updates of the complete event schedule will be made available by Friday 11<sup>th</sup> July 2025)

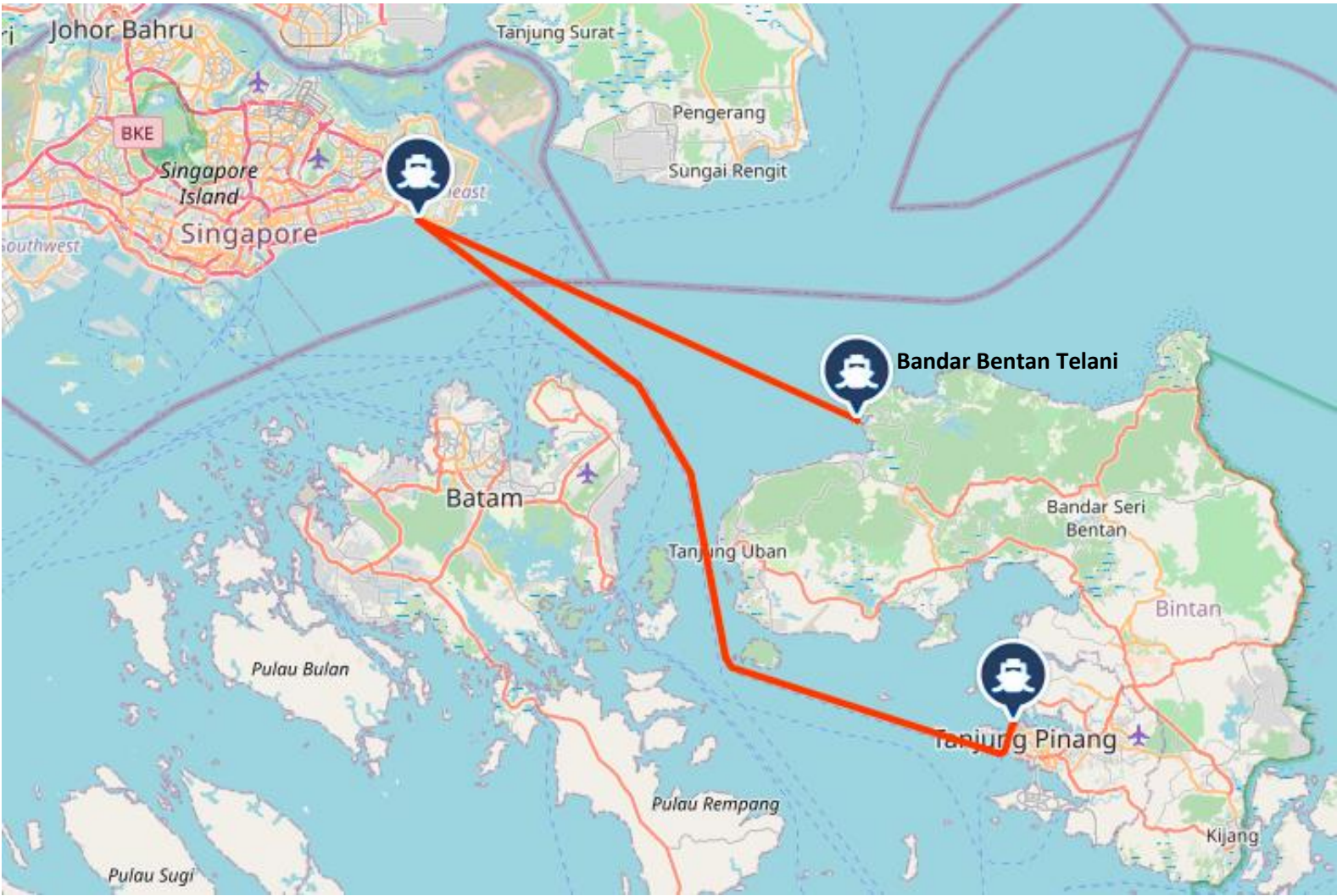
6 <sup>th</sup> June, 12pm	Registration OPEN
6 <sup>th</sup> July, 2359hrs	Registration CLOSE
11 <sup>th</sup> JULY	Start List, Ready Final Event Schedule & Latest Riders Guide
Event Weekend	
<b>Saturday 19<sup>th</sup> July</b> 6.30 - 7.30 am 7.45 - 9.15 am 9.45 - 10.45 am 11.15 - 12.15 pm 12.30 - 1.30 pm 3.00 - 3.45 pm 4.00 - 5.00 pm	<b>XCO &amp; XCE</b> (note: XCO Podium Ceremonies, after each Race') Official Practice: XCO Race' 1 Race' 2 Race' 3 Race' 4 Official Practice: XCE Seeding: XCE (ITT intervals)
<b>Sunday 20<sup>th</sup> July</b> 6.30 - 7.00 am 7.15 - 9.00 am 9.00 - 9.30 am 10.00 am - 2.00 pm 12.00 pm 2.00 pm	<b>XCE &amp; Gravel Race</b> XCE: Warm up XCE Race: ¼ or ½ to Small Finals & Big Finals Podium Ceremony (XCE) Gravel Race Podium Ceremony - Gravel race (1 Lap riders) Podium Ceremony - Gravel race (2 lap riders)



