



RULES

- a. Minimum age is 18 years old.
- b. Race directors have final authority on any question that may arise during the Scenic Rim Ultra.
- c. Your race number must be visible at all times on the outside of your clothing and on the front of your body.
- d. Competitors must follow the complete course as marked and directed on foot under your own power. Taking shortcuts or using any unfair means of obtaining an advantage over other competitors will result in disqualification. It is the competitor's responsibility to ensure that the correct course is followed. Trekking poles are permitted.
- e. You must carry your own Mandatory gear at all times. Random gear checks may be carried out and a 40 min time penalty applied for any item that is missing. If this is occurred while on-course, the runner must arrange for the missing item/s to be replaced before they can continue. Serious breaches or failure to obey Event Crew requests may lead to disqualification.
- f. No stashing of supplies along the course and no accepting aid except within 200m of a designated checkpoint.

- g. Littering, vandalism, poor sportsmanship and other anti-social behaviours may lead to disqualification.
- h. Conditions of your entry mean that you have agreed to be withdrawn from the event, should medical support or event officials determine it is in the best interests of any participants. Such an instance will not be negotiable.
- i. Checkpoint officials have the authority to act on behalf of the Scenic Rim Ultra event management team and will be authorised to make decisions in the best interest of the event and its participants.
- j. Each participant must be checked in at all checkpoints and have your name and number recorded.
- k. Any competitor who withdraws from the race **MUST** notify an official at your nearest checkpoint and then return to the start/finish line to ensure that it is recorded. You must sign a withdrawal form at the nearest checkpoint. This is an essential requirement to avoid unnecessary searches being conducted and emergency services being engaged. Any costs incurred from search and rescue operations that arise as a result of your failure to withdraw officially may be passed onto you.
- l. If you need first aid assistant on the course and are unable to reach a checkpoint, you must use the phone numbers on the back of your race bib to contact event management who will arrange to have you attended to. Support crews are not allowed to enter the event course to collect participants unless specifically authorised by event management.
- m. If you witness another runner in any form of distress, you will stop to help them and remain with them, if required until help arrives. Where possible, the time it takes to assist another runner will be deducted from your total completion time.
- n. If you are fortunate enough to come close to any wildlife, including snakes, give them a wide berth, try to remain still until they pass and keep your movements slow and unthreatening. The wildlife will likely leave the area fairly quickly and you can then continue safely.
- o. A High Vis safety vest that complies with Australian Standards for day and night time wear and must be worn over the top of your clothing and backpack when running on the roads.
- p. Volunteers and Event staff must be treated with respect and their directions followed at all times. Any individual who is rude, abusive

- or wilfully ignoring the request of these individuals may be disqualified from the Event and from entering into future Events.
- q. Fellow runners must also be treated with respect. Demonstrations of poor sportsmanship such as verbal or physical abuse will not be tolerated.
 - r. The participant is responsible for the actions of their support crew. Support crew must comply with all instructions from event staff and officials. The participant maybe penalised or disqualified for actions or breaches of the rules by their support crew.
 - s. Support crew must obey all road rules and drive within the speed limits. Please ensure that support get sufficient rest and are not tired when driving. They must also follow instructions of all checkpoint staff and marshals.
 - t. Support crew must not eat the food provided at checkpoints. The food is for competitors only.

HAVE FUN!

