

## **PESTA SUKAN 2025**

### **Round Island Bike Adventure (RIBA)**

#### **1. General Rules**

- 1.1 RIBA is governed by Pesta Sukan 2025 General Rules and Regulations

#### **2. Eligibility & Registration**

<b>S/No</b>	<b>Category</b>	<b>Clarification</b>
1	Individual Youth	14 to 21 years old, born between 2004 to 2011 (year inclusive)
2	Individual Masters	55 years old and above, born from 1970 onwards (year inclusive)
3	Individual Open	22 to 54 years old, born between 1971 to 2003 (year inclusive)
4	Corporate Team*	14 years old and above, born from 2011 onwards (year inclusive)

##### **2.1 Registration Fees**

<b>S/No</b>	<b>Category</b>	<b>Fees</b>	<b>Remarks</b>
1	Individual Youth	\$10	-
2	Individual Masters	\$5	-
3	Individual Open	\$15	-
4	Corporate Team	\$75	Group of 5 riders

*\*Corporate Team Category is for participants representing Multi-National Corporations (MNC), Small and Medium Enterprises (SME), Institute of Higher Learning (IHL), Clubs, Associations, Government Agencies and Unions.*

*^Permanent residents and foreigners are welcome to participate with a condition that he/she must have a residential address here*

#### **3. Event Venue & Schedule**

- 3.1 The event will be held across Singapore on 3 Aug 2025, Sunday with Main Stations around the island:

<b>Date</b>	<b>Timing</b>
3 Aug 2025, Sunday	Flag Off/Ride Duration Timing: 0700hrs to 1900hrs

*Note: The above schedule is subjected to changes once the entries are finalised*

- 3.2 Ride route will consist of Park Connector Network (PCN) and road riding.

3.3 There will be **four** (4) sport centres main stations pit stops:

S/N	Zone	Sport Centre
1	West Zone	Jurong West Sports Centre (JW)
2	Central Zone	Sports Hub (Outside Shimano Cycling World)
3	East Zone	CSC Changi Clubhouse @ Netheravon Road (CSC Changi)
4	North Zone	Yishun Sport Centre (YIS)

*Note: Ride route may change nearing the event date*

3.4 Riders will be able to commence their Round Island Bike Adventure Towards SG100 (RIBA Towards SG100) **from any of the above sport centres which is specified during registration**. Preferred start location will be indicated during registration.

3.5 Riders are encouraged to ride in an **anti-clockwise** direction from their start point, example JW to Sports Hub, to CSC Changi to YIS.

3.6 Riders are to observe Safe Cycling Regulations, Road Traffic Regulations and avoid rushing on the route.

3.7 This is not a race. Riders must place personal safety as priority and are to avoid racing / speeding / grouping on route.

3.8 All participants must complete the indemnity forms prior to participating in the event.

#### **4. Ride Format and Verification**

4.1 All Riders must bring along his / her valid Singapore pink or blue identity cards, valid driving license (with photo), valid passport or any other form of photo identification for verification, failing which he/she will not be allowed to participate in the ride.

4.2 All Corporate Team Riders must produce corporate pass/staff ID for verification upon bib collection. If there is no staff ID available, respective company must submit a duly signed company letter/employment letter with company stamp or payslip to verify participant's employment status.

4.3 Riders are highly encouraged to familiarize themselves with the route of travel at their respective Start Point.

4.4 Riders will have a safety briefing before commencement of ride.

4.5 Riders are to report to the Station Master upon arrival of next Main Station.

4.6 Participants who are aged 16 and below, ie born in or after 2009, must obtain parental/legal guardian consent for their participation in the tournament. Consent forms can be downloaded here -> <https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan/signature-events>. Forms must be submitted to staff upon collection of bibs on day of event.

4.7 Riders will be despatched in waves of 10-15 persons every five (5) to ten (10) minutes to reduce possibility of overcrowding on the routes.