## 4. **GETTING THERE**



From Singapore	<a href="#"><u>Tanah Merah Terminal</u></a>
Ferry Terminals in Bintan	a) <a href="#"><u>Bandar Bentan Telani ferry terminal</u></a> LAGOI, Indonesia b) <a href="#"><u>Sri Bintan Pura International PORT</u></a> TANJUNG PINANG, Indonesia





a) [Bandar Betan Telani \(ferry terminal\)](#) to the [Race Venue](#) at Bukit Almyra

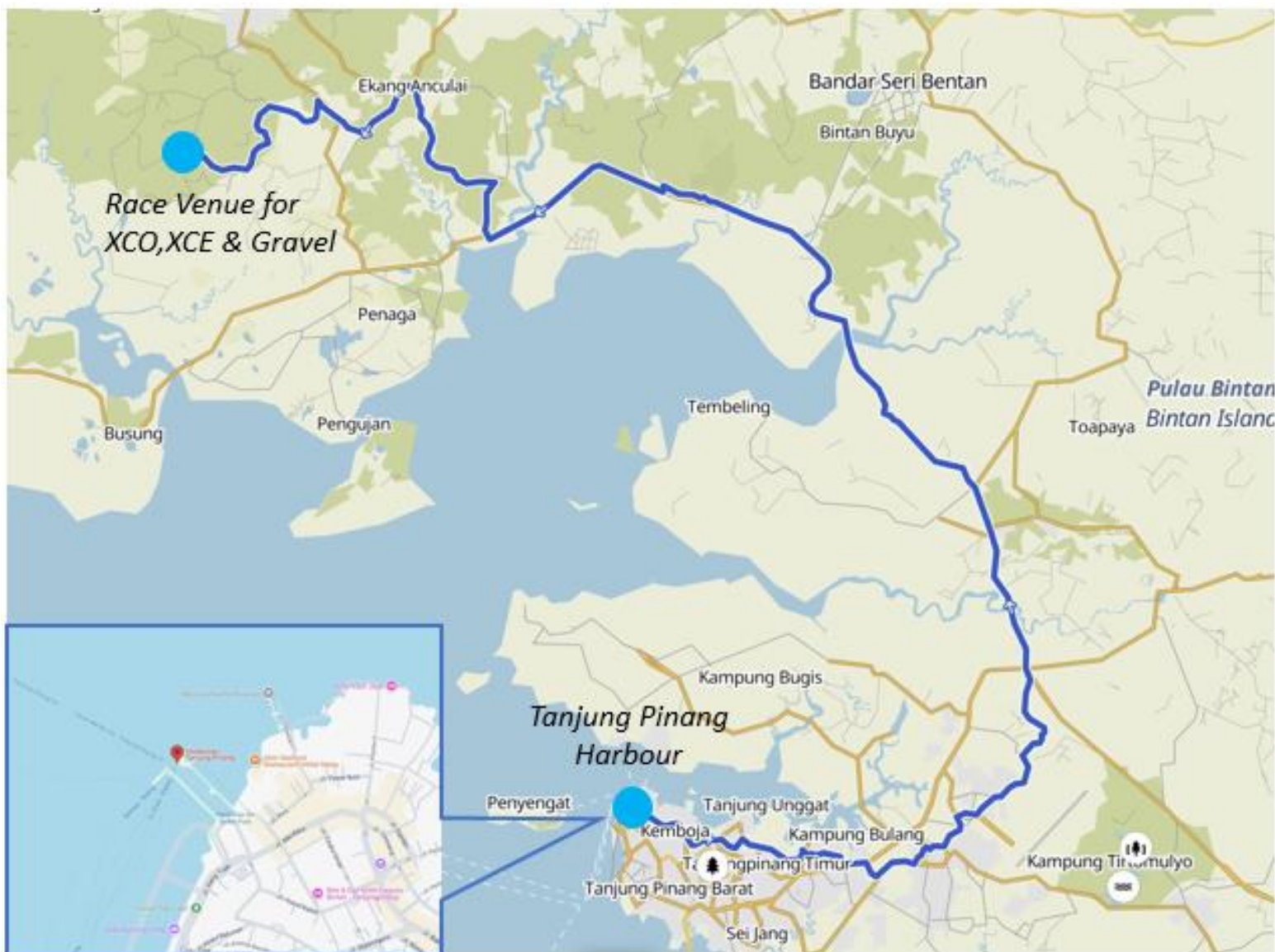
17.5 km / 25 mins by car





