

ADVENTURE RACING WORLD SERIES RULES OF COMPETITION

Version 1.6 - 4 February 2021. (Version 1.6.1 includes addition of rule 2.5.6).

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 athletes 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/ Assistance.** Teams may not receive unauthorised race related assistance during the race.
6. **Emergencies, Medical and Communications.** 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.** Athletes must conduct themselves in a respectful manner at all times, without cheating, abuse behaviour, language or violence.
9. **Banned Substances.** Athletes may not use banned substances or methods as specified in the World Anti-Doping Code.
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 3 hours prior to the scheduled time of the final presentation/awards ceremony.
12. **Race Specific Rules.** Each race may have specific rules for that race only. Where there is a conflict of rules, the ARWS rules will take precedence.

ARWS RULES OF COMPETITION DETAILED EXPLANATION

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

1. **Pre-Race.** Teams must comply with all registration procedures, equipment and competency checks and attend all compulsory pre-race briefings as scheduled by the Race Organiser.
[BLUE]
 - 1.1. Competency checks must be completed within a reasonable time frame, and to the satisfaction of the Race Organiser. Failure to do so will result in either reduced participation in the event (e.g. being excluded from sections of the course) or the team or individual not being permitted to start the race.
 - 1.2. Equipment checks must be completed to the satisfaction of the Race Organiser. Gear boxes and bike boxes must meet the requirements (including dimension and weight) as specified by the organisers. Failure to meet the equipment requirements will result in the team not being permitted to start the race or a time penalty.

2. **Equipment.** Teams and athletes must carry mandatory equipment as prescribed in the AR World Series Mandatory Equipment List, as well as any race specific items directed by the Race Organiser.
 - 2.1. Any scheduled and random equipment inspections undertaken by Race Referees or Race Officials must be complied with. [RED]
 - 2.2. Mandatory equipment must be carried as specified in the AR World Series Mandatory Equipment List and the race specific items List. [YELLOW].
 - 2.3. Any mandatory equipment which is lost or broken during the race may incur a penalty. Loss of mandatory equipment for any period of time may incur a penalty. Broken equipment does not fulfil the mandatory equipment requirement. Broken equipment must be replaced before proceeding beyond the next CP or TA if that equipment is still required. Lost or broken equipment may be borrowed from another team, requested from the Race Organiser or otherwise obtained by the team [YELLOW].
 - 2.4. Any mandatory equipment which is consumed during a leg (for example first aid supplies) must be replaced before the start of the next leg. If teams do not have the required items to replenish their mandatory equipment they must remain in that location until a replacement can be borrowed from another team, requested from the Race Organiser, or otherwise obtained by the team [YELLOW].
 - 2.5. Prohibited items must not be carried and are specified in the AR World Series Mandatory Equipment List. Race Referees are permitted to search an athlete or teams equipment if they reasonably suspect they are carrying prohibited items. Specifically prohibited items include: [RED]
 - 2.5.1. All internet capable devices and radios or other communication devices (other than those provided by the event).
 - 2.5.2. GPS devices capable of displaying position, maps, routes, distances or any other location information, that may assist a team with navigation. Teams are permitted however to carry these devices ONLY if they are registered with the Race Organiser prior to the start, the GPS function is not used to assist with navigation, and they are carried at all times inside a sealed, opaque and tamper proof bag which is checked at the finish.