## 5. Ride Verification

- 5.1 Each participant will be issued with a **unique QR code via email** upon registration and payment for the event. QR code will be sent separately upon closing of registration. **Participants are required to bring along the unique QR code on event day** to scan in at the QR code scanner located at all main stations.

Upon scanning in at the QR code scanners, it will identify completion of each main station (Sports Hub, CSC Changi, Yishun Sports Centre and Jurong West Sports Centre).

- 5.2 Participants without registration and payment for the event will not be issued with the unique QR Code. Do note that the registration slot and QR code is non-transferable.
- 5.3 **Example:** If a rider starts from **Sports Hub**, he/she will scan at the first QR code scanner at **CSC Changi**, followed by 2<sup>nd</sup> QR code scanner at **Yishun SC** and 3<sup>rd</sup> QR code scanner at **Jurong West SC**. Upon completing the full loop, he/she will scan at the **final** QR code scanner at **Sports Hub**.
- 5.4 Participants are recommended to bring an additional power bank along for the ride or print out the unique QR code that has been sent to their email.
- 5.5 Participants who wish to drop out of the event / did not complete the event without medal must inform RIBA hotline on their status. Contact/Call Tracing will commence for participants who did not notify/did not complete without medal to verify their status.

## 6. RIBA BIB Collection

- 6.1 All participants will be entitled to a random RIBA bib number, helmet sticker and bike sticker upon successful registration and payment.
- 6.2 Participants may proceed to collect their bibs from **19 July to 2 August, 9am to 10pm daily** at their **indicated start locations** *ie Rider has chosen to start from Sports Hub and he/she will proceed to Kallang Tennis Centre Guest Office to collect.*
- 6.3 The 4 bib collection points according to indicated start locations are:

Riders starting at CSC Changi – Collect at CSC Changi Clubhouse @ Netheravon Road

Riders starting at Jurong West Sport Centre – Collect at Jurong West Sport Centre Guest Office Level 2

Riders starting at Yishun Sport Centre – Collect at Yishun Sport Hall Guest Office

Riders starting at Sports Hub – Collect at Kallang Tennis Centre Guest Office

## 7. Participation Souvenirs

- 7.1 Participants who complete all 4 Main Stations (inclusive of Start Point)– Gold Medal within the stipulated timing window will receive a limited-edition **Round Island Bike Adventure Cycling Water-bottle**.

*E.g. Rider A commences his ride from **Sports Hub** to CSC Changi, continuing his ride from CSC Changi to Yishun SC and Jurong West before ending at **Sportshub** thus completing and checking into a total of 4 main stations.*

*- Rider A would have scanned at 4 main stations QR Code Scanner*

*- Rider A will thus be entitled to a limited-edition water-bottle and Gold Medal (additional scan required to certify collection)*

- 7.3 Riders will be awarded a medal in accordance to the Main Stations covered within the stipulated timing window from 0700 to 1900 on event day. Medals can be collected upon completion at the respective 4 Main Stations.
- 7.4 There are also limited-edition premiums awarded to the riders upon completion. These limited-edition premiums are on a first come first served basis and while stocks last.
- 7.5 There is no prize money for this event.
- 7.6 SportSG reserves the right to disqualify and remove – in its sole and absolute discretion, any registration which it deems inappropriate. In the event of the aforesaid disqualification or removal, no explanation will be provided by SportSG.

The criteria for Gold / Silver / Bronze QR Code requirements as follows:

### **START POINT – Sports Hub (Example)**

S/N	Awards	Criteria	Route
1	Gold	Completion of 5 stations (inclusive of Start Point)  a) 4 Main Station QR Code scan (Mandatory)	SH(Start Point) > CSC (2 <sup>nd</sup> station) > YIS (3 <sup>rd</sup> station) > JW (4 <sup>th</sup> station) > SH (End Point)
2	Silver	Completion of 4 stations (inclusive of Start Point)  a) 3 Main Station QR code scan (Mandatory)	SH (Start Point) > CSC (2 <sup>nd</sup> station) > YIS (3 <sup>rd</sup> station) > JW (End Point)
3	Bronze	Completion of 3 stations (inclusive of Start Point)  a) 2 Main Station QR Code Scan (Mandatory)	SH (Start Point) > CSC (2 <sup>nd</sup> station) > YIS (End Point)

## 8 Equipment and Attire

- 8.1 All riders must always wear a safety cycling helmet throughout the duration of the ride and wear bright visible clothing to ensure you can clearly be seen by other PCN and road users.
- 8.2 All riders are highly encouraged to bring water-bottles for hydration, spare tyre tubes/bicycle pumps and bring along necessary replenishment for the ride (if deemed necessary).