a) [Tanjung Pinang harbour](#) to the [Race Venue](#) at Bukit Almyra Plantation

54 km / 1 hour by car



## 5. **VENUE**

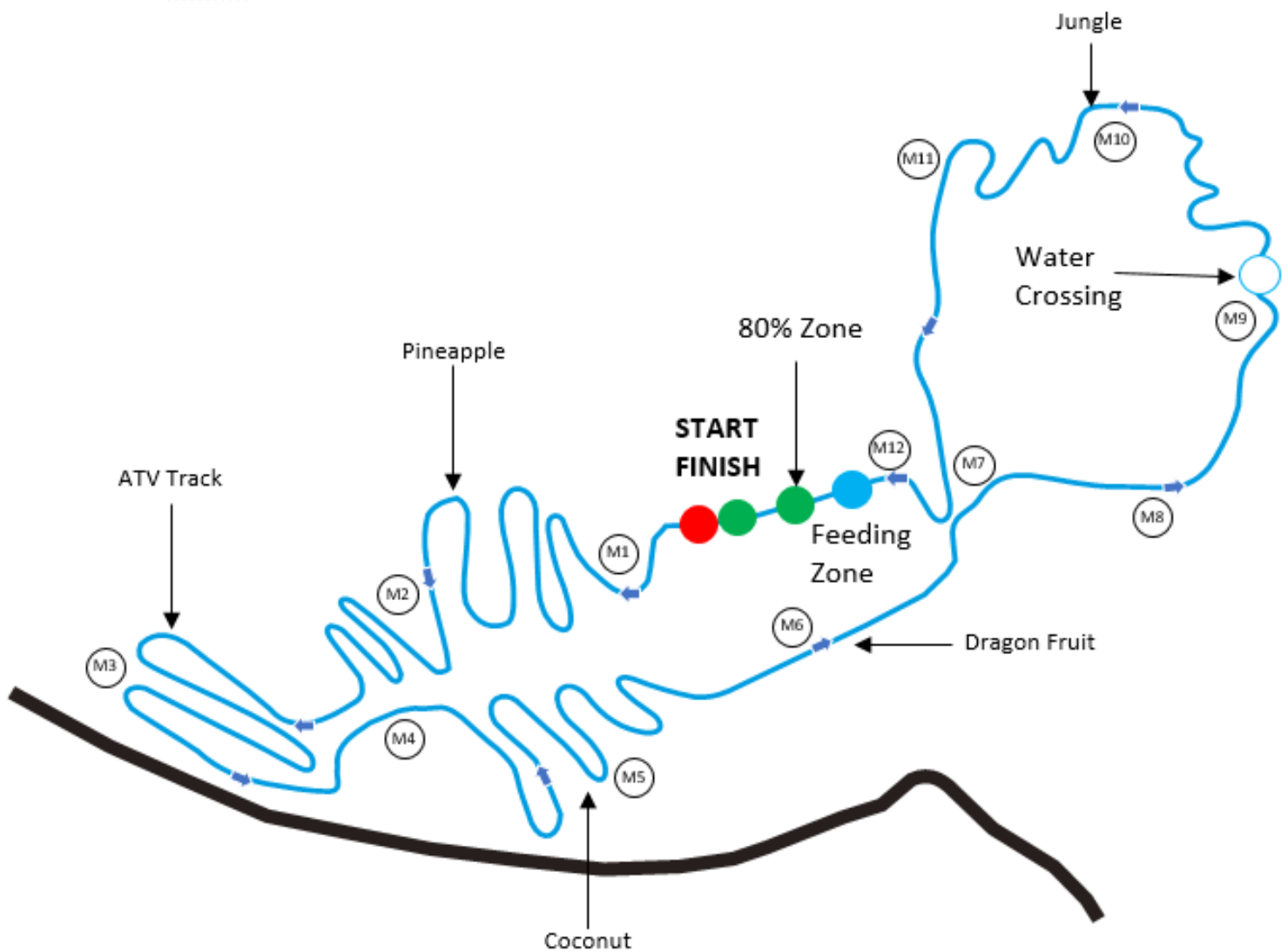
<b>Start &amp; Finish area:</b> Puncak Almyra (Plantation)	<a href="#">Google Map</a>
Back of House (BOH): XCO Start & Finish - XCE Finish Gravel Start & Finish. Secretariat (Cafe) & Podium, Team paddock	Jl. Bukit Raya, Almyra, Kec. Tlk. Seborg, Kabupaten Bintan, Kepulauan Riau 29154, INDONESIA.

