

CAFFEINATED

Adventure Racing

Rules for Caffeinated Adventure Racing Events

1.1 GENERAL

1. Each team must consist of the specified number of team members as outlined in the race specific information.
2. No motorised forms of transport are allowed unless otherwise instructed.
3. An event may be modified or cancelled at any time by the organizers due to bad weather, security or any unforeseen circumstances deemed suitable by the race organisers.
4. All team members must wear their race bib as the outer most garment for the duration of the race (including over personal floatation devices (PFDs) unless otherwise stated). 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 of a pack is ok. Vest type packs that obstruct printing on the bib must be worn underneath the bib or not at all.
5. No mobile phones, radios, other communications devices etc (other than the compulsory safety phone turned off and sealed in watertight bag if applicable) may be carried on the course. (This is to stop teams gaining unfair advantage/assistance through calling support crews, web followers, family etc).
6. Teams must not travel in Out of Bounds areas. Unless specifically permitted by the race organisers, private property is always out of bounds, even if permission is sought from the owner.
7. All directions, information, instructions, etc given by Race Officials MUST be complied with.
8. No roads or trails are closed to the public during the event and other road/trail users (e.g. cars) may be encountered.
9. Teams must abide by civil laws at all times.

1.2 PRE RACE

10. All team members must be present at race registration.
11. All team members must attend all pre-race briefings.
12. 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 organisers, will result in either reduced participation in the event (e.g. being excluded from sections of the course) or disqualification.
13. No maps or topographic photos are to be brought to the race. Only maps given to the racers by officials are to be used for any purpose during the race or for planning of the race.
14. Once teams have been given the course map no team member, team supporter, etc. is allowed to be on the course prior to the official start time.

1.3 RACE

15. Competitors must follow the course and must comply with the spirit of the race.
16. Team members must stay within 100m of each other at all times unless otherwise instructed.
17. All team members must pass within 5 metres of the checkpoint (CP) unless otherwise specified.
18. All team members must complete the full course as a team and cross the finish line as a team.
19. All team members must go to the transition area (TA) unless otherwise instructed.
20. Teams must complete the course as specified in the course booklet. Unless otherwise specified, legs of the course and CPs must be collected in order.
21. Failure to visit a CP or a TA may incur a time penalty or disqualification of the team at the discretion of the race director.
22. Teams must use the orienteering punch at unmanned and manned check points (CP) to make an indentation in their control card, thereby proving that they have visited that CP. Punches in the wrong square, not punched properly or even forgotten will be penalised.

1.3.1 Bike Legs

23. An Australian Standard approved bike helmet must be worn by all competitors during any bike section.
24. Teams are responsible for their own bike maintenance and repair during the race.

1.3.2 Kayak Legs

25. No dragging of the kayaks at any time.
26. Teams are not permitted to use sails or kites during the kayaking portion of the event.
27. Teams are not permitted to use any type of equipment that in any way damages the kayaks.
28. Teams are not permitted to add to or modify the kayaks in any way.
29. Teams are responsible for and must pay for any damage they cause to the kayaks during the event
30. Each person must wear a PFD at all times during a kayak leg.
31. Any areas marked 'Dark Zone' MUST be complied with. Travel on water through these sections of the map is not permitted between sunset and sunrise, or as directed by the race officials at the pre-race briefing. Teams may elect to portage along these sections.

1.4 MANDATORY EQUIPMENT

32. Teams must carry mandatory equipment as specified in the event equipment list.
33. Teams must comply with random equipment inspections on the course.
34. If a piece of mandatory equipment is accidentally lost during the course of the race, you 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.

1.5 ASSISTANCE/SUPPORT

35. 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 wake 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, pain killers, replacement equipment, ice for injuries, having someone drive behind your team at night with spotlights on while cycling etc).
 - c. Interaction with the general public is however permitted to e.g. ask directions, pose for photos, answer questions, purchase food at a legitimate shop etc. General public being those people who every other competitor has access to in an equal capacity.
36. 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).

1.6 UNRANKED STATUS

37. 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 intention of the organisers. The following are some examples:
 - a. One team member withdraws.
 - b. Team does not attempt or misses an entire leg of the race.
 - c. A team misses too many checkpoints (this will be determined by the Race Organisers and based on whether that team has completed enough of the course to be classed as ranked).
38. 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).

1.7 TEAM OR TEAM MEMBER WITHDRAWAL

39. In the case of withdrawal of a team member, or an entire team, race HQ must be notified by the quickest possible means.
40. If a team member decides to withdraw from the race, the whole team must escort that member to the nearest manned CP, TA 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.
41. 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 even another team).
42. 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 never re-join the race and can never move back into either the unranked or ranked category.
43. 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.

1.8 EMERGENCIES

44. 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.
45. 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 in the event. Use of the emergency communications device for the above reasons does not necessarily result in a penalty or disqualification.

1.9 PENALTIES AND DISQUALIFICATION

46. Deliberately breaking any rule to gain advantage (i.e. cheating) will result in disqualification.
47. Deliberately bending the rules in a non-sportsman like fashion will gain time penalties.
48. 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 Organisers as soon as possible (generally this will be after the finish of the race).
49. In most cases the time penalty for missing a CP will be based on being twice the time it took the slowest team to obtain that CP.
50. Bad behaviour towards race officials, volunteers, the public and anyone else will not be tolerated. Penalties or disqualification will result.

1.10 ENVIRONMENT

51. The following rules must be followed:

- a. All rubbish carried out with competitors, nothing left behind.
- b. Wildlife should not be disturbed.
- c. No fires 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 if 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 additional guidelines outlined in race briefings.