



Rules and Conditions of Participation of BEMER Cyclassics 2021

(As of 27th October 2020)

1. Basics

1.1. General

- (1) These rules shall apply to the BEMER Cyclassics 2021. They are based on the competition rules of German Cycling Federation (BDR e.V.).
- (2) By registration and participation in the BEMER Cyclassics every participant accepts these rules.
- (3) Each rider shall make himself/herself acquainted with the content of the race pack issued upon accreditation and shall verify if the data are correct. Corrections of any kind such as spelling mistakes can only be done directly on the accreditation site by the accreditation team. There is no right to any corrections/ adaptations at a later point. Furthermore, each participant shall make himself/herself acquainted with the content of the starter handbook that will be issued together with the race pack and observe the same strictly.
- (4) In case of discrepancies of the German and English version of these “Rules and Conditions of Participation”, the German version will apply.

2. Conditions of Participation

2.1. General

- (1) The BEMER Cyclassics is open to all amateur and leisure cyclists, unless they are in possession of a BDR Elite-Amateur-or higher qualified race licence or would be accordingly classified in the event of the dispensation of a licence or have the equivalent of this license level for foreign participants
- (2) Elite women, who are not organised in teams for licensed riders, are basically eligible to start.
- (3) Non-licence riders, who must be classified higher than the above limitations in the event of the acquisition of a German Cycling Federation (BDR)/International Cycling Union (UCI) licence in the current calendar year, are expressly **not allowed** to race.
- (4) Every participant who once held a license exceeding the C-license, but currently meets the rules and conditions of participation, shall indicate such licensing upon registration.
- (5) Athletes of the 1st and 2nd Federal Triathlon or Duathlon League will not be allowed to take part.
- (6) Applicants who are members of national cycling, duathlon or triathlon squads are barred from taking part.
- (7) A sports club membership is not required. The registration and the associated acceptance of the rules and conditions of participation, the race information as well as the GTCs and the payment of the entry fee will be enough.
- (8) Every participant shall make sure that his/her health is in a condition that allows him/her to take part in the event and should consult a doctor if deemed necessary, of which proof should be furnished upon request.
- (9) Applicants who have been involved in doping offences within the last 5 years, whether as active sportsmen/women or in some other capacity, are barred from taking part.

2.2. Participation of Junior Class Riders

2.2.1. General

- (1) A basic precondition for under-age riders to take part in the event shall be the consent by a legal guardian.
- (2) Riders younger than 15 years in the year of the event will not be allowed to take part. Cyclists who are younger than 17 years in the year of the event are not permitted to participate in the Cyclclassics 100. Participants of the Cyclclassics 160 must be 18 years of age on the day of the race.
- (3) ATTENTION: BDR-licensed riders of the age groups U19 and younger are, according to BDR statutes, expressly NOT eligible to participate in the BEMER Cyclclassics.

2.2.2. Maximum Race Distance

For under-age participants at the BEMER Cyclclassics the following shall apply as regards maximum course length and age

- o 'Youth Men' and 'Youth Women' max. Cyclclassics 60

3. Age Groups

Each participant will also be ranked separately according to gender in his age group. The year in which the respective year of age is completed is decisive for the age group division.

Youth Men/Women: 15 - 16 years (only Cyclclassics 60)

Junior Men/Women: 17 - 18 years

Men/Women: 19 - 29 years

Masters I Men/Women: 30 - 39 years

Masters II Men/Women: 40 - 49 years

Masters III Men/Women: 50 - 59 years

Masters IV Men/Women: 60 - 69 years

Masters V Men/Women: 70 – 79 years

Masters VI Men/Women: 80 years and older

4. Teams

4.1. General

- (1) There are four categories of teams:
 - a) team
 - b) women team
 - c) company team
 - d) company sports team (can be combined with another team category)
- (2) A team consists of a fixed number of participants who have registered for the same team.
- (3) The number of female and male riders is of no relevance for teams, corporate teams and company sports teams.
- (4) Teams shall not be subjected to any age structure.
- (5) No tandems shall be admitted as part of a team.
- (6) Teams will either appear in the 'team ranking', 'women's team' or 'corporate team ranking' and/or 'company sports team' ranking. To be ranked in different categories shall be excluded. Members of a company sports team may be ranked in another team category additionally.