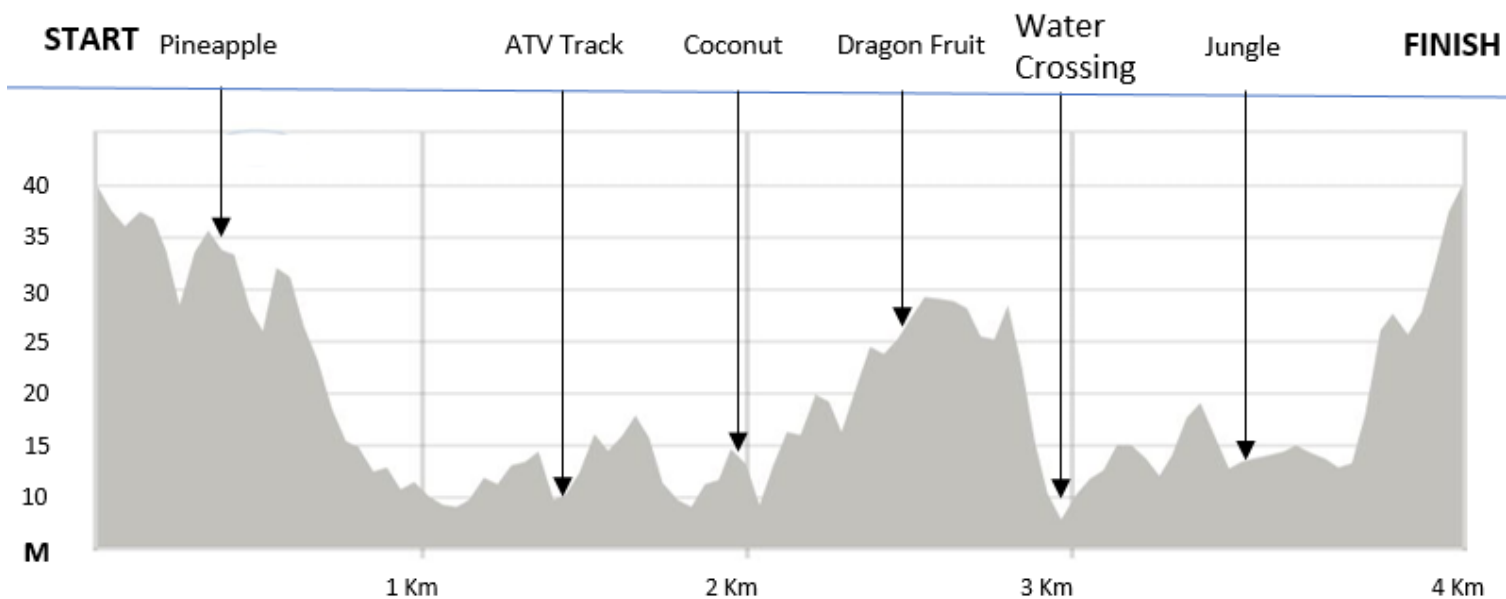




**XCO** Course: Start & Finish area: [Puncak Almyra](#)

4.00 km / Lap. Total Elevation 95 m. Highest Elevation 40 m



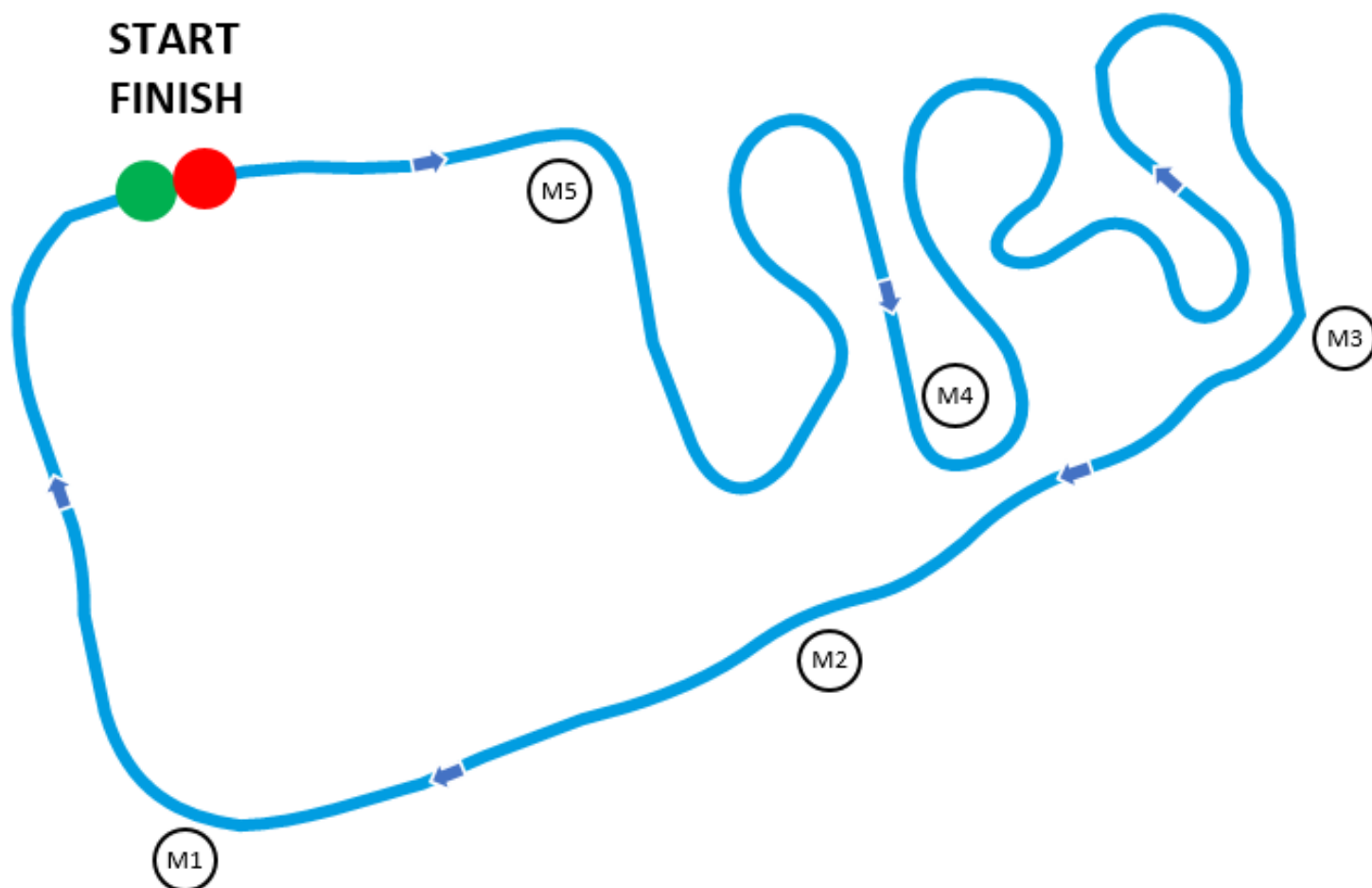


