

ADVENTURE RACING WORLD SERIES

RULES OF COMPETITION

Version 1.1 - 1 December 2014.

1. **Pre-Race.** Teams must comply with any registration procedures, equipment and competency checks and attend all compulsory meetings and functions as scheduled by the race organiser.
2. **Equipment.** Teams and team members must carry mandatory equipment as described in the AR World Series Mandatory Equipment List, as well as any race specific items directed by the race organiser.
3. **Race Course.** Teams must complete the race course as directed in the course book and maps, through race checkpoints (CPs) and transition areas (TAs), by the racing discipline specified, using the maps provided by the race organiser. The first team to complete the event, having complied with all rules, and any penalties taken into consideration, will be considered the winning team.
4. **Team.** Teams must travel and complete the course together, without substitution, and with team members being close enough to see and communicate verbally with each other at all times.
5. **Support.** Teams may not receive outside assistance during the race.
6. **Medical and Emergencies.** Any team who encounters a medical emergency, be it in their own team or another team, or external to the event, must stop to render assistance.
7. **Environment.** Teams must treat the environment and landscape of the course with respect and leave minimal evidence of their racing.
8. **Conduct.** Competitors must conduct themselves in a respectful manner at all times, without cheating, abusive behaviour, language or violence.
9. **Banned Substances.** The use by competitors of banned substances as specified in the World Anti-Doping Code, The 2013 prohibited List, is prohibited.
10. **Penalties.** Teams who do not complete the course as directed, and in accordance with the rules, may receive a time penalty, an Unranked (UR) status, a Did Not Finish (DNF) status or a Disqualification (DQ).
11. **Adjudication.** Adjudication of these rules is the responsibility of the Race Referee if designated, the Race Director and the Race Jury. Any formal protest by a team must be submitted in writing as soon as possible, and not later than 12 hours after the team finishes or withdraws from the race.
12. **Race Specific Rules.** Each race may have specific rules for that race only. Where there is a conflict of rules, the race specific rules will take precedence.

ARWS RULES OF COMPETITION DETAILED EXPLANATIONS

Penalties - for explanation on the three levels of penalty (Blue, Yellow, Red) please see section 10.

1. **Pre-Race.** Teams must comply with any registration procedures, equipment and competency checks and attend all compulsory meetings and functions as scheduled by the race organiser.
 - 1.1. All team members must be present at race registration. [BLUE]
 - 1.2. All team members must attend all pre-race briefings. [BLUE]
 - 1.3. If competency checks are applicable to the event, the team must complete all the competency checks. Failure to complete competency checks within a reasonable time frame, and to the satisfaction of the race organiser, will result in either reduced participation in the event (e.g. being excluded from sections of the course) or disqualification.
 - 1.4. If pre-race equipment checks are applicable to the event, the team must complete all the equipment checks to the satisfaction of the race organiser. Failure to meet the equipment requirements will result in the team not being permitted to start the race.
2. **Equipment.** Teams and team members must carry mandatory equipment as described in the AR World Series Mandatory Equipment List, as well as any race specific items directed by the race organiser.
 - 2.1. Teams must carry mandatory equipment as specified in the AR World Series Mandatory Equipment List. [YELLOW]
 - 2.2. Prohibited items that must not be carried by teams during the race are specified in the AR World Series Mandatory Equipment List. Specifically noted items include: [RED]
 - 2.2.1. Mobile/ cell phones, radios, smart phones, internet, computers or other communication devices (other than those provided by the event) are prohibited.
 - 2.2.2. GPS devices of any kind (other than those provided by the event) are prohibited unless registered and sealed inside security and tamper proof bag by the organisers, which is checked at the finish.
 - 2.2.3. Distance measuring devices including foot pod accelerometers, pedometers, etc (excluding cycle computer).
 - 2.3. If the race issues a team a tracking device, then the team must carry and operate this device as per the instructions by the race organisers. Teams are not permitted to turn off the device or in anyway shield the device to reduce it's operational ability. [RED]/ [DQ]
 - 2.4. Once the race has started, teams may use only the official race maps as provided by the organisers. Teams may not purchase or carry other maps. [RED]
 - 2.5. If a piece of mandatory equipment is accidentally lost during the course of the race, teams must report this to a race official at the next manned CP or TA. Teams must remain in that location until a replacement can be delivered.
 - 2.6. Teams must comply with scheduled and random equipment inspections on the course by race officials. [RED]
 - 2.7. All team members must wear their race bib as the outer most garment for the duration of the race (including over Personal Flotation Devices). Modification of the bib is not permitted. Obstruction of the printing on the bib is not permitted. A backpack is permitted to cover the back of the bib only. A thin support strap between the shoulder straps on the

