



## **RULES AND REGULATIONS**

*(updated April 12, 2009)*

### **A. THE ORGANIZERS**

The Frontier Adventure Challenge Series is organized and staged by Frontier Adventure Sports & Training. Race management reserves the right to add, modify, replace or cancel venues or events at any time. Race Management reserves the right to make changes and amendments to the rules and regulations at any time. In the event that changes are made, race management will contact all registered teams with the updates so that they may make the appropriate adjustments to their preparations for the race.

### **B. TEAMS**

Each team must consist of three members and can register in one of three categories: mixed gender (must be at least one male and one female), all-male or all-female. A team may also be comprised of one competitor racing as a solo. All teams members must be 16 years of age or older. The team must consist of the same three members throughout the race and all three members must stay together and complete the entire course together for the team to be officially ranked. All members of the team must be in good physical condition and be of reasonable health. All team members will be required to complete a medical form to verify this.

### **C. REGISTRATION**

To be considered a registered team, the team captain must submit all required paperwork and full payment for the race before the start of the race. If all paperwork and full payment is not received the team will not be allowed to start the race and will forfeit an administration fee of \$75 CDN. If the team withdraws their registration at any point, the team will forfeit an administration fee of \$75 CDN. As of two weeks prior to race day, the full registration fee becomes non-refundable. However, the balance (eg. Registration fee paid less a \$75 administration fee) can be transferred to another Frontier Adventure Challenge Series event occurring within the next 365 days.

Race Management reserves the right to restrict access to the race for any team without an explanation. Entry into the race is handled on a first-come, first-serve basis only if the applying teams are approved by race management. Race management also reserves the right to remove any team from the registered team list should race management feel that team will not be suitably prepared for the event or may act in a way that will be harmful to themselves, other participants (including but not limited to competitors, volunteers, media and staff) or the event as a whole. In this situation the team will be notified immediately upon finalization of the decision and their full entry fee will be refunded. Note the entry fee will not be refunded if the team chooses not to compete, but only in situations where race management refuses a team from the race.

Each team must check in for registration at basecamp at least 15 minutes before the close of registration on the day of the race, as indicated in the competitor update for that race. At this point, race management will verify with the team captain that all paperwork is in order. The paperwork required includes:

- completed and signed medical forms from each team member;
- signed waivers from each team member;
- signed image release forms from each team member.
- full payment of entrance fee for the team and complete contact information for each team member;

Once all paperwork has been completed, each team must pass through a mandatory gear check. Only certain items as indicated on the mandatory gear list will be checked. Teams missing items from the list will not be allowed to compete. Teams will be given until the close of registration to pass the mandatory gear check. Other items key to safety for specific legs of the race will be checked on course, with teams incurring time penalties or disqualification for failure to produce any of the required gear items. No specific skills will be tested in registration for Frontier Adventure Challenge Series races, although it is expected that all team members are familiar with each discipline of the race.

Note: Teams will not be allowed to compete unless all contact information for all participants on the team is complete and accurate.

## **D. RACE BRIEFING**

Following registration, all teams must attend the race briefing as scheduled in the competitor update on the morning of the Frontier Adventure Challenge Series race. The race briefing will consist of distribution of the race package, description of some of the obstacles and challenges on the course and a question and answer period. Race management will be available until just prior to the race start to answer any further questions that do not get answered during the race briefing.

The race package given to each team will include all maps required for the race, course instructions with the grid coordinates for all checkpoints and transition areas, and a 'passport'. The passport must be carried at all times by the competitors during the race.

The maps provided in the race package are the only maps permitted on the course. Any team found using maps other than those provided may be disqualified from the official rankings.

The course instructions will include brief descriptions of particular obstacles to watch for throughout the course and a list of all checkpoints on the course. Each checkpoint will be denoted by a 6-digit UTM grid coordinate. The racecourse and checkpoints will not be marked on the maps. It is the responsibility of each team to correctly plot the coordinates of all checkpoints on the map as well as determine the route they wish to follow. Some of the checkpoints given will also be labeled as transition areas where teams will have access to water (provided by race management) and equipment.

## **E. THE RACECOURSE**

The racecourse will start at an undisclosed location. The course will cover roughly 40 km and pass through a series of checkpoints. Teams must travel through all checkpoints in the order specified by race management. At each checkpoint the team must check in and have their passport signed and time stamped by race staff. At the end of the race each team must show their passport to race management to verify that it has been signed at all checkpoints and that they were reached in the specified order. Any team that did not pass through all checkpoints in order will not be included in the official rankings. If a team misses a checkpoint they will be allowed to backtrack to reach it, but must still pass through all subsequent checkpoints in order, even if they had already visited those checkpoints (e.g. If you are at checkpoint 10 and realize you missed checkpoint 7, you will be allowed to backtrack to checkpoint 7 but must then pass back through checkpoints 8, 9 and 10 to maintain status as an officially ranked team).

Although each team is free to select the route they feel is most appropriate for the majority of the race, certain sections of the course will include instructions for a mandatory route (for safety reasons, to preserve certain environmentally sensitive areas, or to respect private property). Teams that do not follow the mandatory route may be disqualified.

The entire course will be given to teams at the race briefing. Race management reserves the right to make changes to the course during the race due to unforeseen circumstances such as, but not limited to, inclement weather. Any changes made will be communicated to all teams as soon as is reasonable and will be done as equitably as possible for all teams.

Transition areas are found at the transition between two disciplines. The team's mountain bikes, snowshoes, cross-country skis or other equipment will be available at transition areas denoting the start of the respective section and teams may leave these items at transition areas denoting the end of each section. Similarly, canoes (provided by race management, complete with paddles) will be picked up and dropped off by teams at transition areas denoting the start and end of canoe sections.

## **F. TIMING**

There will be one official race clock for the entire race and all teams. The clock will start with the race director's "go" at the start line and will remain running until the pre-determined cutoff time for the race. The official time for each team will be recorded when all three members reach the checkpoint or finish line. If a team receives a time penalty for a violation of the race rules and regulations, they must wait out the duration of their time penalty at a designated area prior to crossing the finish line. In so doing, the order that teams cross the finish line will represent the official rankings and results.

Certain cut-off times will be established for later sections on the course. If teams do not reach these points by the cut-off time established it is assumed that it will not be possible for them to complete the entire course within the maximum time allowed. At this point, each team will be given a choice to either continue on the course as long as they can (to be determined by race management) or to take an alternate route to the finish line. Teams that choose to take an alternate route to the finish line will not be officially ranked. All cut-off times will be communicated at the race briefing and will be listed in the course instructions provided in the race package.

## **G. TEAM RANKINGS**

The first team to have all three members cross the finish line and have passed through all checkpoints in order will be the winners. Teams must turn in their passport for verification that they reached all checkpoints in order. Any team without their passport or without all three team members will not be ranked. Additionally, any team requiring outside assistance to reach the finish line will not be ranked. In addition to overall rankings, there will be separate rankings for each race category, coed, all-male, and all-female.

## **H. RACE BIB AND SPONSORSHIP**

All team members must wear the Frontier Adventure Challenge Series race bib (provided) at all times during the race. It must be worn as the outer layer (so it is in plain sight at all times) and may not be altered in any way. Removing any race logos from the jersey, covering logos or adding logos may result in disqualification from the race. All team members must also have a number plate (provided) attached to the front of their mountain bike at all times during the mountain bike sections. Teams are free to wear any other items or logos for their team sponsors provided they do not interfere with the Frontier Adventure Challenge Series sponsor logos.

## **I. EQUIPMENT**

Teams will be required to supply and manage their own food and drink for the entire race. Water will be provided by race staff at transition areas only. Teams will also be responsible for the supply and handling of all equipment required for the race, unless otherwise noted in the Mandatory Gear List provided for each race.

The Mandatory Gear List specifies the minimum gear required to compete in the Frontier Adventure Challenge Series event. The list has been established to ensure safe travel throughout the course. Where there is room for discretion as to whether or not certain equipment is required we have left it off the list. In doing so, teams are left to make their own decisions about what will be the appropriate equipment to get them to the finish line the fastest and safest. There is NO room for discretion with the items included on the Mandatory Gear List. Any team found without the mandatory gear during the race may be disqualified from the race and removed from the course. All teams must pass a gear check at registration. There may also be a gear check during the race to ensure all teams are carrying the required equipment.

### **I) MANDATORY GEAR**

The specific Mandatory Gear list for each race will be provided on the Frontier Adventure Sports website and will be labeled as Mandatory Gear. Please note, the Gear list is subject to change. Race Management will endeavor to inform teams of any changes as they arise.

