





Inwardbound2016

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# Inward Bound

2016

## Rules

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# Inward Bound Rules 2016

For intents and purposes of the Risk Management Plan this document is also referred to as the 'Inward Bound Event Code'

## Introduction

### 1 Definitions

**ISO:** Interhall Sports Organisation

**ANUSRA:** Australian National University Sports and Recreation Association.

**Ex Resident:** As defined in the ISO By-Laws.

**Participant:** Any person who has entered in the Inward Bound Event.

**Race Director:** The principal officer of Inward Bound, whose responsibilities are as defined in the ISO By-Laws (14.3)

**Residence:** The halls and colleges that make up the ISO

**The Event:** The particular competition of each year, is the event of Inward Bound as defined in rule 1.2.

**The Committee:** The Event Committee established under the ISO, which is responsible for the organising of the Inward Bound Event.

**Event Central:** Are where the Event Committee is located and contactable during the event, signified by 'Event Central' tent at the end-point.

**Competitor:** Any runner competing in The Event.

**Team:** Each group of four runners.

**Squad:** The collection of all competitors from a residence.

**Course:** The Course encompasses all routes contemplated by the race director and all routes used by competitors in the event.

### The Event

2 Inward Bound shall be run by the Australian National University Sports and Recreation Association (ANUSRA) on an annual basis.

3 The Rules of Inward Bound form appendix A of the ISO By-Laws and may be enforced as any other By-Law of the ISO by the ISO.

4 The event shall be open to all members of the Interhall Sports Organisation, in accordance with that Organisation's Constitution, By-Laws and those of the ANU Sport and Recreation Association

5 The course is the area within which Inward Bound occurs. must consist of:

- a) an end point, and
- b) drop-off points corresponding to each division

6 The course is determined by the Race Director. Guidelines as to how teams should train and prepare have been provided in the appendices to these rules.

### Divisions and Teams

7 The event shall consist of seven (7) divisions. where there is a general progression from most difficult to least difficult from Division One (1) through to Division Seven (7)

8 Each residence may enter up to one team in each division

9 Each team consists of

- a) a Navigator
- b) an assistant navigator, and

- c) two scouts

10 The squad of each residence shall contain no more than three competitors who are ex-residents

11 The following people cannot be competitors in the Event.

- a) The Race Director
- b) Members of the Event Committee
- c) delegates of the Race Director
- d) officials appointed under clause 15
- e) members of the tribunal

## **Administration**

### **Committees Responsibilities**

12 There is to be a Race Director, who shall be the principal officer of Inward Bound.

13 The Committee shall be appointed by the Race Director. The Committee shall be responsible for the conducting the event and shall have the power to enforce these rules.

14 The Event committee shall release the rules for Inward Bound no later then three (3) weeks prior to the event.

### **Officials**

15 The Race Director may appoint officials and specify their powers.

### **Coaches**

16 Each participating residence is responsible for nominating at least two residents or ex-residents as their Coaches.

17 The coach must ensure that all members of his or her squad understand these rules understand the consequences for breaching these rules

18 To remove any doubt, the Coach does not have to be a competitor

19 It is expected that the Coach will have intimate knowledge of the event and have been a previous competitor.

20 At least one of the coaches must be female

21 The coach is responsible for his or her squad's ability to complete the event within the rules of this event.

22 In order to comply with rule 21, the coach must be reasonably confident before the even that a participant who is a member of his or her squad has the ability to cover the following distances on foot through wilderness areas within the specified time frame:

- a) A participant in division 1: 100 kilometers within 24 hours
- b) A participant in division 2: 90 kilometers within 23 hours
- c) A participant in division 3: 75 kilometers in 22 hours

- d) A participant in division 4: 65 kilometers in 21 hours
- e) A participant in division 5: 50 kilometers in 20 hours
- f) A participant in division 6: 40 kilometers in 19 hours
- g) A participant in division 7: 25 kilometers in 18 hours.

### **Navigators**

23 The coach must ensure that each team within his or her squad have a minimum of 2 suitably qualified navigators.

24 In order to be considered 'suitably qualified' for the purpose of rule 23, at least 2 navigators in each team must have:

- a) adequately completed a rogaine or rogaines specified by the Race Director in the lead up to Inward Bound; or
- b) have previously been a navigator for an Inward Bound team within the last 2 years, and entering the same division or lower: or
- c) high achievement in a national or international sporting event with a considerable navigation component.

