

# TRAIL RUN AUSTRALIA RACE RULES



These rules are put in place for reasons of fairness, safety, and responsibility; to ensure that all participants involved in the event have a safe and enjoyable race.

You are expected to abide by these rules at all times, ignorance is no excuse and disregard of these rules may result in penalties or disqualification.

1. Littering is prohibited at all times.
2. You must complete the course as marked on foot under your own power.
3. It is your responsibility to follow the course signage.
4. You must stay on the marked course. Short cuts are not permitted. If you make a wrong turn, return to the last sighted course signage.
5. Taking shortcuts or using any unfair means of obtaining an advantage over other competitors may result in disqualification.
6. Cooperate with event officials at all times.
7. Keep left at all times where possible on the trail.
8. Pass on the person's right hand side and call 'On your right' as you approach to pass them.
9. Be polite and respectful to other users on the trail.
10. Trekking poles are permitted to be used, however they must be used in a safe manner so as not to affect the safety of other runners or other trail users. Trekking poles must be fully collapsible so they can either fit inside or be strapped to your running pack when not in use. Trekking poles must not protrude from your running pack or body at times when they are not in use.
11. Your race number must be visible at all times on the front outside of your clothing over your stomach or chest. Do not cover your race number with any backpack strap or article of clothing such as thermal top, waterproof jacket, etc.
12. You must not fold, cut, change or deface your race number in any way. It must be worn as is, unfolded.
13. Races numbers are non-transferable. Times and prizes will not be recognised if racing under another person's entry/name.
14. Runners are expected to assist other participants who have injured themselves. If you come across an injured runner, provide assistance and ask a fellow runner to inform race officials at the next checkpoint.
15. One competitor cannot provide assistance in forward progression through physical pushing / pulling / towing, or the provision of food or drinks to a competitor in another category except in emergency circumstances. This must then be reported to the Race Director at the finish, a time penalty may be incurred.
16. Any competitor who withdraws from the race MUST notify Race HQ. This is an essential requirement to avoid unnecessary searches being conducted and emergency services being engaged.
17. The wearing of iPods or other music players with headphones is allowed; however you must keep **one ear** clear so that you can hear other runners, other trail users and approaching vehicles. You must switch off music as you approach and pass Course Marshals so that you can hear any directions given to you, you

must switch off music when travelling on all public roads/footpaths so you can hear approaching traffic and other users. So, while you may use iPods/Music players, it is up to you to use them in a safe manner so that you remain aware of your surroundings and things happening around you at all times.

18. You must carry your **own** Compulsory equipment at all times during the event. Random gear checks may occur during the event.
19. All athletes must attend the pre-race course brief. Any athlete who does not attend the brief will not be granted admission to the start line. The athlete can choose to attend a brief held by the race director after the start of the event. Athletes will then be permitted entry to the start line after the brief.
20. Random equipment checks can occur at any time during the event. A 30 minute time penalty will apply for every item that is missing. This time penalty will be served at the location of the equipment check point so a runner will not be able to proceed on course until the time penalty is served. During this time, the runner must arrange for the missing items(s) to be replaced or they will not be permitted to continue on course even after the time penalty has been served. For severe breaches of compulsory equipment or failure to comply with the requests of event marshals, the runner may be disqualified. Where it is not feasible to serve a time penalty on course, the time penalty will be added to the runner's overall
21. Equipment may not be stashed on the course prior to the event for your use, nor may equipment be left on the course to be collected later.
22. Outside assistance is not permitted unless it is specified at designated areas in the course information. This includes at checkpoints, aid stations, water points or any other location during the event. Assistance from event staff is permissible.
23. If you need to use a toilet go well off the track, at least 100m away from any water source and bury any waste once finished.
24. Dogs/Pets are not permitted to run with you at any time during the race.
25. Spectators and non-race participants are not permitted to run/cycle with or pace other runners.
26. Pacers are not permitted.
27. In2Adventure reserve the right to discourage and/or penalise any behaviour that is considered unsporting or not in the spirit of the event.
28. All runners are permitted to lodge protests against results or decisions enforced during the event. A panel of three In2Adventure team members will adjudicate on all protests and other contentious matters, and their decision will be final. Protests must be lodged within 30 minutes of the subject competitor crossing the finish line.
29. Breaking any of the rules or unsportsmanlike behaviour may incur a time penalty, disqualification or pre-race withdrawal. Any such penalties are at the organisers' discretion and are final.
30. In2Adventure may at its discretion alter or amend the course, distances, times and/or race rules in order to ensure the safety of participants or for any other reason deemed appropriate, this will be communicated on the event website and via social media.