**XCE** Course: Start & Finish area: [Puncak Almyra](#)

600m / Lap. Maximum Elevation 10 m





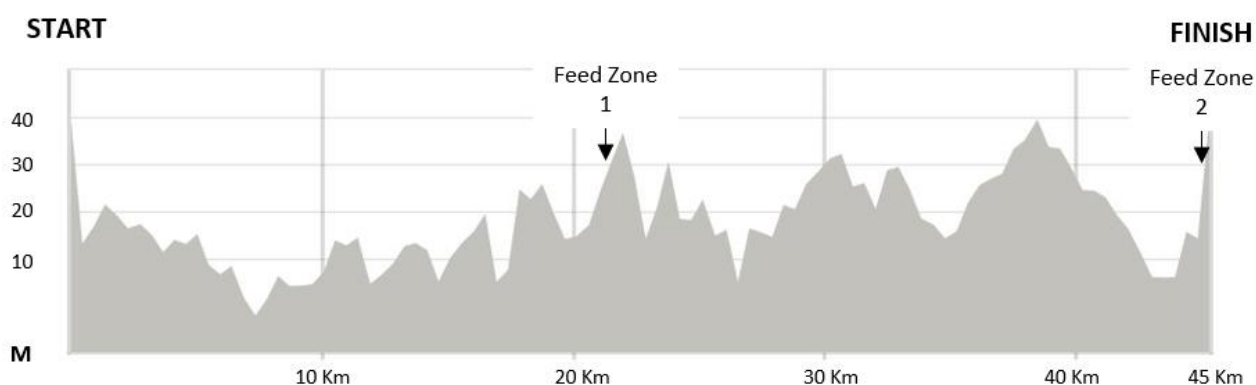
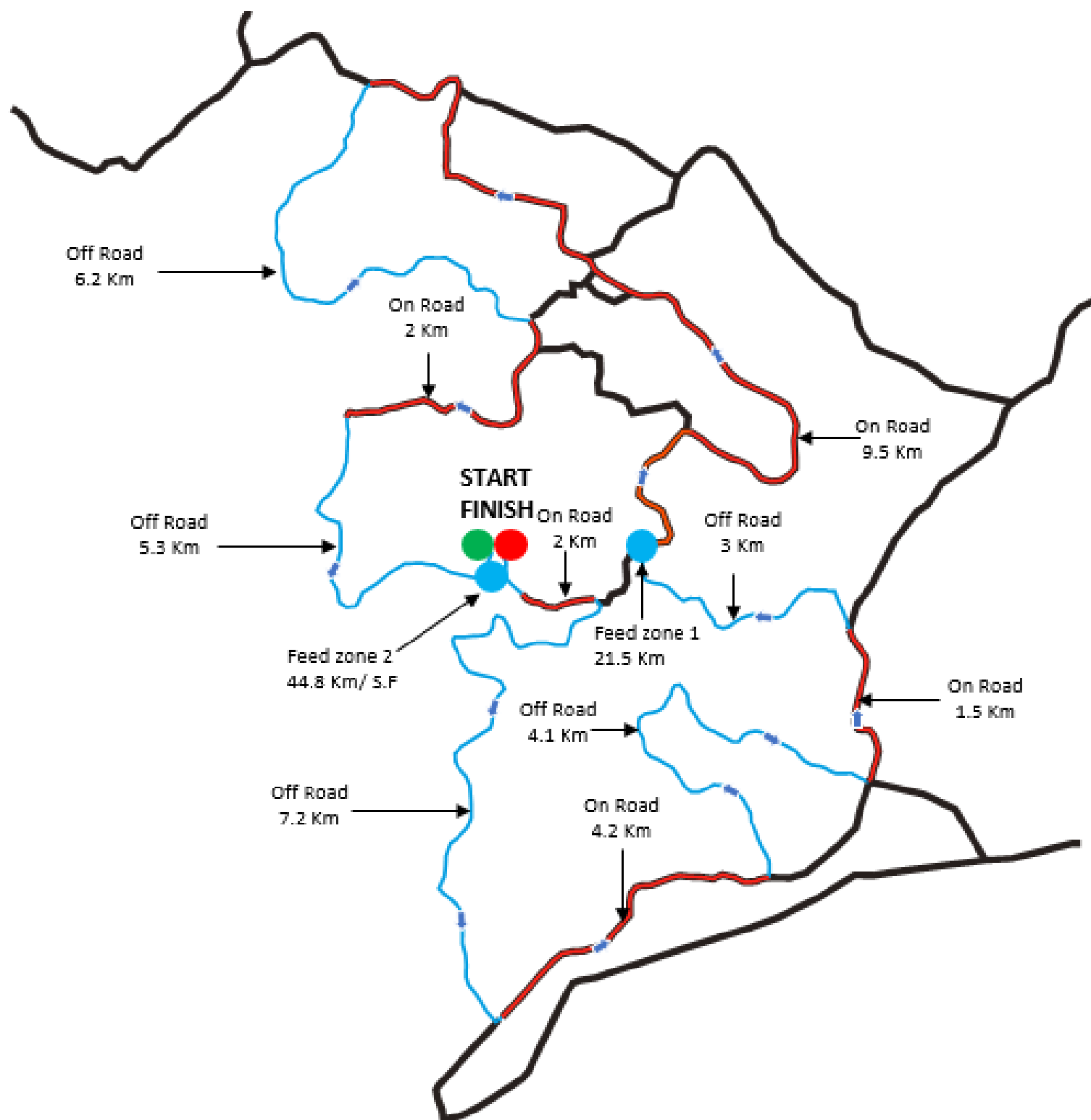