25 The Race Director has discretion to determine whether a navigator is suitably qualified for the purpose of rule 24

### **Female Participation**

26 A squad of 28 participants must have at least 5 female participants. If a squad has less than 28 participants, the squad's ratio of female to non-female runners must be at least 1:5

27 A squad is exempt from this rule if its coach seeks permission from the Race Director, prior to the Entry date, and the Race Director believes it is fair and reasonable to make an exception.

28 A female participant who withdraws from a squad between entry and the day of the event due to unforeseen circumstances, such as injury or illness, can be replaced with a male participant.

2.2.2. Each team must contain two navigators who are capable of:

a) Division 6 & 7 Teams:

- Using a compass to make a bearing taking magnetic deviation into account;
- Following a compass direction across terrain at night (for 0.5 to 1 km);
- Reading a map including interpretation of symbols and contours;
- Orientating a map;
- Locating where they are on a map; and
- Aiming off a map.

Division 3, 4 & 5 teams, in addition to the above requirements:

- Following a compass direction across terrain at night (for 1 to 2 km);
- Navigate across un-wooded country without using a compass; and
- Pace-counting for distance estimation.

Division 1 & 2 teams, in addition to all the above requirements:

- Following a compass direction across terrain at night (for 2 to 4 km);
- and

Navigating across wooded and un-wooded country without using a compass.

The extent of the navigator's capability may be adjusted by the event organisers to suit the course and the team's division.

### **Event Entry**

29 Each residence that intends to participate in the event must submit all specified forms and fees by the specified due date.

30 The due date for all relevant forms and fees shall be set by the Race Director, but must be earlier than the entry closing date.

31 In submitting all forms and fees in accordance with rule 29, the residence agrees to abide by these rules and the rules governing the participation in ISO and ANUSRA events.

32 A residence must nominate the divisions it intends to enter in the event by the census date.

33 Each residence's entry for each division must be approved by the Race Director.

34 A entry must:

- a) be in writing
- b) identify each relevant competitor's name, gender, date of birth and residence
- c) specify the team's navigator and assistant navigator
- d) specify the division entered
- e) be accompanied by such fee as the Race Director may specify, and
- f) be signed by the team's residence's coach

35 The Race Director has discretion to allow a residence to vary its entry after being submitted

36 The Race Director should notify the relevant residence's coach in writing within 24 hours of receiving an application whether an application has been accepted or not

37 The Race Director may request an applicant undertake further steps before approving an application under rule 36 that are reasonable or necessary to satisfy the Race Director that a team or participant can safely complete the event

### **College Coordinator**

38 Each resident is responsible for nominating another member of their residents as the College Coordinator of that residence.

39 A residence's College Coordinator is responsible for the conduct of spectators affiliated with that residence.

40 The College Coordinator may not be a competitor in the Event.

41 The College Coordinator is the primary contact for the Event Committee on the day of the event and must remain at the End Point until all their respective participants have completed the event.

42 This person must report to the Event Command Tent upon arrival at the End Point.

### **Spectators**

43 A spectator is a resident or ex-resident of a residence who

- a) is not an official
- b) is not a coach
- c) is not a competitor in the event,

d) is travelling to the endpoint, is at the endpoint, is travelling from the endpoint, or is in the vicinity of competitors.

44 Each residence is responsible for the actions of their own spectators.

45 Participating residences must provide sufficient food and water for each participant following their participation event in addition to food and water provided for their spectators.

46 Participating residence are responsible for ensuring that all waste is removed from the endpoint following the event.

47 Residences must also follow the instructions of the Event Committee in as far as they relate to the safety and comfort of spectators and participants.

### **Volunteers**

48 Each residence is responsible for providing a number of volunteers to assist the Event Committee as requested no later than one week prior to the event.

49 All volunteers must report at the assigned times as per the schedule of events. Sanctions shall be imposed on a residence for a breach of this rule.

## **Rules for Participants**

### **Participant Responsibilities**

50 Each participant is responsible for their own actions during the event, and by taking part agrees to abide by these rules, the rules of ISO, and those of the ANUSRA and all other laws, including those relating to private property and trespass.

51 Each participant agrees, in addition to rule 50 to abide by their own residence's rules and regulation for their involvement in an official event.

