



# RACE RULES

## ***Penalties:***

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- All teams must be checked in at the finish line by the posted race deadline. The penalty for arriving late to the finish will be the loss of one CP. An additional one CP will be deducted from the team's total for every 5 minutes thereafter.
- As a general example, if the penalty for arriving late to the Finish (12:00PM) is the loss of one CP per every 5 minutes late, then one CP will be deducted at 12:00PM; an additional one CP will be deducted from the team's total for every 5 minutes thereafter. So, a team arriving at 12:12 pm will receive a three point deduction.
- Loss-of-CP or time penalties will be administered by the race directors for any rules violations.
- If specific penalties are not mentioned, penalties for rules violations will be determined on a per case basis by the race directors. The decision of the race directors will be final. There is no formal appeal process.

## ***General Race Rules:***

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- Only maps provided by Athena Adventures may be used during the race.
- Teammates must stay within 30 meters of each other at all times.
- Teams may not receive support, food, mechanical assistance, or gear from non-racers.
- Race Volunteers have limited information and may not interpret race rules or provide clarification to racers.
- Teams must have the Race Bib Number (provided) visible at all times except while paddling.
- Racers must assist any person in danger.
- Any person or team withdrawing from the race must notify a race official in person or ensure that their intentions are communicated clearly to a race director. Failing to notify race officials of a withdrawal will result in that team being responsible for all search and rescue expenses. The remaining team members may continue the race as an unranked team after notifying the race director.

- 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.
- Leave No Trace guidance will be adhered to
- GPS Devices: No one likes a cheater. Don't cheat. We'll keep this rule very simple. Keep all GPS-capable devices out of sight for the entirety of the race. If everyone follows this rule, then we should never get an accusation of a team using such a device to cheat.

### ***Mandatory Gear:***

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- Mandatory gear as prescribed by the "Mandatory Gear List" must be carried at all times. Gear checks will be performed by race staff on the race course. The penalty for missing gear may include the loss of CP(s).
- Teams or racers may be removed from the race course at any time if it is determined by the race directors that a racer's safety is compromised by a lack of mandatory gear.
- The Mandatory Gear List may be adjusted or changed by the race directors at any time prior to the race start. Any changes will be discussed at the pre-race meeting.

### ***Biking:***

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- Helmets must be worn at all times while riding.
- A red blinking light must be attached to the rear of each bike at all times, and powered on while biking after dark.
- Racers are required to follow all applicable traffic laws while riding on public roads. Racers must ride single file on highways. Please be courteous and good ambassadors of Adventure Racing while using the roads.

### ***Paddling:***

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- All racers must wear a type II or III PFD at all times while on the water.
- Personal paddles and PFDs are permitted. While we will make an effort to take care of your personal paddling gear, you do so at your own risk. Athena Adventures will not be responsible for lost or damaged gear.
- If paddling after dark - racers must have 1 glow stick attached to the PFD and 2 glow sticks attached to the boat (bow & stern)

***Disqualification:*** Teams may be disqualified and removed from the race course at any time for violating any of the following rules:

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- Using a mode of travel not specified for a leg (e.g. biking on a trekking leg)
- GPS device cheating
- Leaving a teammate behind
- Littering
- The use of any motorized transportation
- Non-sportsmanlike or abusive behavior

***Scoring:***

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- Teams will be scored first by the number of CPs punched, then by time.
- In order to receive credit for visiting a CP, passports must be clearly punched in the correct box. If you accidentally punch the wrong box, make a note of the mistake on your passport and notify race staff when you turn in your passport.