- 2.5.3. GPS devices capable of displaying position, maps, routes, distances or any other location information, that may assist a team with navigation. Teams are permitted however to carry these devices ONLY if they are registered with the Race Organiser prior to the start, the GPS function is not used to assist with navigation, and they are carried at all times inside a sealed, opaque and tamper proof bag which is checked at the finish.
 - 2.5.4. Distance measuring devices. These might include foot pod accelerometers, pedometers, etc. Cycle computers and map measuring devices are explicitly allowed.
 - 2.5.5. Devices or equipment that provide non human powered propulsion (including motors in bikes and boats)(for rules on sails see 2.9.1)
 - 2.5.6. Prohibited devices in which features can be disabled to allow them to comply with the rules, will be permitted. Such devices must be specifically approved by ARWS prior to the event.
 - 2.6. Tracking devices must be operated correctly and carried in the location specified by the Race Organisers. [BLUE]/ [YELLOW]. Turning the device off or deliberately shielding it to reduce its operational ability is prohibited. [DQ]
 - 2.7. Once official race maps have been issued, no other maps may be referenced or carried. [RED]
 - 2.7.1. Public maps that are found along the course, such as signs at trailheads and on notice boards are explicitly allowed.
 - 2.8. Race bibs must be worn 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 sternum strap between the shoulder straps on the front of an athlete is permitted. Vest type front packs that obstruct printing on the front of the bib are prohibited. In some countries there may be an exception to this rule where by law is required that athletes wear a separate high visibility vest over the top of all clothing. [BLUE]
 - 2.9. Modifications to boats provided by the Race Organisers is prohibited. [RED]/ [DQ]
 - 2.9.1. Sails or kites are not permitted unless the Race Organiser specifically includes sailing as an event discipline.
 - 2.9.2. Removable portage wheels are permitted providing there is no damage or modification to the race boats.
 - 2.9.3. Removable padding for seats and removable foot rests are permitted where there is no damage or modification to the race boats.
 - 2.10. Any other equipment rules issued by the Race Organiser must be complied with. [BLUE]/ [YELLOW]
3. **Race Course.** Teams must complete the race course as directed in the course notes and maps, from the Start Line, through race checkpoints (CPs) and transition areas (TAs), by the racing discipline specified and to the Finish Line. The first team to complete the course, with any penalties taken into consideration, will be considered the winning team. Race organisers will specify the penalty for a missed TA or CP. Different penalties may apply to different TA's and CP's. The penalty may be disqualification, reduction to a lower ranked finish or short course or a time penalty.

- 3.1. Once the course has been issued athletes, media, supporters, etc. are not permitted to travel to any part of the course in any way before the start. Start time is as defined by the race director. Exceptions may be allowed by the race director. [RED]/ [DQ]
- 3.2. Athletes are not permitted to leave the race course, being those areas covered by the Race Maps, at any stage between the Start and the Finish, unless authorised by the Race Director. [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 3.2.1. If a team finds themselves off the Race Maps (e.g. through navigation error) they must return to the point they left the Race Maps and begin racing again from there
- 3.3. The course must be completed as specified in the course notes and race maps. Legs of the course must be completed, and CPs collected, in order unless otherwise specified. [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 3.3.1. Only equipment from the specified Discipline may be taken on that Leg unless otherwise authorised in the Course Notes. For example mountain bikes are not permitted to be taken on trek legs. [RED]/ [DQ]
 - 3.3.2. During Mountain Bike and Paddle Legs teams are generally permitted to leave their mountain bikes or boats temporarily, collect the CP by trekking, then return. Teams must carry the necessary Mandatory Equipment for Trekking if travelling a distance of greater than 100m from their bikes and/or boats.
 - 3.3.3. If a team wishes to return to an already visited TA it may do so but TA facilities and gear access may not be available. Any part of the course they had completed past this TA is no longer valid. They must complete the course from that TA onwards as specified in the Course notes and Race maps.
- 3.4. TAs. Teams must check in at TAs via the method adopted by the Race Organisers (e.g. . orienteering punches, electronic timing chip, sign in sheet, passport signature, photo etc). [BLUE].
- 3.5. CPs. Teams must visit CPs and record proof of their visitation via the method adopted by the Race Organisers (e.g. orienteering punches, electronic timing chip, sign in sheet, passport signature, photo etc.). Failure to do this is considered “Missing” a CP. Visiting an CP and not recording proof of visitation is considered the same as not visiting the CP at all. In most cases Race Organisers should specify in the Course Notes the penalty for Missing a CP.
 - 3.5.1. 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 correct location represented on the map by taking digital photos (with flash if necessary) to show the Race Director at the next TA or Finish. The Race Director may also reference any tracking devices carried by the team to satisfy themselves the team was in the correct location. No credit is given if a team incorrectly plots a CP on their maps.
 - 3.5.2. If an CP is missed, a team is permitted to return using the most direct and permitted route to collect that CP. Any part of the course they had completed past this CP is no longer valid. They must complete the course from that CP onwards as specified in the Course notes and Race maps.
 - 3.5.3. If a team loses the ability to provide proof of visiting a CP (e.g. control card, wrist band, timing chip), they must take photographs and follow any procedures specified by the Race Organisers (e.g. manually recording a code on the CP, punching race map, etc.). [BLUE]/ [YELLOW]/ [RED]