4.2. Team Categories

4.2.1. Team

- (1) A team comprises at least 4 but not more than 8 registered team members.
- (2) The fastest four finishers of a team are included in the team ranking. The total sum of the net riding times of these four team members determines the ranking in the team ranking. In case of time equality, the better placed 1st finisher of each team decides on the ranking. The individual rankings of the team members are not decisive for the ranking of the team ranking.
- (3) A team comprising more than 8 riders, or less than 4 finishers will not be ranked in the team ranking or any other team category.

4.2.2. Women's Team

- (1) A women's team comprises at least 3 but not more than 6 registered female team members.
- (2) The fastest three finishers of each women's team will be ranked in the women's team ranking. The total sum of the net riding times of these three team members determines the ranking in the women's team ranking. In case of time equality, the better placed 1st finisher of each team decides on the ranking. The individual rankings of the team members are not decisive for the ranking of the team ranking.
- (3) A women's team comprising more than 6 riders, or less than 3 finishers will not be ranked in the women's team ranking or any other team category.

4.2.3. Company Team

- (1) A company team comprises at least 10 registered team members. There is no limit to the maximum number of team members.
- (2) The 10 fastest finishers of each team will be included in the company ranking. The ranking is analogous to 4.2.1, but applies to 10 finishers.
- (3) A company team comprising less than 10 finishers will not be included in the company ranking or not be ranked in any other team category.
- (4) To get approved as a company team, all team members must be employed by the same employer.

4.2.4. Company Sports Team

- (1) The rules given under section 4.2.1 shall also apply.
- (2) Company sport athletes must state in their registration form which German company sports group they belong to at the time of the event.
- (3) This ranking may be chosen along with another ranking.

5. Bicycles and Equipment

5.1. General

- (1) As far as the requirements for bikes are concerned, they are different for the BEMER Cycclassics from those of German Cycling Federation (BDR) or the International Cycling Union (UCI).
- (2) Only human-powered, two-wheeled bikes with at least 2 brakes that function independently are permitted. (Exception: Cycclassics 60 last starting block: pedelecs with power support to 25km/h max. are permitted)
- (3) Every participant is responsible for the safety of his/her own bicycle. Particular attention must be paid to functioning brakes and other safety-related components.
- (4) Participants who after the start of the race are found to use bikes that are not in compliance with the rules will be expelled from the race and disqualified.
- (5) There shall be no limitation regarding gears.
- (6) Bottle holders may only be attached to the down and seat tube of the frame.

5.2. Racing Bikes

There are no regulations regarding frame geometry if it does not significantly limit the general riding safety.

5.3. Mountain Bikes, Trekking und City Bikes

Such types of bike may be used for all distances. Please take note of the minimum average speed limit when choosing a bike.

5.4. Special Regulations

The material and types of bicycles listed below shall be **expressly excluded** from use for the BEMER Cyclassics:

- Disc wheels front and/or rear (disc brakes are allowed)
- Triathlon, horn-type and delta handlebars
- Handlebar attachments of any kind (attention: bar ends (10cm max) at MTBs are permitted, if not narrowing the grip!)
- Cargo bikes, recumbent bicycles, unicycles, hand bikes, tricycles
- Bicycles that are not 100% muscle operated (exception in the last starting block of the Cyclassics 60: pedelecs with an electrical support up to a speed of 25km/h are also permitted!)
- Track bikes/fixies of any kind (only those with two independently operational brakes and free-wheel hubs are permitted)
- Bicycle trailers of any kind
- Mountings that present safety risks (protruding kickstands, pegs etc.)
- Panniers and other loads
- Backpacks (Exception: commercially available drinking backpacks such as Camelbaks are permitted if they are designed and used exclusively for transporting beverages. Attention! the shirt number must remain free and clearly visible.)
- Bottle holders behind or under the saddle
- Drinking bottles of aluminium, glass, hard plastic or other materials that are breakable or cannot easily be deformed
- Sound carriers of any kind or ear covers, which can have a negative influence on the acoustic perception and thus the responsiveness in road traffic or in competition (e. g. MP3 players, headphones, earphones, earplugs)

6. Helmet, Clothing, Bib Number

6.1. Helmet

Helmets are mandatory without exception! The helmet must comply with the currently valid and recognised safety regulations DIN Norm 33954 and/or DIN EN 1078 and/or the currently valid TÜV/GS, SNEL, CPSC and/or ANSI regulations.

