

SPORTS INFORMATION GUIDE

European Masters Games 2023 offers each athlete the opportunity to compete in a maximum of three sports (five disciplines) at the Games.

COMPETITION DATES

	30.6. Fri	01.7. Sat	02.7. Sun
RACE OFFICE OPENS AT COMPETITION VENUE	8:00	8:00	8:00
MOUNTAIN BIKE, FIRST START	10:00		
MOUNTAIN BIKE, SECOND START	12:00		
CRITERIUM, FIRST START		11:00	
CRITERIUM, SECOND START		13:00	
ROAD RACE, FIRST START			11:00
ROAD RACE, SECOND START			14:00

COMPETITION SPORTS AND DISCIPLINES

The events and age categories for cycling at EMG2023 are as follows:

Sport	Disciplines	Competition Format	Age Categories
Cycling	Road race	Line race	Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+
			Men's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+
Cycling	Criterion	Line race	Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+

Sport	Disciplines	Competition Format	Age Categories
			Men's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+
Cycling	MTB	Line race	Women's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+
			Men's: 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+

In line with the sport-specific rules, an athlete must compete in their designated age group. For the Games, your age is determined as at 31 December 2023.

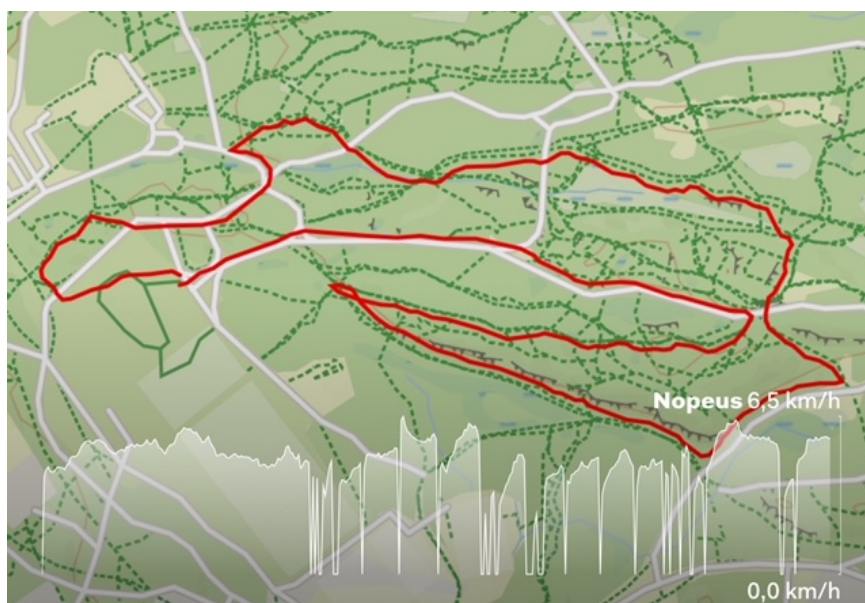
If there are insufficient number of entries in an age category, categories may be combined in order to conduct a good quality competition. The awarding of medals will not be affected, meaning that individuals will still be awarded medals in the age category in which they originally entered.

No license is needed to participate.

MOUNTAIN BIKING / LAP LENGTH 3.3 KM (KAUPPI)

Terrain will be varying between wide and easier cross-country ski tracks, rocky parts, technically challenging woods with the roots of the trees on the path, few maddy spots and few harder climbs. The route: <https://www.strava.com/routes/3098164565372186084>

Also, the gps-data file of the route is available via email, ask from the contact person.

**1st start of 6 laps**

M1 (30–34 years), M2 (35–39 years), M3 (40–44 years), M4 (45–49 years), M5 (50–54 years),
M6 (55–59 years), M7 (60–64 years)

2nd start of 3 laps

W1 (30–34 years), W2 (35–39 years), W3 (40–44 years), W4 (45–49 years), W5 (50–54 years),
W6 (55–59 years), W7 (60–64 years), M8 (65–69 years), M9 (70–74 years)

CRITERIUM (BLOCK RUN) / LAP LENGTH 1.4 KM (LAUKONTORI)

1st start of 30 laps

M1 (30–34 years), M2 (35–39 years), M3 (40–44 years), M4 (45–49 years), M5 (50–54 years),
M6 (55–59 years), M7 (60–64 years)

2nd start of 10 laps

W1 (30–34 years), W2 (35–39 years), W3 (40–44 years), W4 (45–49 years), W5 (50–54 years), W6 (55–59 years), W7 (60–64 years), M8 (65–69 years), M9 (70–74 years), M10 (75–79 years), M11 (80+)

ROAD RACE / LAP LENGTH 3.5 KM (PYYNIKKI)**1st start of 20 laps**

M1 (30–34 years), M2 (35–39 years), M3 (40–44 years), M4 (45–49 years), M5 (50–54 years), M6 (55–59 years), M7 (60–64 years)