52 Each participant must complete an indemnity form prior to taking part in the event

53 Each participants must complete a health declaration that;  
a) Declares that each participant has no past or present injury or conditions that will prevent them from participating in Inward Bound, or;  
b) Declares all past and present injuries or conditions including allergies.

54 The Event Committee recommends that regardless of whether a participant has a past injury or not, all participants have a medical checkup before participating in Inward Bound.

55 Any person competing in the event without the approval of the Race Director under rule 36 shall result in the disqualification of the participating residence in which they participate for or the residence, which they are an ex-resident of.

### **Mandatory Competitors Briefing**

56 The Race Director shall inform the coaches of the date of the mandatory competitors briefing.

57 At the conclusion of the mandatory briefing, the Race Director shall specify for each Division the inner and outer radii of an annulus, centred at the End point, that contains the drop-off point for that division. These radii are subject to change right up to the start of the race.

58 The Race Director may, at the mandatory competitors briefing, declare that equipment addition to that prescribed is compulsory for the event.

### **Pre-event Scrutineering**

59 The race director shall announce the time each division is required to present for pre-event Scrutineering

60 The objective of Scrutineering is to ensure:  
a) all competitors of a division are assembled to be transported to the drop point  
b) all competitors have all compulsory equipment, and  
c) no competitor has any prohibited items

61 The race director shall designate an area within the ANU as the Scrutineering area

62 No person may be within the Scrutineering area during the scrutiny unless:  
a) they are a competitor in a Division that is undergoing Scrutineering  
b) they are a Scrutineer appointed by the Race Director.

63 The Event Committees may give participants an additional briefing at the time of scrutineering

### **Timing of the Event**

64 Inward Bound shall commence from when Division 1 arrives for scrutineering, It ends when the last team has been safely accounted for by the Inward Bound Event Committee.

### **Transport to the Drop Point**

65 The Race Director shall communicate the time at which each Division shall be transported from scrutineering to the Division's drop-off point.

66 The Race Director will organize the transport of:

- (a) all competitors of each Division.
- (b) an official appointed by the Race Director, to the Division's drop-off point.

67 All competitors will be blindfolded during the journey.

### **The Drop Point**

68 At each Division's drop point, the official appointed by the Race Director, shall assemble the Navigators participating in that Division.

69 When the Lead Driver is satisfied each Navigator is present, the Lead Driver shall give to each Navigator:

- (a) the Team Envelope corresponding to that Navigator's team, and
- (b) any other documentation, as maps or instructions as directed by the Race Director.

### **The Team Envelope**

70 The Team Envelope is a sealed envelope consisting of the envelope and its Contents.

71 The envelope shall have printed on it grid coordinates of the end point and other information as the Race Director shall direct.

72 The Contents of the Team Envelope shall contain such safety information as the Race Director deems necessary including the locations of the drop-off points for each Division.

### **The Race**

73 The race will ordinarily be defined as beginning from the time at which the Lead Driver serves on each team's Navigator in a Division that team's Team Envelope until every team has either:

- (a) arrived at end point,
- (b) withdrawn, or
- (c) been disqualified.

74 Each participant must complete the entirety of the race on foot

### **Scouting**

75 After the Team Envelope has been served on each Navigator of each team in the Division, a period of time, called the scouting period commences.

76 Unless otherwise specified by the race director at the competitors' briefing, The scouting period shall be:

- (a) for Divisions 1 to 3: 40 minutes,
- (b) for other divisions: 20 minutes.

77 During the scouting period the Scouts of each team are permitted to:

- (a) abandon prescribed compulsory equipment that is not marked as compulsory for Scouts,
- (b) separate from other members of their team

78 A Scout may separate from the team, return to other members of the team, and separate again repeatedly but only during the scouting period

79 A Navigator and Co-navigator can also act as a Scout during the scouting period

80 Each Navigator must, if requested, notify the Lead Driver of their estimated position and their intended route before departing the drop-off point.

81 The Scouts must return to the drop-off point before the scouting period ends.

### **Powers of officials**

82 The Race Director, or his or her delegates, shall at any time during the race have the power to direct a team or a competitor:

- (a) to stop running
- (b) to stop and dwell at a location for a period of time or until directed to continue,
- (c) to identify their location and intended route,
- (d) to be transported to another location, whether further or closer to the end point,
- (e) to carry additional equipment,
- (f) to use continually, intermittently or for a period specific equipment,
- (g) to abandon a route and run a different route,
- (h) to truthfully report the amount of water or food they are currently carrying, and/or
- (i) to accept and carry without dumping additional water or food

83 A direction must be recorded and the direction must be reported as soon as practicable to the Race Director and to the Referee.