**GRAVEL RACING:** [Start & Finish gantry](#) to [Actual Start: Mosque](#) : 500m (neutral).

Course: 45 km / Lap. ([Strava](#)). FTZ 1: at [21.5 km \(goggle map\)](#) and FTZ 2: 44.8 km (near the S/F).





**Course (FOP) Details: Approx. Timings (subject to change)**

Date		Sunday 20 <sup>th</sup> July 2025			Race Duration	
Start Time		10:00			25 Km / hr	32 km / hr
Ceremonial Start		Bukit Almira - 500m to ‘actual start’		1 Lap: 45km	1 hr 48 min	1hr 25 min
Finish Location		Bukit Almira		2 Laps: 90 km	3 hr 36 min	2 hr 48 min
DISTANCE		LOCATION				
FINISH	START				25 Km / hr	32 km / hr
90	0	BUKIT ALMYRA	Kampung Rempak	CEREMONIAL START	10:00	10:00
88	2	Kampung Jibut - On Road		Right	10:04	10:03
80.8	9.2	On Road		Left	10:22	10:17
76.6	13.4	Off Road		Left	10:32	10:25
72.5	17.5	On Road		Left	10:42	10:32
71	19	Off Road		Left	10:45	10:35
68	22	On Road		Right	10:52	10:41
58.5	31.5	Off Road		Left	11:15	10:59
52.3	37.7	On Road		Right	11:30	11:10
50.3	39.7	Off Road		Left	11:35	11:14
45	45	BUKIT ALMYRA	Kampung Rempak	Left Enter Almyra	<b>11:48</b>	<b>11:24</b>
0	90	BUKIT ALMYRA	Kampung Rempak	Left	<b>13:36</b>	<b>12:48</b>

## 6. RACE FEES

## RACE FEES

All riders **WILL NEED** a valid (2025) UCI racing license to participate. The UCI Racing license comes with insurance coverage for Personal Accident and Personal Liability.

Age/Category	SCF Affiliate	Non - Affiliate
13 to 16 years (Youth) 17 to 18 years (Juniors)	FREE OF CHARGE (To encourage youth & Junior participants)	FREE OF CHARGE (To encourage Youth & Junior participants)
19 years & Above	1 Format: \$80	1 Format: \$100
	2 Formats: \$150	2 Formats: \$180
	3 Formats: \$200	3 Formats: \$240
UCI Licence	13 to 18 years (Youth & Junior): \$60 19 years & above: \$100	
Transponder Deposit	\$100 (Refundable After the Event)	

### Refund/Withdrawal Policy

Requests for Refund/Withdrawal should be made in writing by email to [admin@singaporecycling.org.sg](mailto:admin@singaporecycling.org.sg) and must be done before the Start List is released. Any requests received after this will not be entertained. Exceptions may be considered on a case-to-case basis, for e.g. on medical grounds.