CE conformity for European helmets is also a prerequisite for approval.

6.2. Clothing

There are no special regulations for the type of clothing, but it must not be a safety risk and must fit tightly to the type of sport. It is not permitted to ride with the upper body uncovered.

6.3. Bib Number

- (1) The bib number serves for identification of a participant. It must be affixed clearly visible, securely and in full size on the rider's back covering the jersey pockets and loins respectively.
- (2) If a frame number is issued, it must be properly affixed at the frame as described using cable retainers or at retainers already attached to the frame.
- (3) Timing transponders see 10.
- (4) Passing on the bib number to another participant is prohibited. Bib numbers can only be transferred to a substitute participant within the scope of a race slot transfer. The required procedure is regulated in the tender race information (in the section Registration: 'race slot transfer'). For sanctions in the event of a violation, see section 18.2 (1) to (5).

7. Special Features of the BEMER Cycclassics

7.1. Separation Cycclassics 60 and Cycclassics 160

- (1) Since the short distance (Cycclassics 60) and the long distance (Cycclassics 160) start together, the racing fields are separated approx. two kilometers before the finish. The participants of the Cycclassics 60 ride directly to the finish and the participants of the Cycclassics 160 embark on a second lap and the remaining 100 kilometers. The field separation will be displayed in good time by means of appropriate warning notices and the participants will be asked to position themselves on the designated side of the race track. It is essential to avoid hectic driving maneuvers and suddenly leaving the lane. Lane changes have to be signaled in good time with a corresponding hand signal.

7.2. Motorcycle Convoy

- (2) The races will be accompanied by a neutral motorcycle convoy.
- (3) The motorcycle convoy carries out the following functions:
 - Escort of the race and supervision to establish that the race is conducted in accordance with the rules
 - Recording of individual infringements of the rules
 - Removal of non-participants from the course
 - Provision of first aid materials in the event of an accident
 - Provision of service kits if repairs are needed
 - Escort of top-flights to the finish including forewarning of slower riders from other races who are to be overtaken on the finish line.

8. Rankings

8.1. Overall Individual Ranking

- (1) The overall individual ranking splits into male and female participants and the race distance. Based on this, there will be an "Overall Individual Ranking Men" and an "Overall Individual Ranking Women".
- (2) In the overall individual rankings according to the above paragraph, all starters of an open race are listed together regardless of age and team membership. The first placed participant leads this list, the last placed participant completes it.

8.2. Age Group Ranking

The ranking by age categories splits into rankings by male and female competitors, the race distance and the age category. See 3 for the classification of the age groups.

8.3. Team Rankings

- (1) This ranking differentiates between the types of teams (see 4.2) and the course length. This results in the following team rankings for each race distance:
 - team ranking
 - women's team ranking
 - Company ranking
 - company sports ranking
- (2) The 4 riders of a team and a company sports team with the best time will be ranked.
- (3) The 3 riders of a women's team with the best time will be ranked.
- (4) The 10 riders of a company team with the best time will be ranked.
- (5) If two teams' times are equal, ranking will be decided by the better-placed first rider in each team.

8.4. Tandem Ranking

- (1) In tandem ranking all tandem teams who have participated in the race will be ranked, regardless of age group.
- (2) No difference will be made between women, men and mixed tandems.

8.5. Special Celebrity/VIP Ranking

- (1) Riders in this category start from the designated celebrity/VIP starting block with a block start time.
- (2) Celebrities/VIPs who start falsely from a starting block behind the designated celebrity/VIP starting block will still be recorded as starting with the block start time of the celebrity/VIP starting block.
- (3) Celebrities/VIPs are ranked only in the celebrity/VIP ranking.
- (4) There is no ranking by age groups or teams within this special ranking.

8.6. Pedelecs

Participants who start with a pedelec are included in the result with their transponder data in alphabetical order without ranking.

8.7. Award Ceremonies

- (1) Following the respective races award ceremonies will take place on the award ceremony stage in the finish area. The following rankings will be awarded at the three distances (Cyclclassics 60, Cyclclassics 100 and Cyclclassics 160):
 - places 1-3 overall individual ranking women
 - places 1-3 overall individual ranking men
 - 1st place team ranking
 - 1st place women's team ranking
- (2) The exact times and location of the award ceremonies will be announced approximately two weeks prior the event.