- 3.5.4. Where a team must take a photo as proof of visiting a CP, the photos should include as much detail of the surroundings as necessary to satisfy the Race Director. A flash may be necessary. Photos should include team members where possible. Photos that don't clearly show the location for whatever reason (eg. water on lens, too dark, bad picture framing, lens obscured) are not valid. Equipment failure (eg battery flat, camera not working, etc.) is not considered a valid reason.
 - 3.6. Travel in Out of Bounds areas is prohibited. [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 3.6.1. Unless specifically permitted by the Race Organisers, travelling through private property is always out of bounds, even if a team were to seek permission from the owner.
 - 3.6.2. If a team finds themselves in an Out of Bounds or otherwise prohibited area (e.g. through navigation error) they must return to the point they entered the Out of Bounds and begin racing again from there.
 - 3.6.3. If a 'road' is specified as out of bounds then the whole road corridor is out of bounds. No travel is permitted on the road or the road verge or abutments or land impacted by said road. If permission is allowed to cross the road then a single crossing in a perpendicular manner is permitted.
 - 3.7. Mandatory routes if designated by the Race Organisers must be followed. [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 3.8. Teams must abide by civil laws at all times. [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 3.9. All official instructions issued by race officials, either verbal or in writing, must be complied with. [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 Course Notes/ Race maps will take precedence.
 - 3.9.1. Only an official directive from the Race Director may change an instruction that has been printed in the Course Notes or on Race Maps. This directive should be in writing, and passed by the Race Director, or their Race Officials, and signed by teams to acknowledge they have received the instructions. Only in an extraordinary situation should an official directive be verbal.
 - 3.10. The race clock does not stop and time in TAs is counted to a team's total time.
 - 3.11. Race Organisers may include non timed sections, fixed time sections or compulsory stops, for safety or other reasons.
 - 3.11.1. In the case of non timed sections, fixed time sections or compulsory stops, teams must remain on the race course and are still bound by the ARWS Rules of Competition. This is especially relevant to the rules regarding support and outside assistance.
 - 3.12. 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 athletes 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, and be within 5m at the time the CP is punched, 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]
 - 4.7. 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 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 the Race Director if the remaining team members would like to continue on the course. There is no automatic right to continue in the event and the decision by the Race Director 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 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 an athlete is part of a team who has withdrawn (due to others of their team withdrawing and not themselves), that athlete may be permitted at the organisers discretion to join up with another unranked team (providing this team is willing to accept them).
5. **Support/ Assistance.** Teams may not receive unauthorised race related assistance during the race.
- 5.1. No information on the actual course or race route may be sought from any authorities, land managers or similar sources prior or during the race. Specifically this includes information from rangers, police, government officials, land owners, etc. who may know the actual course due to the permission planning processes undertaken by the Race Organiser. This is exclusive of general research of race location and is in reference to the actual race route. [RED]/ [DQ]
 - 5.2. 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]
 - 5.3. 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 at their own risk (e.g. food/ water/clothing),

providing they retrieve all items before completion of the race and nothing is left on the course. [YELLOW]/ [RED].

- 5.4. **MEDIA AND/OR SUPPORTERS.** Assistance from any media and/or supporters, being those people who have a connection or affiliation with the race or an athlete in the race, is governed by the following:
 - 5.4.1. 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]
 - 5.4.2. During the race, 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. [YELLOW]/ [RED]/ [DQ]
 - 5.4.3. 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]
 - 5.4.4. Media and supporters are not permitted to move athletes or any of their equipment in any way along the course (e.g. athletes 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]
 - 5.4.5. Supporters and unaccredited media are not permitted to 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 as approved by the Race Organisers. [BLUE]/ [YELLOW]/ [RED]
 - 5.4.6. Media and supporters are not permitted to drop or cache equipment, food or anything else on the course or in TAs. [YELLOW]/ [RED]/ [DQ]
 - 5.4.7. Media and supporters are not permitted to provide nourishment, medical supplies, race equipment or any other unspecified forms of assistance. [YELLOW]/ [RED]/ [DQ]
 - 5.4.8. Media and supporters are not permitted to pass information to any team or athlete pertaining to the race (e.g. the position of other teams, their pace, split times, sleep, route choices, strategies, etc.). [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 5.4.9. Media and supporters are not permitted to position themselves on the course in locations that will provide navigational assistance to teams (e.g. at CP locations, on road junctions, etc.) [BLUE]
- 5.5. **GENERAL PUBLIC.** Assistance from the general public, businesses and spectators, being those people who have no connection or affiliation with the race or an athlete in the race, and that every other athlete has reasonable access to in an equal capacity (given time of day and location factors), is governed by the following:
 - 5.5.1. Once the course is given to teams they are strictly prohibited to seek help from any third party expert or "local person", particularly in relation to route selection, map advice, time estimates, etc. [BLUE]/ [YELLOW]/ [RED]/ [DQ]
 - 5.5.2. 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, athletes 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]
 - 5.5.3. Teams may seek food/ drink/ nourishment/ accommodation/ 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.