## 9 Safety

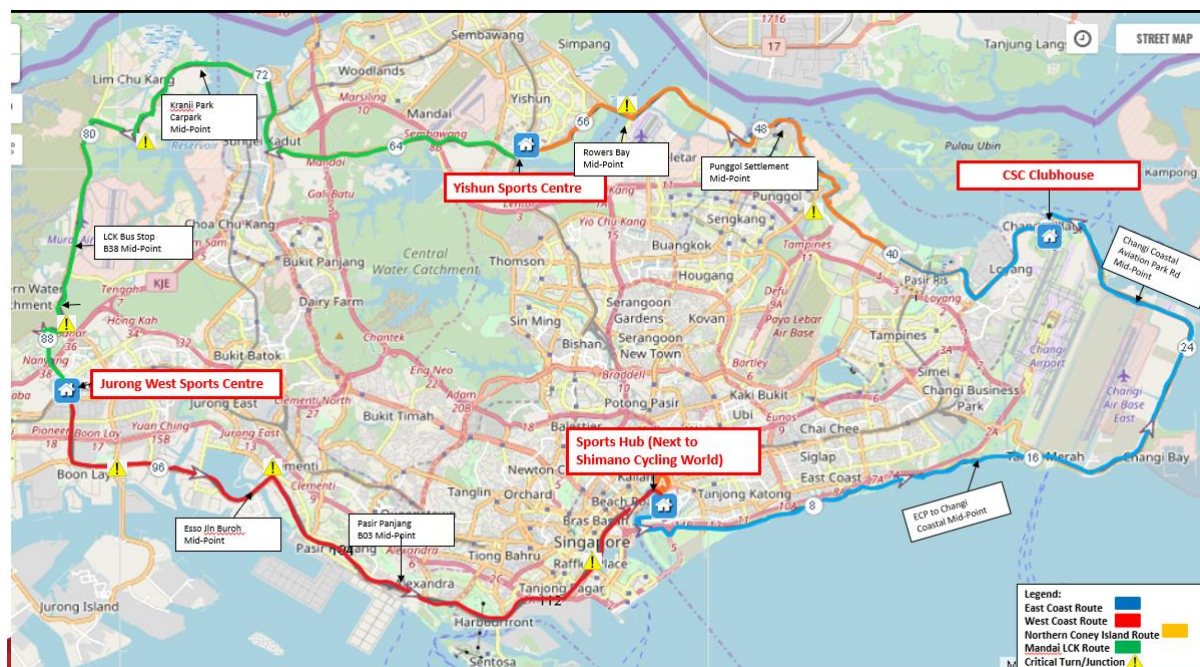
- 9.1 Riders are to adhere to the Rules and Code of Conduct by Land Transport Authority and Traffic Police. More details on the Rules and Code of Conduct can be found at the following website

<https://www.lta.gov.sg/content/ltaweb/en/walk-cycle-ride/rules-and-code-of-conduct.html>

## 10 Cycling Routes

- 10.1 Riders are encouraged to ride in an anti-clockwise direction from their start point, the recommended routes<sup>1</sup> are as follows.