9. Starting Block Allocation

- (1) Each participant will be informed of her/his official starting block upon collecting the bib number at the accreditation. The participant must start from the allocated starting block. This allocation cannot be changed.
- (2) For riders who already participated in previous editions of the BEMER Cyclclassics the starting block will be allocated based on their average speed in the three preceding events. Newer average speeds take priority over older average speeds.
- (3) First-timers to the BEMER Cyclclassics and participants, whose last participations was before 2017, will be allocated according to the date of receipt of their registration to one of the last starting blocks.
- (4) Riders of a team who already participated in previous editions of the BEMER Cyclclassics will only be individually allocated to starting blocks based on their average speed in the three preceding events, if this has been indicated on the registration form for the BEMER Cyclclassics. All other team riders will start together as a team from the allocated starting block.
- (5) Teams that are new to the BEMER Cyclclassics will be allocated according to the date of receipt of their registration to one of the last starting blocks.
- (6) The individual starting block allocation for paragraph (2) and (4) will only be conducted for registrations in registration period 1. Registrations in registration period 2 and onsite will be allocated according to the date of receipt of their registration to one of the last starting blocks.
- (7) Each rider must line up in his/her starting block 15 minutes prior to the start. The entrances provided for this purpose must be used. There is no ranking within a starting block. Riders arriving first in the starting block must take up a position in the front rows to allow other riders to move up so that the entrance area to the starting block remains unobstructed.
- (8) Riders must not climb over fencing to get to the starting block/ or to push to the front.

10. Timing

10.1. General

- (1) Timing will be recorded individually and electronically.
- (2) Each participant must use the transponder issued by the organizer, in particular no personal time measurement transponders are recorded.
- (3) The time measurement transponder issued during accreditation shall be attached to the bicycle in accordance with the rules.
- (4) The event organiser reserves the right to use a different timing system. The then applicable specifications shall be notified on time and shall be complied with.
- (5) The timekeeping will be used on all rankings.
- (6) The race begins with the official start signal.

10.2. Block Starting Time / Real Time Measurement

- (1) The first starting blocks of each race will start with a block starting time. Block starting time is the net starting time for each participant of that start block.
- (2) Timing for riders starting from the blocks after that will begin as soon as the rider has crossed the starting line with his/her transponder (real time measurement).
- (3) Riders allocated to a block starting time who start further back than their allocated starting block will still be recorded as starting with the block starting time of their allocated starting block.

10.3. Overall Individual Results

- (1) The first 100 finishers of the overall individual result of each race will be the first 100 riders of the final result. From place 101 the net time taken will determine the ranking.
- (2) The first 10 female finishers of the women's overall individual result of each race will be the first 10 female riders of the final result. From place 11 the net time taken will determine the ranking.

11. Food during the Race

- (1) At least one catering point will be set up per distance at the BEMER Cycclassics. This will always be located on the right side of the road.
- (2) Such catering points will be announced on both sides of the road by signs put up at distances 1,000m, 500m and 250m before their location.
- (3) The rider must indicate his/her intention to take up food by giving clear hand signals, keeping to the right, veering from the course cautiously and considerably, and coming to a halt. NOTE! The individual race time will not be stopped during food-breaks!
- (4) Taking food from escorting vehicles is not permitted. Any deviation from this rule shall be allowed under certain weather conditions only and will be announced before the race by the race committee on a case-to-case basis.
- (5) Riders must not accept food or drink from bystanders along the course or from their own support party.

12. Interruption or Drop Out of Race

- (1) If a rider is forced to interrupt or finish the race due to a mechanical breakdown, defect, health problems etc. he/she must indicate this immediately to the other riders by raising his/her right arm and then stopping at the nearest side of the road. The rider can cross to the right side of the road at the next safest opportunity, should he/she not be on that side yet. There, he/she must wait for the escort vehicle and indicate, by raising his/her right arm again, that assistance will be needed.
- (2) Leaving the race course results in disqualification, even if the participant returns to the race course. Official food points are part of the race course.

13. Own Escort Vehicles and Help by Third Parties

- (1) It is strictly prohibited for personal or team escort vehicles to drive inside the closed off race course.
- (2) It is also not allowed to accept technical assistance or food from press vehicles or other authorized vehicles that do not belong to the direct race organization.
- (3) In case of health problems or crashes it shall be expressly allowed to accept external assistance.

