

# **Sabah Adventure Challenge, Rules & Regulations**

## **OVERALL FRAMEWORK**

The overall intention of the Rules and Regulations for the Sabah Adventure Challenge (SAC) is to set the framework for a competitive race conducted under a safe, fair and sportily manner. Besides sportsmanship, safety and ecological awareness, the Race Committee will put emphasis on sensitivity to the local cultures and communities the race passes through. The Sabah Adventure Challenge is completely dependant on the goodwill and hospitality of the local communities through whose backyards we are passing and amongst whom we will be camping overnight. We therefore require all competitors and people related to the SAC to be sensitive to the local communities. A few rules have been established to minimize the risk of conflicts with the local communities, but it is impossible to make rules for all eventualities, and the governing rule is, that any act by a competitor or support crew that may jeopardize the goodwill of the race will be penalized and in severe cases lead to exclusion from the race.

In addition to the general rules and regulations stated in the present document, there will be specific rules attached to certain course stages. These will be announced during the race briefing and will be included in the course notes handed out before each race stage.

## **GENERAL RULES**

1. The Race Committee has complete discretion in formulating and applying rules and penalties. The Race Committee reserves the right to impose penalties for conduct in violation of the Race Rules or contrary to the best interests of the Race. Typical penalties will be time penalties that will be added to the race time of the team, disqualification in which case the team is allowed to continue unranked or, in severe cases, exclusion from the race. Teams may file their protests but may be required to pay a non-refundable fee of RM150.00. The Decisions of the Race Committee are final.
2. The Race Rules may be modified and/or amended at any time as the race committee sees necessary. Changes and amendments will be announced to all affected as soon as practically possible.
3. Competitors are responsible for reading and understanding these rules and any instructions given at/before/after the Race. The primary language of communication will be English, but teams that require assistance with translation into Bahasa Malaysia may request so during the briefings. Failure of teams to request assistance in translations of rules and regulations is entirely their responsibility.
4. The interpretation of these Race Rules and their application to both anticipated and unanticipated circumstances will be governed by this guiding principle: Any action of a team or combination of teams which results in either an unfair advantage to the acting team or teams or in an unfair disadvantage to another team or teams will result in a penalty or possible disqualification, subject to the decision of the race director.

5. Teams must show respect for the local communities they pass through. This includes but is not limited to:
  - Causing a minimum of disturbance when passing through villages and properties, this may require teams to slow down to avoid scaring chicken and livestock.
  - Be extremely careful not to damage crops – what looks like weed to city dwellers may well be a valuable crop to the local farmer. Just because a crop area is not fenced does not mean one can barge through without care. Stick to clear pathways when navigating on foot or mountain bike and if necessary, dismount from your mountain bike. Do not pass through fenced off areas with crops.
  - Many roads and tracks have fences to keep live-stock in or out of certain areas. Any closed gate you pass through must be closed after you. **Do Not** assume that the next team behind you will close the gate! Be very careful not to damage any gates and/or fencing because you are in a rush.
  - You will be passing several hanging bridges, some will be in a state of deterioration, but they still serve as important parts of the local infrastructure. Be very careful not to damage bridges – **do not run** across bridges – **walk. Do not Mountain Bike** across the bridges either!
  - Wear proper attire – do not strip completely naked to take a well-deserved bath in a river at the end of the day. Cultural sensitivity is very much respected here by all as far as nudity is concerned. Urinating and other necessary actions to relief one's self **should not** be done in rivers, crop areas or housing areas. Look for safe haven in a bush or clearing away from the river. Always check the bush area before you squat or utilize it for life stock or other undesirable animals.
  
6. Teams must immediately and respectfully comply with a direction or decision of a Race Official.
  
7. The Race is a team competition and all forms of teamwork, including pushing, pulling and carrying team members will be allowed and is encouraged.
  
8. No outside support is allowed between the start and finish lines of the race Course except at **designated transition points**. Teams must be self-contained. If offered, support may be accepted from other **participating teams** provided that the offer and acceptance of such support does not violate Rule 4.
  
9. It is the **obligation** of any team to provide help as required if they encounter another team in serious trouble. This also includes getting valuable and accurate information to the race officials.
  
10. The use of any drug or substance prohibited by the then current rules of the **IAAF, UCI** or **ITU** is prohibited by the Race. This includes stimulants and other drugs. Please check with the Race Doctor before use.
  