### Round Island Bike Adventure Map



Estimated Total Distance: 120km approx\*

Please click here for the map -> <https://www.plotaroute.com/route/2892568>

Email: [sport\\_riba@sport.gov.sg](mailto:sport_riba@sport.gov.sg)

Get Active! Singapore Email: [getactive@sport.gov.sg](mailto:getactive@sport.gov.sg)

RIBA Hotline : 6500 5300 (only operational on event date)



\*Riders from Sports Hub towards Pasir Ris Sports Centre are to take note of the closure  
\*Riders from CSC Changi towards Yishun SC are to take note of the closure  
of Loyang Avenue and the revised park connector route shown below:





## 11 Start Locations

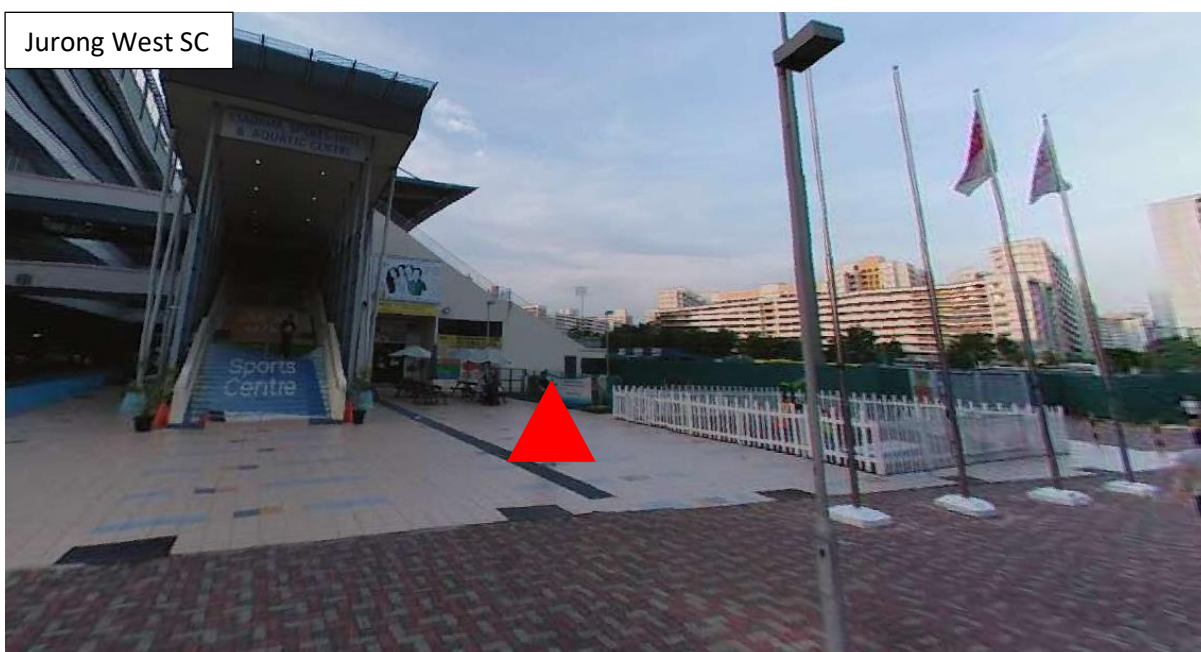




Yishun SC



Jurong West SC



## 12 Safety Advisory

[https://www.lta.gov.sg/content/ltagov/en/getting\\_around/active\\_mobility/rules\\_and\\_public\\_education/rules\\_and\\_code\\_of\\_conduct.html](https://www.lta.gov.sg/content/ltagov/en/getting_around/active_mobility/rules_and_public_education/rules_and_code_of_conduct.html)



# NEW RULES & GUIDELINES TO MAKE ROADS SAFER FOR CYCLISTS & MOTORISTS

EFFECTIVE FROM 1 JAN 2022



## Rule:

Cycling groups must not exceed the maximum length of 5 bicycles.



**5 cyclists**  
in single file

**10 cyclists**  
riding 2 abreast



## Guideline:

Motorists should provide a minimum distance of 1.5m when passing cyclists, just like with another vehicle.



## Guideline:

When cycling, groups should maintain a minimum distance of 30m or 2 lamp posts between groups.

A group should only overtake another when it's safe to do so.