### Changing of Categories

Any change of Category must be made in writing by email to [admin@singaporecycling.org.sg](mailto:admin@singaporecycling.org.sg) and this must be done before the Final Registration CLOSES. Any requests received after this will not be entertained.

Please note that after the registration period is closed and the Start Lists are posted, we shall not be making updates on names or club information. As such, please ensure the accuracy of your registration entry information before submission and, when in doubt you should immediately write to [admin@singaporecycling.org.sg](mailto:admin@singaporecycling.org.sg).

All decisions of the Race Organiser (SCF) is final, and, this document will be subjected to changes until **11 July 2025**.

**\*SCF shall take all measures to ensure the safe and proper running of this event. However, in the case that the difficult decision of cancellation occurs, e.g. due to inclement weather, please note that no refunds will be made.**

# 7. TECHNICAL REGULATIONS

## TECHNICAL REGULATIONS (subject to change & updates)

1. This event is classified as UCI (CN) and SCF Class 1 (C1) which entitles some SCF categories for the GC point's series.
2. The sporting control and refereeing will be led by the President of the Commissaires panel (PCP) with the commissaires from Singapore and Indonesia. Any decision by the PCP & the Commissaires panel is final.
3. Please pay attention to instructions from the commissaires, race officials, and marshals.
4. There will be NO Appeal or PROTEST, any decision made by the Commissaires Panel is FINAL.
5. Any decision made by the Panel of Commissaires to pull OUT riders is Final.
6. SCF shall take all measures to ensure the safe and proper running of this event. Cancellation of the event may occur in harsh inclement weather conditions that may compromise the Health and Safety of the participants and organisers.  
*\*NOTE: No-Refunds will be issued.*
7. Riders on the FOP must be registered participants. All riders must have number identification at all times (including practice).
8. No littering! Properly dispose of all rubbish in the BOH area. Used gel bars/water bottles are NOT allowed to be disposed of in the FOP. Any riders caught littering will be disqualified (DSQ).
9. All riders are requested to be self-sufficient with access to a mobile phone with emergency contact and photo ID.
10. Riders, can only report in their allocated time in the correct Format, Group, Race and Event Category.
11. Riders are to report at least 10 to 15 minutes for Staging and Call up, before the Start of their Race.
12. Riders Must adherence to the official course.
13. Riders must follow the course and are prohibited from taking shortcuts or towed by another rider.
14. 80% rule, time limits, cut-off times, may be implemented.
15. Feeding and technical assistance is ONLY allowed at the assigned Feed & Technical zone (FTZ).
16. Bike swapping is prohibited. Riders must finish their race with the same bike frame.
17. No running alongside the participants within FTZ. Maximum of 2 pax. for each Team at the FTZ.
18. No throwing and or disposing of water bottles, or gels on any part of the course/FOP, except in the FTZ.
19. All riders shall ensure that their equipment (bicycle with accessories and other devices fitted, headgear, clothing, etc.) does not constitute any danger to themselves or others by its quality, materials, or design.
20. Number plate must remain firmly fixed on the handlebar:
  - must not be obscured by cables or any other item.
  - must NOT be modified, or mutilated in any way, including without limitation trimming, cutting, adding personal stickers, or removing existing stickers, if issued by the commissaires or race officials.
21. Bike checks by commissaires and event ops may be applied.
22. Failure to meet any requirements will result in a DSQ, DNS, or loss of contention in ranking
23. All riders must wear their helmet, jersey, shorts, socks, and shoes during practice and racing.



24. Presence at Awards: finalists must be present at the Podium area, immediately after the completion of their event.
  - The same Racing attire is required during the awards (minus the helmet). NO Slippers ALLOWED!
25. Riders in a team, are encouraged to wear the same jerseys.
26. Sleeveless jerseys and ankle socks are PROHIBITED.
27. A helmet must be worn at all times from the point of race from start to finish.
28. The helmet must be approved by the prevailing safety standards, must not have been modified, and must not have suffered an impact or been involved in an accident. The rider is responsible for the compliance (safety) of the helmet used.
29. Strictly NO earpiece, radio devices or iPods (for music or communication).
30. Radio Communication between Riders and their team officials are NOT permitted.
31. Electrical systems such as Radio devices/iPods, and earpieces/earphones, are NOT permitted during the Race.
32. Cameras: Helmet, chest, and similarly body-mounted cameras are NOT permitted.
33. Cameras may ONLY be mounted on the handlebars or under the saddle. All attachments must be firmly secured (screwed-on or bolted) and the use of a cable tie are NOT permitted.
34. E-bikes are NOT allowed for all formats.
35. Active Electronic Transponder

**Please RETURN immediately after the completion of your Race! A Penalty will be imposed for any late return**





## **Your Transponder must be correctly attached to your bike in order for your time to be recorded**



- Place transponder on bottom of **FRONT RIGHT FORK** facing to the side.
- Thread the 5mm cable tie through the transponder and around the fork.
- Pull cable tie as tight as possible to ensure transponder remains flush to fork.