- 5.5.4. Teams may interact with the general public to ask general directions, pose for photos, answer questions, etc.
 - 5.6. **RACE OFFICIALS.** Assistance from the Race Organisers including staff, officials and volunteers is governed by the following:
 - 5.6.1. Communication support is permitted within reasonable limitations to allow teams/athletes to communicate with other teams/athletes in the case of them trying to borrow equipment from each other.
 - 5.6.2. For the rule regarding replacement of Mandatory Equipment see section 2
 - 5.7. **OTHER TEAMS/ ATHLETES.** Assistance from other teams and athletes participating in the race is governed by the following:
 - 5.7.1. Teams or athletes racing on the Full Course, Short Courses or participating Unranked may provide or receive assistance from each other including lending equipment, sharing food, providing navigation advice, etc. Athletes who have Withdrawn may offer their equipment or food to racing teams, in Transition Areas only, but not assist in any other way.
 - 5.7.2. Any assistance without explicit permission of the owner is prohibited. [RED] (For example if a team in a TA needs a bike part they may not take this from another teams equipment under the assumption that the team would lend it to them. The owner of that equipment must be contacted directly, possibly with assistance from the Race Organisers, and permission sought.)
 - 5.7.3. For fairness any team or athlete providing assistance must be willing to provide that assistance to any other team or athlete on the course. (For example it is considered unfair if specific teams will only assist another specific team and this is contra to the intention to foster camaraderie amongst all the teams.)
 - 5.8. **SUPPORT CREWS.** If the Race Organisers permit support crews, the Race Organisers may issue additional rules relating to support crews.
 - 5.8.1. Stationary vehicles may be used for shelter.
6. **Emergencies, Medical and Communications.** 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 credit delayed time where possible. Failure to assist will be penalised [BLUE]/ [YELLOW]/ [RED]
 - 6.2. If an athlete needs personal medication throughout the race, 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 have the authority, on confirmation with the Race Director, to withdraw an athlete from the race, should further participation in the event likely result in serious or permanent injury, disability or death to the athlete and/or their teammates. The event organisers decision to remove a person due to medical or safety reasons is final.
 - 6.4. If event medical staff administer intravenous fluids to an athlete, then that athlete may no longer participate in the remainder of the race.
 - 6.5. The SOS/911 function of an emergency communications device may only be used in a situation where a team requires immediate assistance for a serious or life threatening emergency. [RED]/ [DQ]
 - 6.6. Where the Race Organiser provides an emergency communication device to teams that has a non-emergency communication capability, or teams carry another form of

communication such as cell phone or radio, teams may communicate only in the following circumstances:

- 6.6.1. To inform the Race Organiser if they encounter a situation on the course that may be dangerous to their team or other teams, in the case where it is possible the Race Organiser may not be aware of that dangerous situation.
 - 6.6.2. To request non-emergency medical assistance or removal of an athlete or the team from the race.
 - 6.6.3. To inform the Race Organiser if your team is undertaking a deliberate and safe course of action in the race that is likely unexpected, and potentially cause the Race Organiser to initiate an unnecessary emergency response.
 - 6.6.4. Any other communication such as asking for directions, if a checkpoint is believed missing, or other unspecified communication will be penalised. [BLUE]/ [YELLOW]
 - 6.7. If a team requires the Race Organiser, another team in the competition (where it is safe for them to do so), or civil emergency services to rescue one or all team members from an imminently dangerous or actually dangerous situation, then the rescued team will be awarded a penalty. [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 TA 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. Any rules with regard to lighting fires during the race must be specified by the Race Organiser. [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 buried below ground surface. [BLUE]
 - 7.6. No excessive or unreasonable impacts on vegetation as appropriate to the environment. [BLUE]
8. **Conduct.** Athletes must conduct themselves in a respectful manner at all times, without cheating, abusive behaviour, language or violence.
- 8.1. Athletes 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. Athletes must not mislead Race Organisers and/or Race Officials with inaccurate/ incomplete information. [YELLOW]/ [RED]/ [DQ]
 - 8.3. Athletes 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]
 - 8.3.1. Stopping at a house and waking occupants in middle of night to ask for directions (non-emergency situation).
 - 8.3.2. Loud and offensive language in a public place.
 - 8.4. Public nudity by athletes, for example changing in TAs or swimming across rivers, may be offensive in some cultures and locations. Teams must make all reasonable efforts to avoid causing offence. [BLUE]

- 8.5. Abusive behaviour, offensive or threatening language or violence toward other athletes, race officials, media or the public is prohibited. [RED]/ [DQ]
9. **Banned Substances.** Athletes may not use banned substances or methods as specified in the World Anti-Doping Code.
- 9.1. The use by athletes of banned substances or methods as specified in the World Anti-Doping Code is prohibited. [DQ entire team] The ARWS may subsequently issue a suspension or ban to that athlete.
- 9.2. Any athlete who has a suspension or ban for a breach of the World Anti-Doping Agency Code, issued by either by the ARWS or any other sport, is prohibited from entering and/or competing in any ARWS race while that ban or suspension is current. [DQ entire team]
10. **Penalties.** Teams who do not participate in accordance with the AR World Series Rules of Competition may be awarded 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 athlete 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 athlete and their immediate removal from the race course. In the most severe cases, cheating may result in a ban to the athlete/s from further participation in AR World Series races.
- 10.1.1. If a specific athlete 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. ARWS Referees may award a penalty if a team or athlete without the intent to gain advantage, fails to comply with one or more of the AR World Series Rules of Competition.
- 10.2.1. Penalties are not normally awarded to Unranked teams though these teams must still comply with these AR World Series Rules of Competition.
- 10.3. 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], followed by Disqualification.
- 10.3.1. 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 the Race Referee believes a penalty isn't justified.
- 10.3.2. 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 15mins to 2 hours, as determined by the Race Referee.
- 10.3.3. YELLOW penalties [YELLOW] are more severe and are awarded for more significant infringements. They are normally a time penalty of the order 2 hours to 6+ hours, as determined by the Race Referee. A second BLUE penalty for whatever reason is automatically upgraded to a YELLOW penalty.
- 10.3.4. RED penalties [RED] are significant and severe. They are awarded for serious infringements of the rules. 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). A second YELLOW penalty for whatever reason is automatically upgraded to a RED penalty. Serious cases may result in Disqualification of a athlete or a team, as determined by the Race Referee. In the most severe cases, a Red Penalty

may result in a ban to the athlete/s from further participation in AR World Series races.

10.3.5. DQ (Disqualification) is for specific cases of cheating, where a team deliberately and knowingly breaks that rule to gain advantage.

10.3.6. 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 to determine the appropriate level of severity in relation to that specific case.

10.4. Penalties may be served on the course at a specific time and location, or added to a team finish time, at the discretion of the Race Organiser.

10.4.1. In most cases a time penalty awarded to a team who may possibly cross the finish line in first, second, third, fourth or fifth place will be served in the last feasible manned TA or CP prior to the finish line. In the situation of a TA, their penalty time will start once they have checked out of the TA. They will have no further access to their TA equipment. Any equipment or supplies they take to the penalty area must be carried with them to the finish line. They may utilise shelter if provided by the Race Organisers. The penalty area must be separated from the TA.

11. **Adjudication.** Adjudication of these rules and the awarding of penalties is the responsibility of the Race Referee. In the absence of a Race Referee it is the responsibility of the Race Director.

11.1. ARWS Race Referees may use various resources to determine if a penalty should be awarded and do not necessarily need to be physically present to witness an infringement of the Rules.