## Reminder on Existing Rule:

Cyclists must always keep to the left edge of the road where possible.



## Reminder on Existing Rule:

No riding abreast on single-lane roads and during hours of bus lane operation.

A maximum of 2 cyclists can ride abreast on roads with 2 or more lanes.

Land Transport Authority  
We Keep Your World Moving



SINGAPORE POLICE FORCE  
SAFEGUARDING EVERY DAY

Penalties apply for non-compliance with rules.



### CHECKLIST FOR A SAFER RIDE

- ☐ Wear a helmet when riding on the roads. **RULE**
- ☐ Display front white light and rear red light/reflector during hours of darkness (7pm to 7am). **RULE**
- ☐ Do not use mobile phones when cycling. **RULE**  
(Ensure that your mobile phones are mounted on your bicycles.)
- ☐ Ensure your clothing is brightly coloured and reflective when riding in the dark.
- ☐ Purchase third-party liability insurance which can cover third-party costs if you damage others' property or injure others while cycling.
- ☐ Always check your bicycle's wheels, brakes and gears before you ride.
- ☐ Keep yourself hydrated throughout the ride.
- ☐ Carry an ID for emergency purposes when you ride.
- ☐ Be gracious and look out for one another on paths and roads.




### TIPS FOR A SAFER, HAPPIER RIDE



A public education initiative by:







#### STAY VISIBLE

- Display front white light and rear red light/reflector during hours of darkness (7pm to 7am). **RULE**
- Use hand signals in sufficient time before switching lanes or turning. **RULE**
- Ensure your clothing is brightly coloured and reflective when riding in the dark.
- Ensure other road users can see you: Avoid staying in the blind spots of large vehicles, and do not weave in and out of vehicles.



#### STAY VIGILANT, PAY ATTENTION

- Do not use mobile phones when cycling. **RULE**  
(Ensure that your mobile phones are mounted on your bicycles.)
- Stop and check for oncoming traffic before riding across the road. **RULE**
- Slow down when riding through crowded areas or approaching bends and blind spots.
- Keep a safe distance from other path and road users.
- Always check your blind spots before you move off, overtake or change lane.



#### FOLLOW RULES & GUIDELINES


##### ON PATHS:

- Stay within speed limits (25km/h on cycling paths, 10km/h on footpaths). **RULE**
- Dismount and walk your bicycle when you see a 'No Riding' sign. **RULE**
- Keep left on paths unless overtaking.
- Look out for other path users and give way to pedestrians.
- Use cycling paths where available.


##### ON ROADS:

- Always wear a helmet. **RULE**
- Adhere to all traffic rules, including traffic light signals, and do not ride against the flow of traffic. **RULE**
- No riding on expressways and in road tunnels. **RULE**
- No riding abreast on single-lane roads and during hours of bus lane operation.  
A maximum of 2 cyclists can ride abreast on roads with 2 or more lanes. **RULE**
- Cycling groups must not exceed the maximum length of 5 bicycles. **RULE**


**5 cyclists in single file**



**10 cyclists riding 2 abreast**




- Cyclists must always keep to the far left of the road where possible. **RULE**



#### PURCHASE THIRD-PARTY LIABILITY INSURANCE

Protect yourself with third-party liability insurance, which can cover third-party costs if you damage others' property or injure others while cycling.



For more information about third-party liability insurance and full list of on-path and on-road rules, scan the QR code or visit [www.go.gov.sg/amrules](http://www.go.gov.sg/amrules).


#### Ensure your bicycle meets the following criteria before riding on public paths and/or roads:

**20kg**

Max 20kg in weight (on paths)

**70cm**

Max 70cm in width (on paths)



Have at least one functioning handbrake (on paths and roads)

Penalties apply for non-compliance with rules.



# Where can I ride my Active Mobility device?

Using your device on a prohibited path is an offence. First-time offenders may face a fine of up to \$2,000 and/or imprisonment for up to 3 months, if convicted. Penalties for repeat offenders are higher. For your own safety, keep to the right paths and look out for other path users.