- Give transponder a tug – it should not be able to move.
- Transponder must be secure facing to the side.
- As shown right – transponder must not be able to swivel to the front or rear of fork.
- Cut off loose end of cable tie.
- To remove transponder cut cable tie.



### **Transponder Correctly attached**

- ✓ Transponder secure
- ✓ Right front fork
- ✓ Outside of fork
- ✓ Bottom of fork
- ✓ Cable tie trimmed

### 36. Identification of the Field of Play (each rider) number plates

#### XCO & XCE



#### Gravel racing





37. **XCO:**

XC: flat/riser bars ONLY, front suspension NOT exceeding 140mm of travel.

AM: All Mountain bikes, flat/riser bars ONLY; front suspension of 150mm of travel and above.

Weekend Warrior Category: No restrictions (for all formats).

38. **XCE:** Riders may choose to use XC, AM or Trail bikes.

39. **Gravel Racing: GR** (We encourage all participants to approach the race as, self-supported)

40. GR: Riders may use hydration packs.

41. GR: No extension aero bars allowed.

42. GR: Sub cat: Gravel bikes (Gravel, Road, Cyclo-cross: bicycles) with only 'Drop bars'.

43. GR: Sub cat: MTB bikes: (mountain bikes / hard tail / full sus / XC-AM-Trail etc) with only 'flat or riser', handle bars.

44. GR: Positioning on Drop bars.

**Allowed** Hands on the handlebars and seated on the saddle



**Allowed** Hands on the handlebars and seated on the saddle in a tucked position



**Not Allowed** Using the forearms as a point of support on the handlebar (except in time trials)



**Not Allowed** Seated on top tube



**Not Allowed** Leaning forward on handle bars



**Not Allowed** Leaning backwards and the saddle supporting the chest





# TRAVEL ADVISORY

## TRAVEL ADVISORY

	Departure from Singapore to Bintan	Self-Check Column									
1	Confirm that you have registered for the event.										
2	You are encouraged to purchase a travel insurance.										
3	Self-check that you are feeling well and physically ready for the competition.										
4	For those who are arriving early, please do ensure that you have a confirmed hotel reservation.										
5	<p><u>Travel Documents</u> to bring:</p> <p><b>a. International Passport – with at least 6 months validity</b></p> <p><b>b. Visa:</b></p> <p>i. <b>NOT</b> required for Singaporeans and citizens of ASEAN nations.</p> <p><b>B. VISA Free Travel</b></p> <p>1. Maximum 30 days stay and non-extendable</p> <p>2. Countries as follows (ASEAN):</p> <table border="1"> <tr> <td>Brunei Darussalam</td><td>Cambodia</td><td>Laos</td></tr> <tr> <td>Malaysia</td><td>Myanmar</td><td>Philippines</td></tr> <tr> <td>Singapore</td><td>Thailand</td><td>Vietnam</td></tr> </table> <p>ii. the list of 69 nations <a href="#">on this link</a> may obtain a Visa On Arrival (VoA) with payment of 500,000 Indonesian Rupiahs. Look out for the VoA counter.</p> <p>iii. all other nationalities to apply for a visa into Indonesia</p> <p><b>c. Printed Hard Copy Ferry Tickets</b></p> <p><b>d.</b></p>	Brunei Darussalam	Cambodia	Laos	Malaysia	Myanmar	Philippines	Singapore	Thailand	Vietnam	
Brunei Darussalam	Cambodia	Laos									
Malaysia	Myanmar	Philippines									
Singapore	Thailand	Vietnam									
6	<b>Valid UCI Licence for 2025</b>										
7	<p><b>Arrival time at Tanah Merah Ferry Terminal:</b></p> <p>Look out and check-in at the Bintan Resort Ferry (BRF) lane.</p> <p><b>To arrive at the Terminal at least 1.0 to 1.5 hours before the scheduled ferry departure time.</b></p>										
	<b>On Arriving in Bintan</b>										
8	Note that there <b>WILL NOT</b> be any transport pick-up for you. Please make the necessary self-arrangement to your hotel.										
	<b>On Race Day</b>										
9	Please refer to the Riders' Guide for reporting time, race schedule etc.										
10											

	Departure from Singapore to Bintan	Self-Check Column
	Departure from Bintan to Singapore	
11	To arrive at the Ferry Terminal at least 1.0 to 1.5 hours before the scheduled ferry departure time.  SCF staff will be there to facilitate the checking in for departure.	
12	Please do not bring contraband items into Bintan or Singapore for e.g. Indonesian cigarettes, etc.	