### **The End Point**

84 The Race Director or one of his or her delegates shall ensure that:

- (a) a designated and fenced corridor, open to the course area at one end, called the approach, is highly visible near the end point, and
- (b) a line, called the finish line, is towards the closed end of the approach.

85 A team reaches the end point when the last competitor of that team crosses the finish

line.

86 The Race Director shall appoint officials, to be present at end point throughout the event, to be responsible for determining:

- (a) the time at which each team arrived at end point, including deciding whether a team arrived before or after another team,
- (b) whether each team had compulsory equipment upon arrival at end point, and
- (c) whether each team had any prohibited items.

### **Post Event Scrutineering**

87 Upon arrival at the End Point, teams shall present themselves to officials to undergo post event scrutineering.

88 The objective of post event Scrutineering is to ensure:

- a) all competitors of a team have arrived safely at the end point
- b) all competitors have all compulsory equipment, and
- c) all competitors return all IB Event Committee items to the Committee

### **Water Drops**

89 There will be water available for competitors on course, at a location specified in the material handed to navigators at the drop site. This may be in the form of unattended water containers.

90 If potable water is unavailable at a water drop for whatever reason, the Race Director may be contacted using the team's mobile phone or the messaging function of the trackers (if applicable) and water will be made available to the competitors as soon as practicable. Any competitive advantage lost from lack of available water, however, will not be considered when finalising the event results.

### **Withdrawal**

91 A team may withdraw from the event at any time during the race.

92 The Navigator, or other competitor of a team that has withdrawn, must immediately:

- (a) if the withdrawal occurs during the scouting period—inform the Lead Driver and follow his or her instructions; or otherwise—
- (b) stop running,
- (c) open the Team Envelope, and
- (d) follow the instructions therein.

(3) A team that has withdrawn is not, by that reason alone, excused from any provision of this Code, unless the contrary intention appears.

### **Mandatory withdrawal**

93 A team must withdraw if a competitor from that team is disqualified, withdraws, or is otherwise unable to continue

### Compulsory Equipment

94 The following equipment must be carried by each team in order to participate in the Event. Each item must be present with each team at the beginning of the event and evidence of it shall be present at completion of The Event:

<i>Item:</i>	<i>Supplied By:</i>
A Basic First Aid Kit (per team)	Event Committee
A Team envelope (per team) containing on the outside: The location of the End point with both standard grid-referencing methods	Event Committee
4 blind folds (per team)	Event Committee
Satellite Phones (if deemed appropriate)	Event Committee
GPS Tracker (if deemed appropriate)	Event Committee
4 reliable compasses per team	Residence/Participants
Compression Bandage (per team)	Residence/Participants
A minimum two liters of water per person	Residence/Participants
Minimum 1kg Food per person	Residence/Participants
One Woolen/Fleece pullover per person	Residence/Participants
One 20cm Strip of reflective material sewn onto each participants backpack, positioned where visible to traffic from behind. Per person.	Residence/Participants
One woolen beanie and pair of gloves per person (only gloves will be accepted)	Residence/Participants
One complete set of thermal underwear per person (top and bottom) (thermal has to be hydrophobic. Acceptable are polypropylene, polyester and chlorofibre and lightweight wool. Not acceptable is cotton, lycra and coolmax)	Residence/Participants
A water proof jacket (seam sealed) per person	Residence/Participants
Four space blankets per team	Residence/Participants
1 mobile telephone with credit, charged to full capacity, switched on and sealed (per team)	Residence/Participants
A Photo ID per person	Residence/Participants
A watch per person	Residence/Participants
One pair of long pants per person (jeans not acceptable)	Residence/Participants

95 Each item will be checked at the pre event check-in by the Event Committee or a person appointed by the event committee and event officials before participants board the buses.

96 Failure to present these items or evidence of these items (rubbish from food) will be considered a breach of these rules.

97 The dumping of any compulsory item is prohibited

### Banned Items

98 No participant to carry any electronic data carrying items such as MP3 players during the event unless approved by the ISO.