## Footpath

Typically paths beside roads and within HDB estates



## Cycling Path

Paths marked with cyclist logos



## Road

Except for expressways and road tunnels



## Personal Mobility Aid (PMA) e.g. mobility scooter



## Non-motorised PMD e.g. manual kick scooter



## Motorised Personal Mobility Device (PMD) e.g. e-scooter, e-unicycle, hoverboard



## Bicycle



## Power-assisted Bicycle (PAB) or e-bike














Extracted from [www.lta.gov.sg](http://www.lta.gov.sg)

[https://www.lta.gov.sg/content/ltagov/en/getting\\_around/active\\_mobility/rules\\_and\\_public\\_education/public\\_education\\_and\\_programmes.html](https://www.lta.gov.sg/content/ltagov/en/getting_around/active_mobility/rules_and_public_education/public_education_and_programmes.html)

S/N	SIGNS AND MARKINGS	EXPLANATIONS
1	<p>Stay On Track</p> <p>Stay On Track</p>	Stay within the dedicated paths for cyclists and pedestrians
2	<p>Shared Track</p>	<p>Sharing of path between pedestrians and cyclists</p> <p>Always cycle on the left side of the footway unless overtaking</p>
3	<p>Give Way To Pedestrians</p>	Be alert and give way to pedestrian movements a high pedestrian areas
4		

S/N	SIGNS AND MARKINGS	EXPLANATIONS
	 <p>Watch Out For Vehicles</p>	<p>Watch out and beware of vehicles from side accesses</p>
5	 <p>Push Your Bicycle</p>	<p>For your own safety, dismount and proceed by pushing forward</p> <p>Watch out for on – coming vehicles when crossing</p>
6		<p><b>Speed Regulating Strips</b></p> <p>To reduce the speed of cyclist approaching an area where conflicting movement ahead is expected (e.g. bus stops, junctions etc)</p> <p>Cyclist should slow down, give way or stop to dismount and push across these areas.</p>
7		<p><b>Bicycle Logo</b></p> <p>Bicycle logo demarcating the designated cycle path for cyclists.</p>
8		<p><b>Bicycle Crossing Sign</b></p> <p>Any cyclist who is within 50m of either side of a bicycle crossing as indicated by traffic sign, shall make use of the bicycle crossing for the purpose of crossing the road.</p>
9		<p><b>Bicycle Crossing Plate</b></p> <p>Cyclist shall only cross when the green bicycle in the traffic light is illuminated</p>

S/N	SIGNS AND MARKINGS	EXPLANATIONS
10		<b>Bicycle Look Box</b> Cyclist to pay attention and look before crossing
11		<b>SLOW (Supplementary Sign)</b> Cyclist to slow down when necessary
12		<b>Low Headroom</b> Cyclists are to take note of low head room ahead

12.1. Riders are recommended to adhere to the following when on the route.

- i) Use of front and rear light to illuminate; Ring of bell only when necessary;
- ii) Always keep to the left unless overtaking; Do not speed or ride in an inconsiderate manner;
- iii) Do not overtake others in a dangerous manner; Always give way to pedestrians and other cyclists;
- iv) Dismount and push when at high pedestrian areas such as traffic crossings, bus stops, covered link ways, etc;
- v) Slow down to give way to vehicle when approaching car parks accesses;
- vi) Slow down to give way to pedestrians when approaching intersections with pedestrian access;
- vii) Slow down when approaching intersections with limited sight distances;
- viii) Stay on cycling paths where available;
- ix) Do not use mobile communication devices while riding

## 12.2 On Road Cycling

- i) Observe traffic road rules, light signals, signs and road markings;
- ii) Cycle close to the left side of the road so as not to obstruct vehicles moving at a faster speed;
- iii) Slow down when approaching road openings, bends, junctions, bus stops and pedestrian crossings;
- iv) Do not ride against or weave through traffic flow
- v) Beware of passengers opening doors when passing a parked car. Keep a safe distance away;



