

ADVENTURE RACING WORLD SERIES RULES OF COMPETITION

Version 1.8 - January 2024.

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, abusive 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 event specific rules will take precedence.

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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. [BLUE]/[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 must be replaced before proceeding beyond the next 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. [BLUE]/[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 [BLUE]/[YELLOW].
 - 2.5. Prohibited items must not be carried and are specified in the AR World Series Mandatory Equipment List [RED]. Race Referees are permitted to search an athlete or teams equipment if they reasonably suspect they are carrying prohibited items. Specifically prohibited items include:
 - 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. Distance measuring devices. These might include foot pod accelerometers, pedometers, etc. Cycle computers and map measuring devices are explicitly allowed.

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- 2.5.4. Devices or equipment that provide non human powered propulsion (including motors in bikes and boats)(for rules on sails see 2.9.1)
 - 2.5.5. 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. [RED]
 - 2.7. Once official race maps have been issued, no other maps may be referenced or carried. This includes online maps. Organisers may specify a 'lockdown period' prior to the start when all internet capable devices are prohibited. [BLUE]/[YELLOW][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 (excepting over Personal Flotation Devices). Obstruction or impairment 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. Local laws for high visibility vests will be accommodated. An alternate identification may be provided by the race organisers for use with the PFD in which case it must be worn or attached by each competitor as specified. [BLUE]
 - 2.9. Modifications to boats provided by the Race Organisers is prohibited. [YELLOW/RED]
 - 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. Common placement rules include:
 - (A) Furthest before missing a CP, then most CPs then fastest time.
 - (B) Most CP's then fastest time.
 - (C) Most mandatory CP's then most optional CP's then fastest time.
 - (D) Fastest time including a time penalty for each missed CP. (the time penalty for each CP may vary).
 - 3.2. 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]
 - 3.3. 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]

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- 3.3.1. 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.
- 3.4. 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]
- 3.4.1. 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]
- 3.4.2. 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..
- 3.4.3. 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.
- 3.5. 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].
- 3.6. CPs. Teams must visit CPs and record proof of their visitation via the method adopted by the Race Organisers. Failure to reach the location of a CP is considered “Missing” a CP. In most cases Race Organisers should specify in the Course Notes the penalty for “Missing” a CP..
- 3.6.1. Reaching the location of a CP but failing to correctly record the visitation via the method adopted by the Race Organisers (e.g. orienteering punches, electronic timing chip, sign in sheet, passport signature, photo etc.). will receive a penalty [BLUE]. If alternate proof of the team visiting the location (e.g. Photo, Tracking etc) is not available the penalty will be that of ‘Missing’ a CP.
- 3.6.2. If a team visits the location of a CP, and no checkpoint is found, the team should make every effort to prove they visited the location. (e.g. Photos etc). Penalty for failure to correctly record the visitation will be applied. If the CP is deemed to be removed, stolen or incorrectly placed then no penalty for failure to correctly record the visitation will be applied. Teams must still prove they visited the correct location (e.g. Photo, Tracking etc). [BLUE]/ [YELLOW]/ [RED].
- 3.6.3. No credit is given if a team incorrectly plots a CP on their maps.
- 3.6.4. If a 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..
- 3.6.5. 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]
- 3.6.6. 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.
- 3.7. Travel in Out of Bounds areas is prohibited. [BLUE]/ [YELLOW]/ [RED]