99 No participant may carry a GPS device or any other electronic device that assists with navigation .

### Recommended Items and Permitted Noncompulsory items

100 It is recommended that the following items be carried by each team

- a) Water Purifying Tablets (particularly division 1-4)
- b) Film or Disposable camera (noting rule 99)
- c) Any personal medications that may be required

**Breach of Rules**

101 A breach of these rules by a participant shall result in disciplinary action and potential disqualification from the event of team or college, depending on the breach.

102 For any issue surrounding a potential breach of the rules a Tribunal shall be formed under part G of these rules.

## Training Offences

103 A training run is a run by a group of residents or ex-residents, not less than four, who become competitors for that residence, taken principally for the purpose of training for Inward Bound.

104 A *significant training run* refers to:

(a) any training run satisfying at least two of the following criteria:

(i) the run starts or finishes at a place outside ANU,

(ii) road vehicles are intended to be used to transport runners,

(iii) any part of the run takes place west of the Murrumbidgee River, outside the ACT, or otherwise outside the Canberra metropolitan area,

(iv) the run could reasonably be expected to finish after 2 am.

105 Any relevant conduct which is an offence if it were to occur in the event is also an offence if it occurs in a training run.

106 A residence's coach is responsible for all of that residence's significant training runs

107 The Coach must notify the Race Director of the particulars of a significant training run 48 hours prior. Failure to do so is an offence.

**Penalty:** 15 point penalty for residence

108 The Coach must not conduct a significant training run in defiance of any direction by the Race Director in general or in particular.

**Penalty:** Disqualification of squad

## **Event Offences:**

### **Private Property**

109 A team commits an offence if:

- (a) a competitor from that team enters land that is private property, and
- (b) the team has not been given specific permission by the Race Director or the Referee to enter that land.

**Penalty:** Disqualification of team in current and subsequent events plus 15 point penalty for that team's residence

110 A competitor or team still breaches rule 109 regardless of whether permission was obtained from the property's owner or tenant to enter the property.

111 A squad commits an offence if two or more teams from the squad enter private property without authority.

**Penalty:** Disqualification of squad in the event and subsequent events

112 It is a defence to an offence under this section if the following conditions were satisfied at the time the private property was entered:

- (a) the competitor required urgent medical assistance either for themselves, another competitor, a spectator, or for any other person, and
- (b) the competitor had attempted to contact:
  - (i) the Race Director, or
  - (ii) emergency services and had either been unsuccessful or had been directed by emergency services or the Race Director to enter private property, and
- (c) the competitor or team believed entering private property was necessary for the good care of the person requiring medical assistance

### **Prohibited areas**

113 The Race Director may designate a location as prohibited area, which may be an enclosure of private or public land, a locality, a road, or another geographic feature as the Race Director may specify

114 A team commits an offence if a competitor from that team enters a prohibited area.

**Penalty:** Disqualification of team in current and subsequent events, plus 15 point penalty for residence.

### **Creating excessive noise**

115 A team must not create excessive noise nearby dwellings

**Penalty:** Disqualification of team

### **Lighting fires**

116 No competitor or team shall light a fire for any purpose during the race or training runs.

**Penalty:** Disqualification of squad

### **Consuming alcohol**

117 A spectator, competitor or an official must not:

- (a) consume or possess alcohol at or near the end point; or
- (b) consume alcohol near the Scrutineering area.

**Penalty:** Disqualification of the spectator or competitor's residence.

### **Compliance with general law**

118 A competitor or spectator must comply with all relevant laws of general application. The Race Director may impose a penalty of disqualification on the affiliated residence for the current and subsequent event if they reasonably believe a law has been breached.

### **Misrepresenting ability**

119 The Coach of a squad must not misrepresent the navigational ability or athletic fitness of any competitor in that squad to the Race Director.

**Penalty:** Disqualification of residence in current and subsequent events

120 The Coach of a squad must not enter a team into a Division that is inappropriate given the team's navigational ability, athletic fitness, and experience.

**Penalty:** Disqualification of residence from the Division in current and subsequent events .

### **Separation of competitors within a team**

121 Except for the scouting period, each member of a team must be within 50 metres of all other members of their team for the duration of the event.

**Penalty:** Disqualification of team

122 A competitor may not continue in the event, if another member of that competitor's team has withdrawn or is unable to continue.