2nd start of 10 laps

W1 (30–34 years), W2 (35–39 years), W3 (40–44 years), W4 (45–49 years), W5 (50–54 years), W6 (55–59 years), W7 (60–64 years), M8 (65–69 years), M9 (70–74 years), M10 (75–79 years), M11 (80+)

VENUE DETAILS

EMG2023 cycling competition takes place at:

Venue Name	Kauppi Sport Park
Competition hosted	Mountain biking
Venue Information	Kuntokatu 5, start and finish will be located near the baseball field

Venue Name	City centrum
Competition hosted	Criterium
Venue Information	The start and finish is located at Ratinanniemi

Venue Name	Pyynikki
Competition hosted	Road race
Venue Information	Näkötornintie 20

Showers and dressing rooms

Mountain biking: At the Kauppi Sport Center.

criterium: Tampere Stadium (Ratina)

Road Race: **Pyynikki Indoor Sports Center**, Ammattikoulunkatu 20 33230 Tampere.

COMPETITION DETAILS

Race office

The race office will open each morning at 8.00. Race office will be located near the start of each race.

Timing

The timing will be verified through the use of a personal chip that will be provided. The chip and the starting numbers will be delivered in the starting area before each competition. The chip should be placed on the front fork.

Timing transponders must be returned after each race. You will have to pick up the race numbers and transponders each morning separately. Failure to return the transponder will lead to a fine of 100 eur.

When the first cyclist of the start arrives at the finish, all other cyclists of the same start have to finish at the same lap.

The bell for the last lap will be rang, when the first cyclist has started the last lap. The last lap of the first cyclist is the last lap for the whole start group.

Race Numbers

The race number should be placed on the back (on the recording side, will be informed later). MTB-race numbers will be put in handlebar.

Equipment Control

The control of material will be carried out before each departure (check approval for the helmets and bicycles according to the Implementation Rules).

Roll-call

In every tender a roll-call will be made before the start of the race.

Race Director

The competitions will be conducted by a race director assisted by a jury.

Cars

The Organizing Committee will provide for a car to precede the riders (start of stroke) and for a car to follow them (limit switch), as well as technical guards.

Athletes' behavior

Racers are bound during the race to act with the highest caution for their own safety and that of the other competitors, of the people following the race and of the spectators.

They are required to know the characteristics of the path and should comply with the provisions and the reports of the Executive Board, of the members of the jury both in the car and on motorcycles, of the police or those to be found on the path itself.

Riders are not allowed to dispose of food, food bags, water bottles, clothing etc, anywhere without precaution. Possible food wrappers and other rubbish can only be disposed of at the "green zone" specified by the race organizers.

Before each competition a lap of the course will be made at a tourist pace in order to inspect bends and course sections which are considered most critical. (FOR CRITERIUM ONLY)

COMPETITION FORMAT

All disciplines will be competed as line races.

Medals

In European Masters Games, the athletes do not represent their country of origin, therefore the prize-awarding ceremonies will be carried out without hoisting of flags. No National Anthem of the winning team will be played. The medals will be provided by the Organizing Committee.

Technical meeting

A Technical Meeting will take place before the start of the competitions in order to introduce the competitions, remind those involved of the regulations and the behavior that is expected.

Personal accident insurance and medical certificate

It is the participant's own responsibility to take out adequate and valid accident and health insurance. The competitor registration fee does not cover personal accident insurance.

Anti-doping

The IMGGA has adopted an anti-doping policy in line with the WADA (World Anti-Doping Agency) code, which means that testing will be conducted during the games. Each participant must comply with and independently consent to the IMGGA Anti-Doping policy <https://imga.ch/masters-sports/anti-doping/>.

EQUIPMENT

It is each individual's responsibility to bring their own bikes, helmets and training equipment.

- During the race the use of a rigid helmet is mandatory which should comply with the safety and protection standards of the rules in force.
- The athlete is required to wear a helmet also in the phases immediately before or after the race, especially while wearing the race shirt with the number on it. In training on the road and during the warming-up phase before departure, the use of a rigid helmet is strongly recommended.
- Individuals are encouraged to bring their own bottles of water.

- The use of any radio transmitting apparatus is forbidden.
- Individuals are responsible for the safekeeping and storage of their own equipment.

UNIFORMS

The Organizing Committee will not distribute sportswear for the competition.

Each athlete will provide for its own sporting clothes necessary to participate in the Cycling Competition.

TRAINING FACILITIES

Riders are welcome to train anywhere in Tampere and surrounding areas. The riders are welcome to get to know the competition rules. **Riders should take into account that the competition routes are only closed for other traffic on the competition day.** Riders should be careful while training on the roads.

FURTHER INFORMATION

Planning for the EMG2023 competition will continue throughout 2022 and spring 2023. Additional sport specific information will be communicated to registered participants and this Sports Information Guide will be updated according to possible changes.

All participants are encouraged to monitor the EMG2023 website at www.emg2023.fi as well as other Games communication channels to find out the latest information.

For more cycling specific information, please contact Janna-Carla Niemi, jcmniemi@gmail.com

For general information about EMG2023, please contact info@emg2023.fi.