11.1.1. Race Officials or the Race Director may report to the Race Referees if they witness an infringement of the rules and may use videos, photographs and other evidence to support their report.

11.1.2. An athlete or team may report to a Race Official or the Race Referee an alleged infringement of the Rules by another team or athlete. The Race Referee may or may not choose to investigate the alleged infringement. It is not the responsibility of an athlete or a team to observe other athletes or teams for infringements of the Rules.

11.1.3. Media, supporters and the general public may report alleged rule infringements to the Race Referee. The Race Referee may or may not choose to investigate the alleged infringement

11.2. **PROTESTS.** Protests can be lodged by an athlete, team, Race Official or the Race Director (where they are not acting in the capacity as Race Referee) where they believe a penalty has been incorrectly awarded or the penalty itself is unfair. Protests are not accepted where no penalty has been awarded.

11.2.1. Team Captains (or the Race Director where they are not acting in the capacity as Race Referee) may make a formal protest to the Race Referee in writing or via electronic means not later than 3 hours (1 hour for Regional Rounds) prior to the scheduled time of the final presentation/awards ceremony.

11.2.2. The ARWS Judging Panel may accept protests outside this time frame if they believe there are extenuating circumstances (which may include a team who crosses the finish line within 3 hours/1 hour of the presentations).

11.2.3. Media, supporters and the general public are not permitted to lodge a protest.

11.3. **ARWS JUDGING PANEL.** The ARWS Judging Panel will:

- 11.3.1. Comprise of an odd number of members, with the minimum being three.
Normally it will be:
 - 11.3.1.1. A representative of the ARWS Referee Board
 - 11.3.1.2. The Race Director of the event.
 - 11.3.1.3. An accredited ARWS Referee and not the referee who awarded the penalty
 - 11.3.2. Hear protests in a closed session.
 - 11.3.3. Question the team/s involved and other witnesses or experts as they require.
 - 11.3.4. If a unanimous decision is not reached, a vote within the ARWS Judging Panel will decide the protest.
 - 11.3.5. In all respects, decision of the ARWS Judging Panel is final and not subject to appeal. There is no obligation to make public the proceedings.
 - 11.4. In the event of there being uncertainty in finishing positions resulting from a formal protest, prize giving should be delayed until after a verdict has been reached by ARWS Judging Panel.
 - 11.5. Positions announced at prize giving are subject to the results of banned substance tests (see Rule 9).
12. **Race Specific Rules.** Each race may have specific rules for that race only. Where there is a conflict of rules, the AR World Series Rules of Competition 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.

12.2. COVID PROTOCOL

All the competitors will compulsorily accept the Covid 19 protocol set in force during the race: Specific protocol Covid 19 ARWC 2021 - RAID GALLAECIA approved by the Sports General Secretary (Xunta de Galicia).

12.3 EQUIPMENT

The teams are responsible for opening, closing and delivering to the organization all their stuff and equipment necessary for the race in the boxes provided by the event organizers, in the bicycle boxes and other bags requested by the organization, as well as the loading of all the above stuff in the race logistics vehicles.

The organization will be in charge of the teams' race stuff transport. However, they will not be responsible for any damaged or broken stuff, nor for any random external event causing a damage or loss of the equipment during transport.

12.3.1 ROUTE

All teams must inform the Organization in the following TA, judge or staff member that a CP was not found, besides presenting them a photo in the place where they think the PC should be located.

The Organization will be able of verifying with the gps tracking (tracktherace) if a team passed through the CP place taking into consideration that this device transmits from time to time and may not show the exact passing through the place.

as a reason to let a team get a CP that they did not mark. They can still get a penalty for not using the orienteering clamp but they can still be in the full rank.

12.3.2. ROUTE OF CHECK POINTS:

Raid Book marking:

The teams must mark their passing by punching with the orienteering clamp in the right place. In case of making a mistake, you will have some reserve boxes to do so. (BLUE / YELLOW / RED)

Unmarked PCs:

If a team does not score a CP will be out of ranking, EXCEPT those reinstatements allowed by the organization that will be governed by the 12.3.1 and 12.8 of this rules.