- vi) Do not squeeze between a stopped bus at a bus stop and the kerb;
- vii) Use hand signals to alert drivers and other cyclists when you intend to turn;
- viii) Avoid staying close to the back of turning vehicles or squeezing between the turning vehicle and the kerb;
- ix) Do not cycle across pedestrian crossings. Dismount and push your bicycles.
- x) Cyclists should not ride on the right of a motor vehicle proceeding in the same direction except when overtaking that motor vehicle;
- xi) Keep to a maximum length of 5 bicycles when riding in groups, which means a maximum of 5 cyclists if riding in single file, or 10 cyclists if riding two abreast
- xii) Bicycles are to be equipped with a front and back lights which are to be switched on when riding during dark hours (7pm to 7am)
- xiii) For Tanah Merah Coast Road, always use bicycle lanes when available.
- xiv) Cyclists should not stop or wait at bus stops or bus bays, as this may obstruct public bus operations.
- xv) Cyclists are also to keep a lookout for and to give way to buses exiting bus bays, and not attempt to overtake buses at linear bus stops (Bus stops without bus bays) as it is dangerous

## **FAQ**

### **Q1) When can I start collecting the Bib?**

*Ans: Bib Collection (randomized number) starts from 19 July to 2 August at your preferred start location sport centre.*

### **Q2) Am I required to scan at start point on event day?**

*Ans: Yes, you are required to verify your identity and scan to commence the ride.*

### **Q3) Can I help to scan with more than 1 unique QR code? I'm riding in a group and they are on the way.**

*Ans: No, 1 rider can only scan 1 unique QR code. This is to ensure that there is fair play.*

### **Q4) Do I need to scan my unique QR code at the mid-point stations?**

*Ans: No, you are only required to scan in at the main stations (SH, CSC, YIS, JW)*

### **Q5) I'm not able to attend the event, can I pass my bibs to my friend to ride?**

*Ans: No, the registration is non-transferable.*

### **Q6) Can I cycle along the route / accompany my friend who is taking part without registering?**

*Ans: You may wish to do so at your own risk as public. However, we do not allow pacers as this is not a race and will lead to over-crowding on the route.*

### **Q7) What should I do during lightning alert / heavy rain?**

*Ans: You should take shelter at the nearest location. If there are any updates to the competition, participants will be notified via SMS. You may also contact RIBA Hotline for any urgent matters.*

**Q8) I did not manage to register for the event. Can I still join the event on 3 August 2025?**

*Ans: No, registrations are closed, and we are unable to accede to your request.*

**Q9) I forgot to scan my unique QR code at one of the main stations. Can I still complete the event?**

*Ans: Yes, you may wish to return to that station to scan between 7am – 7pm.*

**Q10) Will there be any food and drinks at the main stations? What about the mid-point stations?**

*Ans: Yes, there will be banana, buns, water and 100plus that the **main stations** (whist stocks last). There will be first aid and water at the mid-points stations.*

**Q11) Can I change my starting point after registration?**

*Ans: Yes, you may change your starting point. Do write in to us in advance as the bibs will be delivered to your preferred start location (indicated during registration).*

**Q12) Will there be any signages to guide the route?**

*Ans: Yes, there will be route directional signages placed along the route to guide you along. Cyclist are highly recommended to familiarize with the route prior to event date ->*

*<https://www.plotaroute.com/route/2892568>*

**Q13) Will there be any road closures for this event?**

*Ans: No, there will not be any road closures for this event. It is an adventure, not a race. Participants must plan for their journey accordingly.*

**Q14) I am unable to complete my ride. Who can I inform?**

*Ans: Please contact the RIBA hotline if you wish to drop out of the event as all participants are accounted for. Participants will be contacted to confirm their status if they did not complete.*

**I have more questions, who can I write to clarify?**

*Ans: Please email us at [Sport\\_riba@sport.gov.sg](mailto:Sport_riba@sport.gov.sg) or [getactive@sport.gov.sg](mailto:getactive@sport.gov.sg)*