- front of a competitor is acceptable. Vest type front packs that obstruct printing on the front of the bib must be worn underneath the bib or not at all. [BLUE]
- 2.8. Teams are not permitted to make modifications to kayaks provided by the race organisers, unless specifically permitted by the race organisers. [RED]/ [DQ]
 - 2.8.1. Modifications not permitted include sails and kites.
 - 2.8.2. Removable portage wheels where there is no damage or modification to the race kayaks are permitted.
 - 2.8.3. Padding for seats etc where there is no damage or modification to the race kayaks are permitted.
 3. **Race Course.** Teams must complete the race course as directed in the course book and maps, through race checkpoints (CPs) and transition areas (TAs), by the racing discipline specified, using the maps provided by the race organiser. The first team to complete the event, having complied with all rules, and any penalties taken into consideration, will be considered the winning team.
 - 3.1. Teams must comply with all official instructions issued by race officials, either verbal or in writing. [BLUE]/ [YELLOW]/ [RED]/ [DQ]. This is not applicable to general advice or recommendations a race official may give in the course of their duties. If there is confusion or conflict between instructions issued by race officials, the information provided by the Race Director will take precedence.
 - 3.2. Once the course has been issued team members, media, supporters etc are not permitted to travel any part of the course in anyway before the start. [RED]/ [DQ]
 - 3.3. Team members are not permitted to leave the race course at any stage during the race unless authorised by the Race Director. [RED]/ [DQ]
 - 3.4. Teams must complete the course as specified in the course booklet and race maps. Unless otherwise specified, legs of the course must be completed, and CPs collected, in order. [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 3.4.1. It is generally permitted if a team accidentally misses a checkpoint (for example at the next CP they discover they didn't collect the previous CP), to return to the missed CP to collect it, and then continue on the course, even though in this case they may have collected these CPs out of order. A penalty may be issued if this situation resulted in an advantage to the team.
 - 3.4.2. Only an official directive from the Race Director may change a rule that has been printed in the race course book/maps. This directive may be verbal or in writing, and passed by the Race Director, or their Race Officials.
 - 3.5. Teams must not travel in Out of Bounds areas. [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 3.5.1. Unless specifically permitted by the race organisers, private property is always out of bounds, even if a team were to seek permission from the owner.
 - 3.6. Teams must follow mandatory routes if designated by the race organisers. [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 3.7. Teams must abide by civil laws at all times. [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 3.8. Teams must visit CPs as outlined in the course book and maps.
 - 3.8.1. Teams failing to visit a specified mandatory checkpoint will receive a penalty in accordance with the penalties promulgated by the race organiser. [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 3.8.2. If a team visits the physical location of where a CP marked on their race map should be, and no checkpoint is found (e.g. the CP may have been stolen, or incorrectly placed), the team must prove they visited the location represented on

the map by taking digital photos (with flash if necessary) to show the Race Director at the finish. Photos should include as much detail of the surroundings as necessary to satisfy the Race Director. The Race Director may also reference any tracking devices carried by the team to satisfy themselves the team was in the correct location.

- 3.9. At CPs and TAs, teams must record proof of their visitation via the method adopted by the race organisers (e.g. orienteering punches, passport signature, electronic timing chip). [BLUE]/ [YELLOW]/ [RED]
 - 3.9.1. If a team loses their proof of visiting a CP (e.g. control card, passport, timing chip), they must follow the procedures specified by the race organisers (e.g. manually recording a codes on the CP, taking a photograph, punching race map etc). [BLUE]/ [YELLOW]/ [RED]
 - 3.10. Teams must not bring themselves, the race, or the sport into disrepute and must conduct themselves with integrity and show respect to others. Some examples of actions that are considered unacceptable include: [BLUE]/ [YELLOW]/ [RED]
 - 3.10.1. Stopping at a house and waking occupants in middle of night to ask for directions (non-emergency situation).
 - 3.10.2. Loud and offensive language in a public place.
 - 3.11. The race clock does not stop and time in transition areas is counted to a teams total time.
 - 3.12. Race Organisers may include non timed sections, or compulsory stops, for safety or other reasons.
 - 3.12.1. In the case of compulsory stops or non-timed sections, teams must remain on the race course and they are are still bound by the ARWS Rules of Competition. This is especially relevant to the rules regarding support and outside assistance.
 - 3.13. A team has officially finished and their finish time is recorded when all team members have crossed the finish line.
4. **Team.** Teams must travel and complete the course together, without substitution, and with team members being close enough to see and communicate verbally with each other at all times.
- 4.1. Each team must have an appointed team captain, who will be the official representative of the team before, during and after the race.
 - 4.2. Team names that contain offensive words or innuendo are not permitted.
 - 4.3. All team members must be a minimum of 18 years old at the time of race unless a special exemption is issued by the race organiser.
 - 4.4. Teams must travel the course together, with team members being close enough to see and communicate verbally with each other at all times. In most situations no more than 100m should separate the first and last team member. Team members must not separate accidentally [YELLOW]/ [RED] or deliberately [DQ]. Exceptions to this rule may include:
 - 4.4.1. Where race organisers specifically permit team members to separate for part of the course (e.g. orienteering section where the organisers permit teams to split into pairs).
 - 4.4.2. Once a team has checked into a TA and before checking out of the TA.
 - 4.4.3. In an emergency situation (e.g. two team members going for help while one team member stays with the injured team member).
 - 4.5. All team members must travel to within 5m of each checkpoint, unless instructed otherwise by race organisers. [YELLOW]/ [RED] or deliberately [DQ].
 - 4.6. 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. [RED]/ [DQ]

- 4.6.1. In some instances, race organisers may modify this rule, such as legs where team members are permitted to split up in certain sections.
- 4.7. In the case of withdrawal of a team member, or an entire team, Event HQ must be notified by the quickest possible means.
- 4.8. If a one or more team members decides, or is instructed by the Race Director, to withdraw from the race, the whole team must escort that member (or members) to the nearest TA or Search and Rescue/ Medical Crew. Permission must be obtained from Event HQ if the remaining team member would like to continue on the course. There is no automatic right to continue in the event and the decision by the race organiser will be based on, amongst other things; weather, timing, ongoing support and care of the withdrawing team member/s, remaining team member well-being, etc.
 - 4.8.1. Teams must not abandon a member on the course. [YELLOW]/ [RED]
 - 4.8.2. 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 even another team)
 - 4.8.3. 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).
 - 4.8.4. If a competitor is part of a team who has withdrawn (due to others of their team withdrawing and not themselves), that competitor may be permitted at the organisers discretion to join up with another unranked team (providing this team is willing to accept them).
- 5. **Support.** Teams may not received outside assistance during the race.
 - 5.1. No equipment, food, provisions or anything else is permitted to be dropped or cached on the course prior to the race, by the team, or any other person (excluding the race organisers). [RED]/ [DQ]
 - 5.2. During the actual race, if the course is such that teams return to the same location at a later point in the race, teams may cache items (e.g. food/ water/clothing), providing they retrieve all items before completion of the race and nothing is left on the course. [YELLOW]/ [RED] This is at teams own risk and is not applicable to mandatory equipment.
 - 5.3. Any media and/or supporters, being those people who have a connection or affiliation with the race or a competitor in the race, in attendance, must abide by the following rules. Failure to abide by these rules will result in the team involved being penalised.
 - 5.3.1. Once the course is given to teams, media and supporters are not permitted to assist in any of the race planning, route advice, touch or move any team equipment or in any way provide assistance to a team in their preparation for the race. [YELLOW]/ [RED]/ [DQ]
 - 5.3.2. Media and supporters may view teams in specific TAs and locations along the course as designated by the race organisers. Where a race has designated specific Sleeping Areas (in transitions for example), Media and Supporters are not permitted to access these areas at any time. [BLUE]/ [YELLOW]
 - 5.3.3. Media and supporters are not permitted to move team members or any of their equipment in any way along the course (e.g. team members riding in a vehicle/ boat, having team equipment carried or moved, paddling in wake of a boat, pacing or drafting behind a vehicle etc). [RED]/ [DQ]
 - 5.3.4. Media and supporters are not permitted travel with, lead, pace or follow closely behind their teams along the course. Accredited media may have more latitude

