

全港山地車賽 – 2 人接力賽簡介

規則：

1. 2 人一隊，每隊最多一名精英組員
2. 每人賽一圈，共賽 2 圈
3. 2 人接力時必須在指定接力區內進行
4. 接力時，2 位隊員身體任何一部份必須有接觸
5. 等待接力者必須有最少一隻腳著地，不可雙腳離地

Hong Kong Mountain Bike Race – 2-person Relay

Rules:

1. 2 riders per team and only 1 elite rider allowed.
2. Each team member race for 1 lap and totally 2 laps for a team.
3. The take-over should be completed within the designated take-over zone.
4. When taking over, 2 team members shall make physical contact with each other by any part(s) of their body.
5. Rider waiting in the take-over zone should at least keep one foot on the ground until the take-over completed.