**Penalty:** Disqualification of team plus 15 point penalty for residence

123 Rule 122 does not apply if:

- (a) a competitor from the team has stopped and requires urgent assistance or is unable to continue, and
- (b) the team has unsuccessfully attempted to contact the Race Director, emergency services, and has followed the instructions in the Team Envelope,
- (c) the team considers it prudent in all the circumstances to separate in order to contact the Race Director or emergency services,
- (d) a member of the team remains with the stopped competitor, and
- (e) the two other competitors run as a pair, remaining within 50 metres of each other, towards a location that is prudent in the circumstances.

### **Compulsory equipment**

124 A team commits an offence if the team arrives at the end point and any member of that team is missing a piece of Category A compulsory equipment.

**Penalty:** Disqualification of team

125 A team commits an offence if the team arrives at the end point and any member of that team is missing a piece of Category B compulsory equipment.

**Penalty:** 2 hours time penalty for team

126 A team commits an offence if the team arrives at the end point and any member of that team is missing a piece of Category C compulsory equipment.

**Penalty:** 30 minutes time penalty for team

127 Equipment categories are listed in in Schedule B.

128 If a team loses multiple pieces of compulsory equipment the penalties may be imposed cumulatively.

### **Inappropriate or dangerous navigation**

129 A team must not:

- (a) scale or traverse cliffs,
- (b) ford torrential streams or rivers,
- (c) swim, or
- (d) otherwise attempt a route that is beyond the team's ability or is inappropriate or dangerous in the circumstances,

**Penalty:** Disqualification of squad

### **Highways and railways**

130 A team must not

- (a) run on or alongside or
- (b) cross by any means, a highway except at points specified by the Race Director.

131 A team must not

- (a) run on or alongside, or
- (b) cross over,

The following railways with the exception of crossings at a level crossing, bridge, or underpass:

- (c) Canberra branch—entire extent
- (d) Bombala line—from Joppa Junction to the ACT border and from the Numeralla River to Cooma Station

**Penalty:** Disqualification of team

132 To remove doubt, crossing a highway through using an underpass, overpass, storm-water drain or any other like method without the explicit permission of the Race Director is an offence.

133 To remove doubt, running beside a highway but not on it, otherwise that on a clear footpath intended to be used as such by authorities shall be taken to be coursing or running along for the purposes of rules 130 and 131

134 A designated Highway Crossing may require competitors to course along a brief section of the highway to meet an adjoining road, if this is the case, the crossing volunteer will provide instructions on how teams are to cross, where they are to cross and the manner in which they should course along the highway (usually single file facing the direction of traffic)

**Identification**

135 A team must identify themselves by providing:

- (a) their residence,
- (b) their Division

whenever asked, whether by an official, competitor, spectator, or by any other person including all persons who are in any way affiliated or not affiliated with Inward Bound, and regardless of whether the team has withdrawn or been disqualified.

136 A team must not refuse to identify themselves or provide false information when asked to identify themselves.

**Penalty:** Disqualification of team

**Rendering assistance**

137 All participants must be prepared to assist any other participant who is in serious need of assistance during the event

**Cloaking**

138 A team must not interfere with any tracking device or attempt to conceal or disguise their route from the Race Director, the Referee, or an official.

**Penalty:** Disqualification of squad in current and subsequent events.

**Water Drops**

139 A competitor must not take an unreasonable amount of water from a water drop

**Penalty:** disqualification of team

140 A team must not tamper with a water supply

**Penalty:** disqualification of squad

**Peeking**

141 A competitor must not

- (a) peek,
- (b) remove a blindfold, or
- (c) otherwise use equipment to thwart the effect of the blindfold

if the competitor has been directed by an official to wear a blindfold.

**Penalty:** Disqualification of team

142 If a Lead Driver or other official suspects peeking, the team of the suspected competitor shall be allowed to continue the race as if they had not been disqualified at the time the offence took place.

### **Opening the team envelope**

143 A team must not open the Team Envelope during the race.

**Penalty:** Disqualification of team

**Note:** a team may open the team envelope if they have withdrawn and require assistance

### **Outside Assistance**

144 A team commits an offence if:

- (a) the team seeks or willingly obtains information, direction, or equipment including food from another person, and
- (b) the team should reasonably be aware that the other person is not:
  - (i) an official, or
  - (ii) a competitor.