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- 3.7.1. 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.
- 3.7.2. If a team finds themselves in an Out of Bounds or otherwise prohibited area (e.g. through navigation error) they may return to the point where they entered the Out of Bounds and begin racing again from there, in which case no penalty will be given.
- 3.7.3. 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.
- 3.8. Mandatory routes if designated by the Race Organisers must be followed. [BLUE]/ [YELLOW]/ [RED]
- 3.9. Teams must abide by civil laws at all times. [BLUE]/ [YELLOW]/ [RED]
- 3.10. All official instructions issued by race officials, either verbal or in writing, must be complied with. [BLUE]/ [YELLOW]/ [RED]. 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.
 - 3.10.1. 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.
- 3.11. The race clock does not stop and time in TAs is counted to a team's total time.
- 3.12. Race Organisers may include non timed sections, fixed time sections or compulsory stops, for safety or other reasons.
 - 3.12.1. 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.
- 3.13. A team has officially finished and their finish time is recorded when all team members have crossed the finish line.
- 3.14. It is not unusual for a section of a race to be cancelled or changed.
 - 3.14.1. Cancellation or change of a section should not alter the racing situation for competitive teams. Competitive teams are either the 'lead pack' or the teams still having a chance of placing given the separation of the teams and the distance still to race.
 - 3.14.2. When a section of a race is cancelled or changed and requires a restart, teams should restart after that section based on their relative times at the last timed point prior to the cancellation.
 - 3.14.3. When a section of a race is changed or cancelled, teams that make progress through all or part of that section should not be disadvantaged by the time spent making progress. Time credits may be given.
 - 3.14.4. A team cannot gain a conclusive advantage in a cancelled or changed section.
 - 3.14.5. The lead team may be allowed a 'transition' time, minimum 30 minutes, to prepare for the next section, once they are at the location of the restart, prior to the restart. The lead team may waive this time.
 - 3.14.6. If a section is cancelled or changed prior to the first team reaching the section, generally no adjustments will be made. For instance, strategy-related complaints will not be addressed.

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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. [BLUE]/[YELLOW]/ [RED]. 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].
 - 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]
 - 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 a 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

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Race Organiser. This is exclusive of general research of race location and is in reference to the actual race route. [RED]

- 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]
- 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.
- 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. [BLUE]/ [YELLOW]/ [RED]
 - 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. [BLUE]/[YELLOW]/ [RED]
 - 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.). [YELLOW]/ [RED]
 - 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]
 - 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]
 - 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]
 - 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 unmanned CP locations, on road junctions, etc.) [BLUE]/ [YELLOW]/ [RED]
- 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]
 - 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,

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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). [BLUE]/ [YELLOW]/ [RED]

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 2.4.

5.7. OTHER TEAMS/ ATHLETES. Encouragement, moral support and sportsmanship between teams is encouraged. Informal assistance between teams is permitted.

Preplanned assistance between teams or teams working together for large parts of an event, to gain an advantage for one or both teams, is not allowed.

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. Team members of one team may not tow, on foot or on a bike, members of another team. Team members of one team may not paddle or tow the boat of another team, except in an emergency. Both teams may be penalized. Towing does not include drafting. [BLUE]/ [YELLOW].

5.7.3. Any equipment assistance without explicit permission of the owner of the equipment 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.

5.7.4. 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

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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]
 - 6.3. Event medical staff have the authority, on confirmation with the Race Director, to withdraw a 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. . [BLUE]/ [YELLOW]/ [RED]
 - 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, 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. [BLUE]/[YELLOW]/ [RED]
7. **Environment.** Teams must treat the environment and landscape of the course with respect and leave minimal evidence of their racing. [BLUE]/ [YELLOW]
- 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).
 - 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.
 - 7.3. Any rules with regard to lighting fires during the race must be specified by the Race Organiser.
 - 7.4. Respect all wildlife and farm stock and cause minimal disruption.
 - 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.
 - 7.6. No excessive or unreasonable impacts on vegetation as appropriate to the environment.
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.[YELLOW]/[RED]

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- 8.2. Athletes must not mislead Race Organisers and/or Race Officials with inaccurate/incomplete information. [YELLOW]/ [RED]
 - 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]
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. 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.

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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.

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). Serious cases may result in Disqualification of an 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) may be imposed for specific cases of cheating, where a team deliberately and knowingly breaks a 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

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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 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 event specific rule 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.