14. Average Speed and Sag Wagon

- (1) For the BEMER Cycclassics minimum average speeds are declared and must be observed. Such speeds will depend on the length and the topography of the race and be published in the race information. They constitute an integral part of these rules and conditions of participation.
- (2) Monitoring of the minimum average speed will be administered by the race committee.
- (3) If a rider falls due to defect, health problems or otherwise short of the required minimum average speed, he/she must withdraw from the race and get into the sag wagon upon request by the race organisers.
- (4) If required by the state of traffic, the committee may, in coordination with the escorting police, withdraw far-trailing participants from the race, despite them complying with the time limit.
- (5) The instructions given by officials and the sag wagon staff shall be strictly followed.
- (6) Riders that cross the finish line before the sag wagon but did not meet the required minimum average speed shall be disqualified and will be listed on the results with the transponder data, but without ranking.
- (7) Riders who reach the finish behind the sag wagon will be disqualified and will be listed on the results with the transponder data, but without ranking.

15. General Riding Regulations

- (1) The obligation to drive on the right hand side of the road must be upheld. This applies especially to riders that are being overtaken by the lead group of the longer distance. See Art./Rule 18.2 (14) for sanctions.
- (2) Participants are not allowed to hinder other riders from passing or cut riders off/force riders off the road. Contact with other riders is to be avoided whenever possible.
- (3) Any forcing aside, pulling, pushing etc. for the purpose of personal or mutual benefit or other hindrances, such as sudden leaving of the lane or stopping during or in the run-out of the race without compelling reasons shall be penalized according to the list of penalties (see section 18.2).
- (4) Drafting behind or holding onto motor vehicles is prohibited.
- (5) The passing of food or refreshments among participants shall be allowed.
- (6) Any discarding of objects of any sort, including waste or empty bottles shall be prohibited and will be punished according to the list of penalties (see section 18.2 (18) and (22)). Every participant must make sure that his waste and empty drinking bottles are disposed of in no other places than the catering points along the race course or at the finish area.

16. Material Exchange and Repair

- (1) The exchange of tools and spare parts shall be permitted among the participants, whereas the exchange of wheels and racing bikes shall be permitted solely among members of the same team. In case of the exchange of bikes, the participant is solely responsible for ensuring that the transponder has been fastened onto the new bike.
- (2) Wheels and bicycles may only be exchanged at designated service stations set up along the race course.

- (3) Bicycle repairs must be made while standing and behind the group on the right side of the road in front of the service car, if present. The pavement on the right-hand side of the road, if there is one, should be used for carrying out repairs.
- (4) To repair a bicycle at a service point the rider must first give a clear hand signal, keep to the right, veer from the course cautiously and considerately, and come to a halt. The service points will always be on the right side of the road and are either combined with catering points or marked with signs.

17. Closed Gates at Level Crossings

- (1) Any crossing of closed railroad crossings (from lighting up of red light) shall be prohibited.
- (2) There shall be no time credit if riders are held up at railroad crossings.

18. Sanctions in Case of Infringements of the Rules

18.1. General

- (1) Penalties for offences may only be imposed by the race committee. The sanctions are intended to ensure the smooth and safe organisation and safety of all participants.
- (2) The degree of punishment is based on the list in section 18.2.
- (3) The list of penalties is not restricted. In the case of breach of rules that are not included in the sanctions catalogue, the penalty lies upon the race director's discretion.
- (4) The race committee decides according to their free conviction, gained from the circumstances. The decision will be communicated to the person concerned in writing.

18.2. List of Penalties

The following penalty index shall apply:

No.	Type of Offence	Penalty
1	Participating under a false name	Banned to race for 5 years or lifetime ban and a fine of EUR 500 paid to the organiser. (The fine will be donated for charitable purposes.)
2	Participating as an elite amateur license rider or higher licence	Disqualification, removal from the results list and suspension for 3 subsequent years
3	Transfer of own race documents to another person to participate, without ensuring that said documents were rightfully transferred onto his/her own name	Suspension for 3 subsequent years, lifetime ban if act was deliberate
4	Using another rider's transponder	Disqualification and suspension for 2 years
5	Using old or false or manipulated race number	Disqualification and suspension for 3 years
6	Violence between participants or against other persons	Disqualification and suspension for the 3 following years
7	Intentional dangerous riding	Disqualification and suspension for the following year
8	Short cutting or any other deviation from the race course	Disqualification and suspension for the following year
9	Crossing of closed railroad crossings	Disqualification and suspension for the following year
10	Use of bike contrary to the race rules in the race	Disqualification and suspension for the following year
11	Racing without helmet or taking off helmet during race	Disqualification and suspension for the following year

