

## Mountain Designs Adventure Race Australia

### State Series Events - Race Rules

1. All team members must be present at race registration.
2. All team members must attend all pre-race briefings.

#### Equipment

3. Teams must carry mandatory equipment as specified in the event equipment list at all times unless given specific written instructions otherwise.
4. Teams are not permitted to carry or use certain items. These are specified in the event equipment list.
5. Teams must comply with random equipment inspections on the course.
6. If a piece of mandatory equipment is accidentally lost during the course of the race, teams must report this to the race official at the next manned CP or TA. You must remain in that location until a replacement can be delivered or as instructed by the Race Director.
7. All team members must wear their race bib as the outer most garment for the duration of the event (including over PFDs unless given specific written instructions stating otherwise).
  - a. Modification of the bib is not permitted.
  - b. Obstruction of the printing on the bib is not permitted.
  - c. Defacing the race bib may result in disqualification.
  - d. A backpack is permitted to cover the back of the bib only. A thin support strap between the shoulder straps of a pack is acceptable.
  - e. Vest type packs that obstruct printing on the bib must be worn underneath the bib or not at all.
8. No mobile phones, radios etc (other than the compulsory safety phone turned off and sealed in watertight bag if applicable) may be carried on the course.
9. No GPS devices are permitted to be used during the event; this includes but is not limited to bike computers, watches and mobile phones with any form of GPS capability.
10. No Maps other than those issued by the race organisers may be used for planning prior to the race start or carried during the race itself.

#### Support

11. No equipment, food, provisions or any thing else is permitted to be dropped or cached on the course prior to the race unless specified in writing in the event joining instructions.
12. No equipment, food, provisions or any thing else is permitted to be left on the course to be collected later or after the event unless specified in writing in the course instructions.
13. Assistance from the public, spectators, media, etc is governed by the following:
  - a. No assistance may be sought or accepted that involves the team or their equipment being moved in any way (e.g. hitching lifts, having team equipment carried or moved, paddling in the wake of a boat, drafting behind a vehicle etc).
  - b. No assistance may be sought or accepted that involves receiving nourishment, medical assistance or other unspecified forms of assistance etc (e.g. being given food or drinks, replacement equipment, ice for injuries, having someone drive behind your team at night with spotlights on while cycling etc).
  - c. No assistance may be sought or accepted that involves receiving directions.
  - d. Interaction with the general public is however permitted to e.g., pose for photos, answer questions, purchase food at a legitimate shop etc.

14. Support from other ranked teams during the race is permitted. Support from unranked teams however is not permitted (e.g. drafting, pacing, sharing navigation, sharing food and equipment etc).

### **Team Travel and Race Course**

15. Teams must start and finish with the specified number of members. All team members must attempt all legs. No substitution of team members is permitted.
16. Teams must complete the course as specified in the course instructions. Unless otherwise specified, legs of the course and CP's must be collected in order.
17. A team must always be within verbal contact of each team member and never have a distance of greater than 100 metres separating the first team member from the last. It should take no longer than 15 seconds for all team members to come together.
- This rule will be checked and penalties will be harsh. If you are identified without a team member you will be requested by an official to call that team member. If they do not hear or respond within 15 seconds penalties will apply and disqualification is likely.
  - Organisers may waiver this requirement in certain situations e.g. roping, activities around race HQ.
  - If this rule is waived participants will be advised in writing in the course instructions.
18. At Check Points all Team Members must approach to within 20m of the Check Point.
19. Teams must use the electronic punch at unmanned and manned check points (CP's) to mark that they have correctly visited that CP. In the event that the electronic CP does not record times, teams are to write down the electronic CP's 6 digit code number, thereby proving that they have visited that CP.
20. Missed CP's and CP's collected in the wrong order will be penalised.
21. Teams must not travel in Out of Bounds areas.
22. Teams must abide by all civil laws and or normal road rules at all times.

### **Unranked Status**

23. Unranked status may be given to a team, who for various reasons, is no longer considered to be completing, or have completed, the course in the manner set by the organisers. The following are some examples:
- One team member withdraws.
  - Team does not attempt or misses an entire leg of the race.
  - A team misses too many checkpoints (this will be determined by the Race Penalties Committee and based on whether that team has completed enough of the course to be classed as ranked).

