



General Rules

- 1.1. Be safe and have fun! Don't complain too much.
- 1.2. The terms *Racer* and *Team* are synonymous.
- 1.3. Official race communications (ORCs) are those labeled "Official Race Communication", course instructions, rules and/or pre-race meeting provided only by the Race Director. Do not consider anything else to be fact.
- 1.4. Penalties in the form of Loss-of-CP, Loss-of-Time or disqualification will be administered by the race officials for rules violations. If specific penalties are not mentioned, penalties for rules violations will be determined on a per case basis by the race officials. The decision of the race director will be final. There is no formal appeal process.
- 1.5. Racers must always remain within thirty (30) meters of **ALL** teammates at all times unless otherwise specified in ORCs. Team members should be within visual and audible contact at all times. **PENALTY:** First offense 1 hour / 2nd offense disqualification
- 1.6. Use of cellular phone is for emergencies only. No other use is allowed. **PENALTY:** disqualification
- 1.7. Any device (Example: phone, computer, watch, pace counter, GPS, etc) that communicates with a satellite are not allowed for use by a team during the race. These devices may be carried during the event for tracking purposes but must be kept out of sight. **PENALTY:** If after a formal review by an informal race committee that a racer has been found to have cheated using a GPS device the racer will be disqualified and banned from future events.
- 1.8. All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers, volunteers and race officials with courtesy and respect. **PENALTY:** disqualification
- 1.9. All racers are expected to represent the sport in a professional manner. Care should be taken when interacting with the general public during competition to be positive ambassadors of Adventure Racing. **PENALTY:** Strict penalties will be assessed for unprofessional behavior based on the infraction.
- 1.10. Racers are required to assist fellow racers in need of medical attention or danger. **PENALTY:** Strict penalties will be assessed for non assistance based on the infraction.
- 1.11. The Race Director reserves the right to alter time cut-offs or the course itself to accommodate changing conditions and to ensure that racers finish on time. If a racer is re-routed or there are other course changes, the racer must sign the check-in sheet to acknowledge they understand the course change.
- 1.12. Any racer withdrawing from the race must notify a "live" person by checking in with a CP or TA volunteer or by calling the race headquarters. Failing to notify the Race Director will result in that

racer/team being responsible for all search and rescue expenses. If there are remaining team members they may continue the race as an unranked team.

- 1.13. The Race Director reserves the right to remove a racer/team from the course for health, safety or other reasons, at the discretion of race officials and medical personnel.
- 1.14. NO LITTERING! Leave no trace! **PENALTY:** disqualification
- 1.15. There is no Food / Gear Drop unless specified in ORCs. Race officials may provide water at some CP's or TA's.
- 1.16. Racers may receive assistance from any registered racer in the event.
- 1.17. Racers may receive assistance from any unplanned source that would be available to any other racers in the competition (for example stores, bike shops, faucets on the side of a building).
- 1.18. Racers may receive assistance from the general public, defined as unplanned assistance from people who have no connection or affiliation with the race or a competitor in the race (for example assistance in the form of mechanical help, food, water, bike parts, directions would all be acceptable).
- 1.19. Racers may not receive assistance from spectators or friends who are viewing the event, event staff or from support persons on the course who have planned to assist teams. **PENALTY:** disqualification

The Essentials - Maps/Passport/CPs/Course Instructions

- 2.1. Maps, Passports, and Course Instructions must be carried the entire race.
- 2.2. Racers may skip CP's except designated *mandatory* CP's at any time during the race.
- 2.3. Racers must follow Rules of Travel as outlined in Course Instructions. Where no specific path and/or mode of travel (trek, paddle, bike, etc) is designated, racers may select their path between CPs. When Course Instructions designate a specific route and/or mode of travel for a leg, racers must follow that path and/or mode of travel. **PENALTY:** Travel in forbidden locations, on forbidden roads or using a mode of travel not specified for a leg (e.g. biking on a trekking leg) - disqualification.
- 2.4. Racers must manually punch passport in correct space at each CP. **PENALTY:** Failure to punch - racers will not receive credit for that CP.
- 2.5. Racers must check in together as a team at all CPs and TAs unless otherwise specified in the pre-race meeting. **PENALTY:** See rule General Rule 2.2
- 2.6. Credit is given only to the CPs punched on the passport. **PENALTY:** Loss of a passport results in Loss-Of-CPs punched on the lost passport.
- 2.7. Racers that mistakenly punch the passport in the wrong box (for example punching CP 7 in the CP 8 square which would then require the team to punch CP 8 in the CP 7 square). If racers note the mistake and report it to race officials when turning in the passport, they will receive the following time penalty. **PENALTY:** First offense - none, Each additional offenses - 15 minutes each.