### **II) PROVIDED EQUIPMENT**

Certain items on the mandatory gear list will be provided by race management (as marked on the list). These items must remain with the team for the duration of the section they are assigned for and must be returned to the race staff at the end of the section in good condition. Damage to any equipment provided by race management, beyond a reasonable level of wear and tear, may result in a time penalty or disqualification and the team will be responsible for paying for the damages.

Personal Paddles - The only exception on the mandatory gear list will be paddles. Paddles are provided for all teams; however teams may bring their own paddles to be used in the paddling sections only. Teams with personal paddles will not be required to take the paddles provided by race management.

### **III) FORBIDDEN EQUIPMENT**

The following is a list of equipment that is forbidden during Frontier Adventure Challenge Series races. Any team possessing any of these items will be disqualified from the race.

- G.P.S. device
- Weapons of any sort (with the exception of the mandatory knife)
- Any mode of transportation not authorized by race management
- Maps not provided by race management
- Cell phones, two-way radios or any other communication device not checked by race management. FRS radios are part of the Mandatory Gear List

This is not necessarily a complete list of forbidden equipment. Any device or item may also be deemed as forbidden that offers an unfair advantage to the team possessing it. Please check with event organizers prior to start of race if you have any items that may be questionable. If it is decided that the item will not be forbidden, event organizers will keep the query confidential.

## **J. SAFETY**

Teams are encouraged to help each other while on the course. No penalty will be incurred for receiving assistance from another team. If a team comes in contact with another team that is in an emergency situation they are required to stop and help. Failure to help another team requiring emergency assistance may result in disqualification. Teams that do offer assistance in emergency situations may be awarded a time bonus.

Weather conditions may restrict safe travel for certain sections of the course. Race management reserves the right to make changes to the course or restrict travel on certain sections due to weather conditions.

It is mandatory that all team members wear a Coast Guard approved life jacket at all times during the water sections of the course. Similarly, it is mandatory that all team members wear a mountain bike helmet at all times during the mountain bike section. Failure to do so will result in disqualification.

## **K. DRUG USE AND IV'S**

The use of any illicit or illegal drugs or prescription medication not prescribed to the user for that specific use is strictly prohibited and will result in immediate disqualification from the race and removal from the course. Similarly, the use of IV's other than those administered by race medical staff is strictly prohibited and will result in immediate disqualification from the race and removal from the course. In cases of blatant disregard for this ruling, competitors or teams in violation may be permanently banned from the Frontier Adventure Challenge Series.

## **L. PENALTIES**

Race management reserves the right to issue time penalties to teams, disqualify teams from the official rankings or remove teams from the course if they violate any of the rules and regulations of the race. The severity of the penalty will be dependant on the severity of the offence and will be decided by judges. The following is a list of violations.

- Failing to have an official signature and time stamp in the passport for a checkpoint.
- Team members getting separated by more than 100 metres.
- Changing the team composition during the race (substituting one or more members of the team)
- Missing mandatory equipment
- Not following the prescribed rules of safe travel (e.g. wearing approved life jacket for canoeing)
- Possessing forbidden equipment
- Failing to wear the provided race bib as the outer layer at all times
- Receiving any outside assistance during the race
- Possessing maps of the race course area other than those provided by race management
- Using any means of transportation not authorized by race management
- Any environmental damage
- Deviation from mandatory course
- Unfair behaviour.

This is not an exhaustive list. Please contact race management before the start of the race if you have specific questions regarding penalties.

## **M. ENVIRONMENTAL RESPONSIBILITY**

All event participants must act in an environmentally responsible manner at all times during a Frontier Adventure Challenge Series event, including during registration and pre-race activities and post-race activities. Specifically, teams should obey the following principles:

- No litter, gear or any other object can be left on the racecourse, at the start line or host site except in designated disposal locations
- All human waste must be buried or properly disposed of in all situations and must not be done so within 50 metres of a water source (stream, river, pond, lake or otherwise)
- No cutting of vegetation of any type or deliberately causing unnecessary damage to vegetation or unnecessary erosion in areas with loose ground
- Every effort must be made to avoid harassing animals of any type in their natural habitat. In all encounters with wild animals the animal has the right of way
- If a competitor or team notices litter, gear or any other object left by another participant it is that teams responsibility to pack it out to the next checkpoint to be left with the checkpoint staff

Any team observed not acting in an environmentally responsible manner may be disqualified from the event. Any team observed showing blatant disregard for the environment may be permanently banned from future Frontier Adventure Sports events.