### **Team or Team Member Withdrawal**

24. In the case of withdrawal of a team member, or an entire team, race HQ must be notified by the fastest most appropriate means.
25. If a team member decides to withdraw from the race, the whole team must escort that member to the nearest manned Check Point, Transition Area or Search and Rescue Crew. Permission must be obtained from Race HQ if the team wishes to continue on the course Unranked. If in the opinion of the Race Director, the withdrawing team member requires continued assistance from their team (e.g. in case of hospitalisation or medical visits), this permission is unlikely.
26. Teams are permitted to have a maximum of ONE team member only withdraw and still be permitted to continue racing in an unranked capacity. The overriding consideration for race organisers is safety and having a minimum group size. Once a team member has

withdrawn, they are not permitted to re-join the race at a later stage (be it with their team or another team). Additional notes for this rule include:

- a. In events of 24hrs or less team size is normally three members. This means that if one team member withdraws, the other two members are permitted to continue racing in an unranked capacity.
  - b. In certain situations and on a case by case basis, the organisers may allow a team member who has withdrawn, to rejoin their team for a part of the course. For example a team member who has withdrawn due to a minor leg injury may be permitted to assist their now unranked team paddle a double kayak.
  - c. Unranked teams continue to be governed by the rules for support and assistance. Of particular note, if the race is unsupported a team member who has withdrawn is not permitted to provide assistance to theirs or any other team.
27. Once a team has become unranked, they may never move back into the ranked category (e.g. even if they were to find a substitute team member to race with them, thereby bringing their numbers back up to the original requirement).
28. If TWO or more members of a team withdraw from the race, then that team is not permitted to continue racing and will be classed as DNF. That team may not re-join the race and can not move back into either the unranked or ranked category.
29. If a competitor is part of a team who has withdrawn (due to others of their team withdrawing and not them), they may be permitted at the organisers discretion to join up with an unranked team (providing this team is willing to accept them). This unranked team still is not permitted to move back up into the ranked category.

## Medical

30. If a team member seeks first aid or medical assistance from the organisers it is not a certainty that the particular team member will have to withdraw. Generally though, if a person is in need of first aid or medical assistance from the organisers, then there is a good chance that they will need to be treated and removed from the event. Race organiser's decision to remove a person due to medical or safety reasons is final.
31. Intravenous Fluids (IV) may only be administered by approved race medical staff. Any administration of IV fluids by anyone other than race medical staff will result in immediate disqualification of the team.

## Emergencies

32. If you or your team comes across someone (be they involved with the event or not) who is in a genuine emergency situation, you **MUST** stop and give assistance. Organisers will attempt to re-credit lost time where possible.
33. Emergency communications devices should only be used in a situation where you require immediate assistance, or if there is a real danger to yourself or others. Use of the emergency communications device for the above reasons does not necessarily result in a penalty or disqualification.

## Penalties and Disqualification

34. Deliberately breaking any rule or taking any actions to gain unfair advantage (i.e. cheating) will result in disqualification.
35. If a time penalty is awarded to a team, this time will be added to their actual finish time. Time penalties will be decided by the Race Penalties Committee as soon as possible (generally this will be after the finish of the race).
36. In most cases the time penalty for missing a CP will be based on being three times the time it took the slowest team to collect that CP.
37. Bad behaviour towards race officials, volunteers, the public and anyone else will not be tolerated. Penalties or disqualification will result.

38. Teams must return to Race HQ by the time stated in the Race Briefing and Course Instructions, penalties will be applied for every minute or part off that a team is over this time.

### Environment

39. The following rules must be followed:

- a. All rubbish must be carried out with competitors, with nothing left behind.
- b. Wildlife should not be disturbed.
- c. No fires are to be lit outside of approved fire places unless in an emergency.
- d. No fires are to be lit at all if a total fire ban is in place.
- e. Minimal impact on vegetation should be adopted, use existing tracks where possible.
- f. Where roads, tracks, routes etc are mandated by the authorities or organisers, these must not be deviated from.
- g. Leave gates as they were found, report any damages, no souveniring (i.e. stealing)
- h. Human waste is to be either carried out, or buried 15-25cm below the surface and 100m from nearest creek, watercourse, habitation or checkpoint.
- i. Follow ALL additional guidelines outlined in race briefings.

### Team Sponsorship

40. The following rules must be followed:

- a. Your team may be named after your sponsor, names must be limited to three words.
- b. **NO** sponsor patches may be fixed to the official race vests provided by In 2 Adventure.
- c. Teams are permitted to adorn the remainder of their clothing and equipment with sponsor logos.

### Miscellaneous

41. It is prohibited to use the substances and or methods outlined in the World Anti-Doping Code 2004 Prohibited List.
42. Competitors are not to remove, tamper or adjust race equipment at any time. For example equipment such as CP markers, punches, signs, route marking etc.
43. Competitors must follow any additional rules outlined in any of the race briefings.

### Complaints/ Protests

44. Any complaints or protests must be in writing and submitted to race organisers within 24hrs of either finishing or withdrawing from the race.

### Conclusion

45. The overriding consideration with these rules is to use common sense and to appreciate the intention of the organiser and the spirit of the event. In all respects the race organisers decisions are final.