Mandatory Gear

- 3.1. Mandatory gear is defined in the "Mandatory Gear List"

- 3.2. Provided race bib must be clearly visible to race staff at all times except while paddling or otherwise specified in ORCs
- 3.3. Gear checks may be performed by race staff on the race course at anytime.
- 3.4. Failure to have mandatory gear may result in a penalty. **PENALTY:** One Loss-of-CP per offense.
- 3.5. Mandatory gear must be carried at all times based on the mode of travel unless otherwise specified in ORCs. **PENALTY:** One Loss-of-CP per offense.
- 3.6. The "Mandatory Gear List" may be altered by the Race Director prior to the race start. Any changes will be specified in ORCs.
- 3.7. Teams/Racers may be removed from the race course at any time if it is determined by the Race Director that a racer's safety is compromised by a lack of mandatory gear.

Bike

- 4.1. CPSC certified Bicycle helmets are required at all times during the bicycle and when specifically directed by race officials. **PENALTY:** For not wearing bike helmet – disqualification
- 4.2. Racers are required to adhere all applicable traffic laws while riding on public roads. Please be courteous and positive ambassadors of Adventure Racing while using the roads. **PENALTY:** Strict penalties will be assessed for reckless behavior based on the infraction.
- 4.3. At or after dusk a red blinking light must be attached to the rear of each bike at all times and must be on at all times after dark. Glow sticks may be used to replace a malfunctioning rear light. **PENALTY:** No rear light - 1 hour Loss-of-Time per infraction.
- 4.4. At or after dusk a front light must be mounted on the bike. Front lights must be on when entering, on course and departing TAs. Helmet lights are permitted but if a racer is using a helmet light, they must also have a front light mounted to the bike. **PENALTY:** No front light - 1 hour Loss-of-Time per infraction.
- 4.5. Racers will not be allowed to leave a staffed CP/TA if their bike lights are not functioning properly.

Paddle

- 5.1. Racers must wear a type III PFD (PDF) at all times while on the water. **PENALTY:** For not wearing PFD – disqualification
- 5.2. Personal canoes and kayaks may be used unless otherwise specified inf ORCs.
- 5.3. Personal paddles and PFDs are permitted unless otherwise specified inf ORCs. They should be labeled with racer information and/or bib number. Race staff is not responsible for lost or damaged gear.
- 5.4. When renting boats a racers will be provided the paddle for the choice of boat. Example: Kayak gets a kayak paddle and a canoe gets a canoe paddle. **PENALTY:** 1-hour Loss-of-Time.
- 5.5. No staging of non-paddle gear with paddle gear unless otherwise stated in official race communications or the pre-race meeting. This includes food or water.

- 5.6. If paddling after dark, each racer must have a glow stick attached to their PFD and each boat must have a glow stick attached to both the bow and stern.

Finishing

6.1. Official Finisher

An official finisher is a racer/team that has visited all mandatory locations (CPs/TAs) and finished with all team members. Unofficial finishers will not be ranked.

6.2. Final Ranking Order

Ranking is based on the following order:

1. Number of regular checkpoints acquired
2. Bonus checkpoints acquired (if applicable)
3. Fastest time

Regular Example: Team All Thumbs acquires 30 checkpoints in 5:49. Team Lost Teeth acquires 31 checkpoints in 5:56, Team Lost Teeth wins.

Bonus CP Example. Team All Thumbs acquires 30 regular CPs and 2 bonus. Team Lost Teeth gets 29 regular CPs and 3 bonus CPs. Team All Thumbs wins.

6.3. Finish Deadline

- a. The finish deadline will be specified in OCRs. It may either be a stopwatch time (Example: Exactly six hours from the gun) or a time of day (Example: 04:00PM).
- b. All racers must be checked in at the finish line by specified finish deadline.
PENALTY: Racers will lose 1 CP for missing the posted deadline and 1 additional CP for each 2 minutes after the posted deadline.

Example: If the finish time was 06:00:00 PM and a team arrived at 06:00:01 PM the team would lose one checkpoint. At 06:02 PM the team would lose an additional checkpoint. By 06:12PM the team would have lost a total of 7 checkpoints.

6.4. Missed CPs

- a. Missing a CP is defined as not going to a CP.
- b. Racers that miss a CP will be ranked after racers that obtain all CPs provided that all CPs are in the correct spot.
- c. Racers will not be penalized for missing a CP if the missed CP is over 30 meters from the correct location of the CP. Correct location is where the UTM's given to racers plot the CP or where CP is premarked on racer maps.

6.5. Return Route

Racers may take any route to the finish line as long as their route does not travel on forbidden roads or through forbidden areas. **PENALTY:** Travel in forbidden locations or on forbidden roads - disqualification