11. By starting the Race or any Race stage, each competitor certifies that he \ she possesses **sufficient skills** and **training** to **safely** and successfully complete the Race course, is in a **physical condition** to **safely** finish the Race, and does not suffer from any **medical** condition which is likely to prevent the competitor from finishing the Race. Any participants who suffer any **health risk** problems such as heart, lung, or spinal injuries must report to the **race doctor** for approval to compete in the race either **before or after the race briefing on the 24<sup>th</sup> March 2005**. Should the race doctor decide that the said participant is not physically fit to compete, the participant shall **waive all entrance fees paid** and may not participate in the race as such. **The decision of the race doctor is final.**

12. Race officials reserve the right to prohibit a competitor from starting, continuing or finishing any segment of the Race for medical reasons. Any decision of the Race director or Medical Doctor is final.
13. Any act harmful to the ecology of the race venue, including littering or leaving any trash, garbage or equipment on the race course will result in **heavy penalties** if discovered. Every little piece of rubbish must be carried to the end of the race and disposed off properly.
14. Competitors are **solely responsible** for knowing and **complying with all laws** of the host country, including obtaining the appropriate entry visa's, obeying customs and excise laws and the rules of the State Government of Sabah. The organizing committee accepts no liability or responsibility for any actions undertaken by the participant or participants which may violate the laws of Malaysia.

## **RACE COURSE AND RANKING**

15. Teams will be supplied with **maps** and **instructions** for **each race** day. It is the **sole responsibility** of the team to navigate the designated race route and follow the instructions provided. Failure to complete the entire course will lead to disqualification and the team being unranked.
16. The Race course, which will include **mandatory checkpoints** and sections, may be modified any time by the Race Committee as it sees necessary to conduct a fair and safe race.
17. Rules will be applied to allow as many teams as practical to start and complete the Race. **Time cut-off points** may, however, be designated at certain places on the race course. Teams arriving after the designated time at any cut-off point may be required, at the sole discretion of race officials, to withdraw from the stage or take a shortened route to the finish line.
18. The overall results for the Race will be determined by the **accumulated time** required to complete the course over the **three race days** plus any time penalties. The official Race clock will run continuously starting with the horn signifying the start of each day and stopping (for each team) when the last member of each team crosses the stage finish line.
19. Any team failing to start the Race with the starting gun \ horn may be disqualified. Teams must start and finish the Race together and exit transition areas together. Except during **team biathlon**, where each team has only one bike, the team members may not be separated by more than 100meters or a reasonable distance as determined by the race director or his assistants. Time penalty's may be imposed by the race organizers. Repeat offenders may be disqualified.
20. There are two race courses: **Extreme** and **Adventure**. A team can only be **ranked** in the Extreme category by completing the **entire extreme course**. A team that started in the Extreme Category **may later change** to adventure and remain ranked in the Adventure category by carrying over their accumulated time from the Extreme Course. A team may only change to the Adventure Course after proper notification of Race Officials at designated Check Points, which will be informed at race briefing.
21. Teams that start in the Adventure Category may not change to the Extreme Course. They may however make a formal request to the race director for his consideration.

## WITHDRAWAL FROM THE RACE

22. Teams must immediately notify Race officials at the nearest checkpoint transition area of the withdrawal from the Race. Failure to do so will result in the team being charged with the costs, if any, incurred by the Race in mounting a search for any member of that team.
23. In the event that only one team member withdraws from the Race, the remaining team member may, if possible, join another unranked team and continue unranked. For safety reasons, a single athlete may not continue the Race alone.
24. In the event that a withdrawn team member needs medical assistance, it is the responsibility of the other team member to ensure proper treatment before he may continue the race in accordance with Rule 23. as stated above.

## PROTESTS

25. Protests must be filed with the Race Committee as soon as possible after the team's finish of any Stage. Protests may be made orally but *must be made **discretely and respectfully and only to the Race Committee.*** Any **public protest** or **display of disgust** with the contents of the Race Rules or their application may result in disqualification of the protesting team. The Race Committee reserves the right to charge teams a fee of RM150.00 which shall remain non-refundable.
26. The procedure for determining any protest will be determined by the Race Committee, and all decisions of the Race Committee shall be final.
27. Any protest made in bad faith or in retaliation for previous protests may result in the disqualification of the protesting team.
28. Any **verbal** or **physical abuse** of any race official or fellow participant may lead to **disqualification** or a report being lodged with the police department. Any serious misconduct may result in **legal action** against the guilty party by the race organizers.

