

Race Rules

1. All racers must exhibit good sportsmanship. Racers must treat fellow racers, race staff, and anyone encountered on the course with courtesy and respect.
 - a. **PENALTY:** Strict penalties, including future bans, will be assessed for unsportsmanlike behavior based on the infraction.
2. Teams must assist fellow teams in need of emergency or medical attention.
 - a. **PENALTY:** Strict penalties will be assessed for non-assistance based on the infraction.
3. Teams must always remain within twenty meters while on foot and fifty meters while on a bike of all teammates and within visual contact at all times unless specified by race instructions.
 - a. **PENALTY:** First offense - 2 CPs. Second offense - DQ.
4. All team members must check in together at each checkpoint and TA.
 - a. **PENALTY:** Leaving a teammate out on the course is a DQ.
5. Maps, Passports, Rules, and Instructions must be carried throughout the race.
 - a. **PENALTY:** Maps, rules, and instructions - 1 CP. Lost passport - only credit for CP's which are punched on passport.
6. Race numbers must be worn on the outside of clothing at all times.
 - a. **PENALTY:** 1 CP.
7. Teams must manually punch the correct CP on the passport.
 - a. **PENALTY:** Self-report an incorrect punch when handing in a passport - 10 minute penalty. No credit is received without a passport punch indicating a CP was visited.
8. Teams that miss a CP will be ranked based on the correct spot and distance from the missed CP.
 - a. Final rankings: Teams ranked by number of CPs acquired then by fastest time.
9. Mandatory gear must be carried at all times and subject to being checked on the course.
 - a. **PENALTY:** 1 CP for each piece of missing gear.
10. Use of GPS on the course for navigation is strictly prohibited.
 - a. **PENALTY:** DQ
11. Race officials provide watercraft, PFD's & Paddles; no personal watercraft allowed. Personal PDF's & Paddles are allowed but team's may be required to transport them.
 - a. **PENALTY:** For not wearing PFD: First offense - 1 CP. Second offense - DQ.
12. Bicycle helmets are required during the bicycle and when directed by race officials.
 - a. **PENALTY:** For not wearing a helmet - DQ.
13. Racers must follow Rules of Travel as outlined in Course Instructions.
 - a. **PENALTY:** For travel on forbidden roads or violating Rules of Travel: First offense - 2 CPs. Second offense - DQ.
14. Front and rear bike lights must be on at all times after dark.
 - a. **PENALTY:** No rear light - 1 CP per infraction. Bikes may not leave a TA without proper lighting.

15. Teams may receive assistance from registered teams or unplanned sources available to any team.
 - a. **PENALTY:** DQ for assistance from friends or family watching the race.
16. NO LITTERING! Leave no trace!
 - a. **PENALTY:** 2 CPs.
17. Any time penalties will be served on course; if not possible, time will be added to the finish time.
18. Race officials reserve the right to remove a team from the course for health, safety, or other reasons.
19. Teams withdrawing must notify race crew or face responsibility for search and rescue expenses.
20. Race officials may change the duration or setup of the course due to changing conditions at any point. All changes will be communicated to the team captain who is expected to update the team's passport.
21. All teams must be checked in at the finish line within the specified event duration. Time penalties will be issued for a late finish.
 - a. .01 second after announced finishing time = 1 CP
 - b. 10.01 minutes after announced finishing time = 2 CP
 - c. 20.01 minutes after announced finishing time = 3 CP
 - d. 30.01 minutes after announced finishing time = **Over Time** (OT)