12.4 TEAM

Incomplete teams of 3 members or those of 4 non-mixed members will be considered in the ranking in a lower category, always below the 4 mixed teams in the classification. Two or more teams that are incomplete may join to finish the race with the authorization of the organization. If members of different teams join, they will form a single team not to be considered in the ranking.

12.5 ADVERTISING OF TEAMS BRANDS:

The organization reserves the right to reject advertising material from the team's sponsors that obscures, covers up or damages the presence of the race sponsors. The placement of promotional stands, flags or other promotional materials that are considered exaggerated by the organization will not be allowed.

12.6 IMAGE RIGHTS:

The organizer is recognized as the producer of the recordings and broadcasts, assigning the rights related to intellectual property and their own image in these recordings and broadcasts, for everyone, without limit of showings and for the maximum time provided in the Law, until the entry of the recording into the public domain. Consequently, Marmar Outdoor, S.L. and the assignees of their rights may assign, mediating price or not, freely broadcast and show the recorded activity, in the original or translated language, both fully or partially, reproduce, distribute and publicly communicate through any means of broadcasting or television or in any known technical, sound, audiovisual or graphic modality.

12.7 MEDICAL CARE COVERAGE:

All runners will be covered by a sports medical insurance to attend possible incidents, emergencies or medical emergencies that may occur during the race.

12.8 RANKING:

ARWC 2021 - RAID GALLAECIA will be ruled by the following principles for the final general classification:

1. - The teams that complete the whole route will be considered as classified teams, setting the ranking in order of arrival to the finish line (discounting the time of possible neutralizations and adding up the penalties. Penalties must be met in the last transition- TA before the finish line).
- 2.- If a team by mistake in orientation enters a prohibited zone or road, it must retrace its steps and continue through the non-prohibited areas and through the enabled crossings.
- 3.- The penalty for using roads or prohibited areas will be the best time estimated by the organization in that section multiplied by five.
- 4.- Penalties can be applied in T6 (last TA).
5. - Those who have re-entries allowed by the organization will be in a lower ranking. The classification for the rejoined teams will be made by putting the team that has achieved more CPs in a continuous way higher in the ranking (therefore, the more advanced in the race the re-entry is done, the higher the team will be in the classification).
6. Multiple re-entries will mean being out of the ranking.
7. - Incomplete teams or those who finish the race with re-entries not established by the organization will not be in the ranking (UR).

12.9 PRE - RACE

1º Teams must comply with all the registration and equipment checks, as well as participate in all the events that will take place between September 29 and October 2, under risk of warning, penalty or expulsion of the race. In particular, they are obliged to:

- Perform the Covid19 antigen test and comply with the responsibility derived from the result, according to the Covid19 protocol.
- Check-in for acceding to the event.
- Prepare the equipment and respond to any request made by the judges (referee).
- Attend the act of delivery of maps.
- Attend the boxes delivery event to the organization (carry the boxes from their place inside the equipment preparation building to the means of transport arranged by the organization).
 - In this event, it will be required to wear the race bib provided by the organization
 - Attend the Flags Parade event, being mandatory making the transfer in the buses arranged by the organization (this will take place after the boxes delivery event.)
 - In this event it will be mandatory to carry the country flag provided by the organization.
 - In this event it will be mandatory to wear the race bib provided by the organization.

12.10 REGULATIONS FOR THE USE OF GARMIN WATCHES

Running the Adventure Racing activity in your Garmin watch.

- We will be checking the start time on your Garmin watch when you cross the finish line.
- Teams must notify the organisers that they plan to use an acceptable Garmin GPS enabled

watch. There will be an opportunity at the check in. The watch must be using the latest software with AR activity and all GPS features locked. The Garmin Enduro, Fenix 6 series (Fenix 6S, Fenix 6, Fenix 6X), Tactix Delta and Marq are able to run the Adventure Racing Activity.

- No other GPS enabled watches will be allowed.
- At the Finish line the start time of your Adventure Race activity must show a time prior to the start of the race.
- If your watch is out of battery at the finish line it must be charged and shown.
- If your start time is after the race start time your team will receive up to a 24 hour penalty. (but not more than the time after the start that your watch shows).
- If your watch accidentally goes out of Adventure Race activity your team will receive up to a 24 hour penalty.
- If your watch is lost your team will receive up to a 24 hour penalty.
- No other GPS devices may be used. (except organiser issued).