- in traveling with teams for short durations to achieve their work results as approved by the race organisers. [BLUE]/ [YELLOW]/ [RED]
- 5.3.5. Media and supporters are not permitted to drop or cache equipment, food or anything else on the course or in TAs. [YELLOW]/ [RED]/ [DQ]
 - 5.3.6. Media and supporters are not permitted to provide nourishment, medical supplies, race equipment or any other unspecified forms of assistance (including food or drinks, pain killers, replacement equipment etc). [YELLOW]/ [RED]/ [DQ]
 - 5.3.7. Media and supporters are not permitted to pass information to any team pertaining to the race, or any information that may assist a team in the race (e.g the position of other teams, their pace, split times, sleep, route choices, strategies etc). [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 5.3.8. Media are not permitted to position themselves on the course in locations that will provide navigational assistance to teams (e.g. at an unmanned CP locations, on road junctions, etc) [BLUE]
- 5.4. Assistance from the general public and spectators, being those people who have no connection or affiliation with the race or a competitor in the race, and that every other competitor has reasonable access to in an equal capacity (given time of day and location factors), is governed by the following:
- 5.4.1. Once the course is given to teams they are strictly prohibited to seek help from any third party expert or 'local', particularly in relation to route selection, map advice, time estimates etc. [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 5.4.2. General public are not permitted to move teams or any of their equipment in any way on or along the course (e.g. taxi, hitch hiking, use of farm animals, team members riding in a vehicle/boat, having team equipment carried or moved, paddling in wake of a boat, pacing or drafting behind a vehicle etc). [RED]/ [DQ]
 - 5.4.3. Teams may seek food/ drink/ nourishment/ medical supplies along the course from retail businesses and the general public providing they do so in a respectful way and that does not bring themselves, the race or the sport into disrepute.
 - 5.4.4. Teams may interact with the general public to ask directions, pose for photos, answer questions etc.
- 5.5. Ranked teams on the full course may support other ranked teams on the full course during the race (e.g. assisting repair equipment, sharing food, lending spare equipment etc.) Ranked teams may not receive assistance, equipment or food from Short Course teams, Unranked teams or teams who have retired or been disqualified. Assistance from teams or competitors not racing on the full course in the fully ranked category is considered an unfair advantage (these team do not have the same disadvantage and consequence involved with provision of assistance to another team). [BLUE]/ [YELLOW]
- 5.6. If the race organisers permit support crews, the race organisers will issue rules relating to support crews.
6. **Medical and Emergencies.** Any team who encounters a medical emergency, be it in their own team or another team, or external to the event, must stop to render assistance.
- 6.1. Any team who encounters a medical emergency, in their own team, another team, or external to the event, must stop to render assistance. Organisers will attempt to re-credit lost time where possible. [BLUE]/ [YELLOW]/ [RED]

- 6.2. If a competitor needs personal medication throughout the race, then they must carry this medication with them during the race, to be taken as prescribed by their doctor. [BLUE]/ [YELLOW]
 - 6.3. Event medical staff has the authority, on confirmation with the Race Director, to withdraw a racer from the race, should further participation in the event likely result in serious or permanent injury, disability or death to the racer and/or their teammates. The event organisers decision to remove a person due to medical or safety reasons is final.
 - 6.4. Intravenous Fluids (IV) may only be administered by approved event medical staff. Any administration of IV fluids by anyone other than event medical staff is prohibited. [RED]/ [DQ]
 - 6.4.1. Administration of IV fluids by approved event medical staff will normally incur a time penalty and the competitor may be removed from the race at the discretion of the medical staff and Race Director. [BLUE]/ [YELLOW]
 - 6.5. Emergency communications devices may only be used in a situation where a team requires immediate assistance, or if there is a real danger to your team or others in the event.
 - 6.6. If a team requires the race organisation, another team in the competition, or civil emergency services to rescue one or all team members from a real and imminently dangerous situation, then that team will be penalised. [YELLOW]/ [RED]
7. **Environment.** Teams must treat the environment and landscape of the course with respect and leave minimal evidence of their racing.
 - 7.1. All rubbish/ trash must be carried off the race course and disposed of in an appropriate location (such as a rubbish/trash bin). [BLUE]/ [YELLOW]
 - 7.2. All rubbish/ trash from a team in a transition area must be placed in a designated rubbish/ trash bin if provided by the event organisers, or packed with the teams equipment for future disposal in an appropriate location. [BLUE]/ [YELLOW]
 - 7.3. No fires to be lit unless in an emergency or as approved by the race organisers. [BLUE]
 - 7.4. Respect all wildlife and farm stock and cause minimal disruption. [BLUE]
 - 7.5. Any defecation should occur in a toilet, but if this is not possible, it must occur away from water sources such as creeks and be well buried below ground surface. [BLUE]
 - 7.6. Adopt minimal impact on vegetation as appropriate to the environment. [BLUE]
8. **Conduct.** Competitors must conduct themselves in a respectful manner at all times, without cheating, abusive behavior, language or violence.
 - 8.1. Competitors must not remove, tamper or adjust event equipment at any time. For example equipment such as CP markers, punches, signs, route marking, etc [RED]/ [DQ]
 - 8.2. Competitors must not mislead Organisers and/or marshals with inaccurate/incomplete information. [YELLOW]/ [RED]/ [DQ]
 - 8.3. Abusive behavior, offensive or threatening language or violence toward other competitors, race officials, media or the public is not permitted at any stage. [RED]/ [DQ]
9. **Banned Substances.** The use by competitors of banned substances as specified in the World Anti-Doping Code, The 2013 prohibited List, is prohibited. [RED]/ [DQ]
10. **Penalties.** Teams who do not complete the course as directed, and in accordance with the rules, may receive a time penalty, an Unranked (UR) status, a Did Not Finish (DNF) status or a Disqualification (DQ).

- 10.1. Cheating occurs if a team or team member knowingly and deliberately breaks a rule to gain an advantage, be that advantage large or small. In all cases cheating will result in Disqualification of that team or competitor and their immediate removal from the race course. In the most severe cases, cheating may result in a ban to the competitor/s from further participation in AR World Series races.
 - 10.1.1. If a specific competitor is disqualified, and not the entire team, then the remaining team members may be permitted to continue to race at the discretion of the Race Director.
- 10.2. A penalty is awarded if a team inadvertently, accidentally, or without the intent to gain advantage, breaks one or more of the AR World Series Rules of Competition.
- 10.3. Penalties may be served on the course at a time and location designated by the organisers, or added to a team finish time, at the discretion of the organisers.
- 10.4. The AR World Series Rules of Competition define an official warning and three levels of penalty (similar to penalty cards in other sports), in increasing order of severity [BLUE]/[YELLOW]/[RED].
 - 10.4.1. OFFICIAL WARNING may be issued by the Race Referee in circumstances that a penalty is not appropriate, or there is confusion in a situation that would normally result in the issue of a penalty and a penalty can't be justified.
 - 10.4.2. BLUE penalties [BLUE] are the least severe and are awarded for minor infringements or administrative errors of the team. They are normally a time penalty of the order 30mins to 2 hours, as determined by the Race Referee or Race Director.
 - 10.4.3. YELLOW penalties [YELLOW] are more severe and are awarded for more significant infringements or a second infringement of a BLUE penalty. They are normally a time penalty of the order 2 hours to 6+ hours, as determined by the Race Referee or Race Director.
 - 10.4.4. Red penalties [RED] are significant and severe. They are awarded for serious infringements of the rules or a second Yellow penalty infringement. In some cases this may be a time penalty of the order 6+ hours, or a change of a teams racing status (e.g. to UR or DNF). Serious cases may result in Disqualification of a competitor or a team, as determined by the Race Referee or Race Director. In the most severe cases, a Red Penalty may result in a ban to the competitor/s from further participation in AR World Series races.
 - 10.4.5. Where disqualification [DQ] is noted against some rules, this is for specific cases of cheating, where a team deliberately and knowingly breaks that rule to gain advantage.
 - 10.4.6. Where a rule has noted two or more appropriate penalty levels (e.g. [BLUE]/[YELLOW], or [YELLOW]/[RED], or [BLUE]/[YELLOW]/[RED]), it is the responsibility of the Race Referee if designated, the Race Director and the Race Jury to determine the appropriate level of severity in relation to that specific case.
11. **Adjudication.** Adjudication of these rules is the responsibility of the Race Referee if designated, the Race Director and the Race Jury. Any formal protest by a team must be submitted in writing as soon as possible, and not later than 12 hours after the team finishes or withdraws from the race.
 - 11.1. In the first instance, the Race Referee (if designated) or the Race Director will award penalties for breaches of these rules.

- 11.2. If a formal protest is received, then the Race Jury will make judgement on the case.
 - 11.2.1. All protests must be lodged by the team captain. Only the captain is allowed to direct questions, objections and complaints to the Race Referee/ Race Director/ Race Jury.
 - 11.2.2. The Race Jury must comprise of an odd number of members, minimum being three. (e.g. 3 or 5 for example).
 - 11.2.3. Recommended composition of the Race Jury is the Race Referee/Race Director, another appropriate race official or third party, and an independent and responsible competitor in the event as chosen by the race organiser.
 - 11.2.4. If a unanimous decision is not reached, a vote within the Race Jury should decide the result.
 - 11.2.5. In all respects, decision of the Race Jury is final and not subject to appeal. There is no obligation to make public the proceedings or members of the Race Jury.
 - 11.3. In the event of there being uncertainty in finishing positions resulting from a formal protest, prize giving will be given after a verdict has been reached.
 - 11.4. Positions announced at prize giving are subject to the results of banned substance tests and any further findings brought to the attention of the Race Referee/ Race Director/ Race Jury.
12. **Race Specific Rules.** Each race may have specific rules for that race only. Where there is a conflict of rules, the race specific rules will take precedence.
 - 12.1. If these rules are translated to another language, and there is a conflict of rules, the english version of these rules will take precedence.