No.	Type of Offence	Penalty
12	Racing without Race number on back and/or transponder missing	Disqualification and suspension for the following year
13	Multiple breach of the rules on the same race day	Suspension for at least the following year to a maximum of three years, depending on the severity of the offence
14	Failure to comply with keeping to the right when being passed by faster groups of riders after the 5,000m marking	Disqualification and/or suspension in the following year
15	Insult, threatening, incorrect conduct	Warning or disqualification or suspension the following year
16	Lining up in wrong starting block (with block start time)	Disqualification and formation in the last block the following year
17	Lining up in wrong starting block further up front	Disqualification
18	Carrying or discarding glass containers or a beverage container that is not easily pushed in	Disqualification
19	Participation in wrong race (race distance!)	Disqualification
20	The use of any kind of telecommunications devices during the race, between lining up for the start and the ride out after the finish line	5 min. time penalty or disqualification
21	Start line-up with bike contrary to the race rules	5 min. time penalty and bike change or disqualification
22	Discarding drinking bottles or other objects	1 to 5 min. time penalty
23	Sprint contrary to the race rules	1 min. time penalty or disqualification
24	Unsportsmanlike riding/behaviour	Warning or disqualification
25	Dangerous riding	Warning or disqualification
26	Bib number on back or transponder not visible	Warning or disqualification
27	Wearing hazardous clothing	Warning or disqualification
28	Deviation from riding lane and endangering other participants	Warning or disqualification
29	Riding without holding on to the handlebar	Warning or disqualification
30	Taking off helmet at the drive off area after the finish	Warning or disqualification
31	Improper wearing of bib number	Warning or disqualification
32	Hindrance of an official vehicle	Warning or 5 min. time penalty or disqualification
33	Using of any kind of audio device or ear covers during the race between the starting block line up and the drive off after finish	Warning or 5 min. time penalty or disqualification
34	Non-observance of instructions given by race committee or marshals	Warning or 1 min. time penalty or disqualification

No.	Type of Offence	Penalty
35	Gaining advantage by holding on to a motor vehicle, by drafting behind a vehicle etc.	Warning or 5 min. time penalty
36	Mechanical assistance contrary to the race rules	Warning or 5 min. time penalty
37	Multiple crossing of the start or finish line with time measurement transponder	Warning or 5 min. time penalty
38	pushing off vehicles / motorcycles / participants	Warning or 5 min. time penalty
39	Pulling and pushing among riders	Warning or 2 min. time penalty
40	Accepting food contrary to the race rules	Warning or 1 min. time penalty
41	Lining up by NOT using the marked entrance areas	Warning or 1 min. time penalty
42	Pushing to the front while lining up	Warning or 1 min. time penalty
43	Lining up in wrong starting block further behind	Warning

19. Recording of Infringements of the Rules of the BEMER Cyclassics

- (1) Each year the organiser and the race committee record infringements of the rules at the start, during the race and in the finish area. The rule violations are recorded and stored in a list in order to avoid further violations or to impose appropriate sanctions.
- (2) Riders who are recorded on the list as having committed an infringement that did not lead directly to disqualification will receive a precautionary memorandum from the race committee at accreditation in the following year advising them to take particular care to observe the rules, since repeated infringements may, depending on the severity of the offence, lead to disqualification and to a ban on entry.
- (3) Riders who commit no further infringements in three consecutive years will have their name removed from the list of infringements.
- (4) The recording, saving and handling of the personal data in said list of infringements are to be conducted solely for said purposes in accordance with the legal Data Protection policies. Forwarding of said data to Third Parties shall not occur.

20. Notification

- (1) All notifications on the part of the organiser and the race director, except for Par. 2, will be made informally and may also be carried out electronically.
- (2) The order for payment of the contractual penalty shall be made by registered post or by delivery of the document against acknowledgement of receipt. In the case of delivery by registered letter, the letter shall be deemed to have been delivered on the third day after posting by post.
- (3) The participant must accept notifications and messages to the address that he/she entered during his/her registration.