## RULES OF INDIVIDUAL SPORTS

**Note:** In addition to the present rules, there will be specific rules for certain stages of the course, these will be announced during course briefing on the night before race start.

### Mountain Biking

1. Teams may ride, push, pull, or carry the bikes.
2. Each team member must wear a bike helmet properly buckled up at all times when riding the bike.
3. A red rear bike light and a white front light are required when riding after 6 p.m. The front light may be substituted by a headlamp.
4. All traffic rules must be complied with at all times.
5. Teams should carry tire tube repair kits and spare batteries for their lights.

### Trail Running

1. Competitors may run, walk or crawl.

### Team Biathlon

1. Each team must traverse the Team Biathlon course with one mountain bike only.
2. Only one person at a time may ride on the bicycle. Any person whose weight is all or partially supported by the bike frame or any bike components is deemed to be "riding" the bike.
2. Teams may exchange between running and biking as many times as it chooses and at any interval.
3. Bikes may not be dropped so they block the progress of other teams.
4. The person on the bike must wear a helmet.
5. No team may interfere with a bike of another team.

### Bamboo Rafting

1. Each team member must wear a life jacket at all times while on the river.
2. Each team member must wear a helmet properly buckled up during rafting. Rafting helmets are recommended, but bike helmets are accepted.
3. No team may intentionally block the progress of another team.

### Tire Tubing

1. Each team member must wear a life jacket at all times on the section.
2. Each team member must wear a helmet properly buckled up during tubing. Rafting helmets are recommended, but bike helmets are accepted.
3. No team may intentionally block the progress of another team.
4. Unless otherwise specified, the tube must be inflated and carried/tubed down inside the river bed.
5. Teams may run along the side of the river provided it is within the banks of the river if the water levels have decreased. However, if a team is caught outside of the river banks, then they either face a time penalty or disqualification. This remains the discretion of the race director.

### Kayaking

1. Each team member must wear a life jacket at all times while on the water.
2. Teams may use a double or two single kayaks, towing is allowed for two singles.
3. Outside assistance is only allowed in the event of a capsize. The assistance rendered may only be help to get back into the kayak and empty it for water.

### Rope Skills

1. Each team member must wear the equipment supplied by the Race Organizers. A team member may only enter the rope section after having been checked and approved by the Rope Skills Official.
2. All instructions given by the Rope Skills Supervisors must be followed carefully and promptly.
3. It is your responsibility to inform the Rope Skills Supervisor at the rope section of the event if you, the participant is unable to perform the activity, have little or no experience and/or have a fear of heights. A penalty may or may not be imposed instead but this is at the discretion of the Rope Skills Supervisor after consulting with the race director.

## **COMPULSORY EQUIPMENT**

The following equipment is mandatory and must be carried at all times between the start and finish line:

Per Competitor

- Race Number (must be clearly identified on each team member on the outer layer of their vest)
- Hydration System with a minimum capacity of 1.5 liters per competitor

Per Team:

- First Aid kit (see list of minimum contents attached)
- Compass

In addition, there is compulsory equipment for each sport which is listed under the rules for the individual sports

Failure to wear properly buckled helmet or properly secured life vests at all times in the segments where required may result in the disqualification of the team. Failure to carry mandatory equipment or to wear the race number on the outer layer may result either in disqualification or time penalties. Random checks may be carried out by race officials.

Race numbers and vests may not be altered, defaced or modified in any way. Violations of this rule will result in a severe time penalties.

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## **IMDEMNITY**

We acknowledge that we fully understand the risks involved in this competition and accept full responsibility for any accidents, injuries or losses that may occur. We will not hold the race organizers, their agents, their sponsors, the Sabah Government or Malaysian government, or any of its agencies or departments, or any individuals responsible/liable for liability or compensation should an accident, or incident resulting in the loss of equipment, injury, permanent or partial disability or death to any member of our team.

Kindly sign below and acknowledge your acceptance and agreement of the rules and regulations of the race.

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Name:  
Date:

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Name:  
Date:

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Name:  
Date: