



## Adventure Race Rules

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- All racers are expected to be examples of good sportsmanship. Racers must treat fellow racers & race staff with courtesy and respect.  
**PENALTY:** Strict penalties will be assessed for un-sportsman like behavior based on the infraction.
- Teams must assist fellow teams in need of medical attention.  
**PENALTY:** Strict penalties will be assessed for non-assistance based on the infraction.
- Teams must always remain within 20 yards of teammates & within visual contact (unless otherwise specified).  
**PENALTY:** First offense 4 hours or loss of CP (director discretion)/ 2nd offense Disqualification.
- All team members must check in together at each checkpoint and TA. If one member must leave the course, they must do so at a CP or TA and notify race management. If a team leaves a teammate out on the course that team will be immediately disqualified and not allowed to continue unofficially. Incomplete teams may continue unranked. A single person must join with another team who commits to staying with that new racer. Incomplete or single racers must carry the mandatory team gear.
- Passports must be carried the entire race.  
**PENALTY:** Lost passport – Disqualification.
- Race bibs must be worn on the outside of clothing at all times, except while paddling. Race bibs do not have to be worn over packs.  
**PENALTY:** 1 hour per offense.
- Teams must punch passport in correct space at each CP.  
**PENALTY:** Incorrect punch or failure to punch, team will not receive credit for that CP.
- All CPs must be obtained in order (UNLESS SPECIFIED). If a team misses a CP, they will be allowed to go back and get the CP but must visit each subsequent CP even if they have checked in at the subsequent CPs previously.
- Teams that miss a CP will be ranked after teams that obtain all CPs provided that all CPs are in the correct spot. Missing a CP is defined as not going to a CP. Being short coursed is the same as missing a CP for the CP's that team does not acquire due to short coursing. Teams will not be penalized for missing a CP if the missed CP is over 30 meters from the correct location of the CP.
- Race officials reserve the right to alter time cut-offs or the course itself to accommodate changing conditions and to ensure that teams finish on time. If your team is re-routed or there are other course changes, teams must sign the check-in sheet to acknowledge they understand the course change.
- Mandatory gear must be carried at all times and will be checked on the course.  
**PENALTY:** 2 hours for each piece of missing gear.
- No GPS of any kind including GPS pace counters are allowed.  
**PENALTY:** Disqualification.
- Race officials will provide boats. No personal canoes will be allowed. Teams must bring their own paddles and/or PFD's. PFD'S must be worn at all times while paddling. **PENALTY:** For not wearing PFD - Disqualification.
- Bicycle helmets are required at all times during the bicycle and when specifically directed by race officials.  
**PENALTY:** For not wearing bike helmet – Disqualification

- Climbing helmets are required at all times during the climbing section and when specifically directed by race officials.  
**PENALTY:** For not wearing helmet – Disqualification
- Racers must follow Rules of Travel as outlined in Course Instructions. Where no specific path is designated, teams select their path between CPs. When instructions designate a specific route, teams must follow that path.  
**PENALTY:** For travel on forbidden roads or violating Rules of Travel first offense 4 hours / 2nd offense - Disqualification
- Rear bike lights must be on at all times after dark. Front lights must be on when entering and departing TAs. You will not be allowed to leave a staffed CP/TA if your bike lights are not functioning properly.  
**PENALTY:** No rear light 1hour per infraction.
- Race officials may provide water at some TA's. There is no Food / Gear Drop unless specified by Race Officials. Athletes may not receive outside assistance except from Race Officials & other registered teams. **PENALTY:** Disqualification
- NO LITTERING! Leave no trace!  
**PENALTY:** 4 hrs per infraction.
- Use of cellular phone is for emergencies only. No other use is allowed.  
**PENALTY:** Disqualification
- Any time penalties will be added to the team's finishing time, except for the Top 10 placing teams which will be served on the course if possible.
- Race officials reserve the right to remove a team from the course for health, safety or other reasons, at the discretion of race officials and medical personnel.
- Any team withdrawing from the race must notify a "live" person by checking in with a CP or TA volunteer or by calling the race director. Failing to notify race officials will result in that team being responsible for all search and rescue expenses.
- Any protest must be filed in writing within one hour of the team's finish and will be reviewed by the Race Committee.