**Penalty:** Disqualification of team

**Note:** A team or competitor is encouraged to seek outside assistance if they have withdrawn.

145 A competitor may seek to obtain water from a person who is not a spectator.

### **Dumping**

146 A team must not intentionally dump or abandon equipment that was in their possession at the scrutineering area.

**Penalty:** Disqualification of team

147 Rule 146 is not breached if:

- (a) the abandoned equipment is a map that is not compulsory, and
- (b) the equipment is surrendered to the Lead Driver.

### **Prohibited items**

148 Teams may not have a prohibited navigation item in their possession at any point in the event

149 An item is a prohibited navigation item if:

- (a) the item is an electronic or electromechanical instrument or device that can be used for navigation, or

- (b) the item is an altimeter, speedometer, pedometer or any other like object, or signal direction finding device such as a radio direction finder, and
- (c) the item is not:
  - (i) a piece of compulsory equipment, or
  - (ii) an exempt item.

150 A team must not carry a prohibited item after entering the scrutineering area, during the journey to the drop-off point, or at any time during the event.

**Penalty:** Disqualification of team

151 Rule 148 does not apply to an item that it is:

- (a) a mobile phone that is sealed by an official, or
- (b) specified as such as by the Race Director.

152 A team may submit to the Race Director a request for an item to be exempt under rule 151

#### **Prohibited items – exempted use of sealed mobile phone**

153 A team must not use the sealed mobile phone after entering the scrutineering area, during the journey to the drop-off point, or at any time during the race, except in accordance with this rules 154 to 157.

**Penalty:** Disqualification of team

154 It shall be sufficient proof that a team *used a sealed mobile phone* that the seal made by officials during the pre-event scrutineering was found to be broken upon inspection by judges at end point.

155 A competitor or team does not breach this section if the intended use of the phone is:

- (a) to contact emergency services,
- (b) to contact the Race Director regarding: lack of potable water at a water drop or an unforeseen issue relating to runner safety that the race director should be made aware of, or
- (c) to receive a call or read a message from the Race Director.

156 To remove doubt, a team must not access navigational information from the phone at any time during the race.

157 It is the responsibility of all teams prior to arrival at the scrutineering area to ensure that an inbound call or message from the Race Director will ring with a distinctive and audible tone throughout the race. Failure to comply is an offence.

**Penalty:** 7 point penalty for residence

#### **Spectators – interfering with competitors**

158 A spectator must not interfere with competitors.

**Penalty:** Disqualification of the spectator's residence

159 Interfering with competitors means:

- (a) travelling along a route, that is not a direct route between the end point and Canberra or is not justifiable in the circumstances, where competitors are running or have been running,
- (b) communicating with competitors other than cheering,
- (c) collecting equipment left by competitors,
- (d) causing prohibited items, or compulsory equipment not presented at scrutineering including food and water, to be available to competitors in the course area; or
- (e) conduct that otherwise interferes with the safe and fair running of the race.

### **Corrupt Conduct**

160 An official affiliated with a residence commits an offence if the official:

- (a) intentionally acts corruptly, and
- (b) does so for the purposes of:
  - (i) giving a team, squad, or residence an unfair advantage,
  - (ii) unfairly disadvantaging a team, squad, or residence.

161 A competitor commits an offence if the competitor:

- (a) induces an official to act corruptly, or
- (b) intentionally receives an advantage from an official acting corruptly.

#### **Penalty:** (No maximum)

162 An official *acts corruptly* if:

- (a) the official discloses partially or in full the course without authority;
- (b) the official deliberately and improperly plants equipment on a team without its knowledge or consent, or deliberately omits to give compulsory equipment to a team;
- (c) the official deliberately performs a search badly;
- (d) the official makes a false statement to the Referee or another official with the intention of falsely incriminating or exonerating a competitor, team, squad, spectator, or residence;
- (e) the official disobeys a direction by the Race Director; or
- (f) the official's conduct is manifestly contrary to the fair running of the event.

163 Evidence of the official receiving an advantage as a result of the corrupt conduct may be regarded as evidence of guilt, but the Referee does not have to prove the official received or expected to receive an advantage.

164 The Referee must not commence an investigation into an offence under this section

without the consent of the Race Director.

### **58 Over-scouting**

- 165 A scout must not arrive back to the drop site after the official scouting period is over.  
**Penalty:** 12 hour time penalty

### **Miscellaneous**

166 A team or squad whose conduct during the event is not proscribed as an offence within the rules but is, in the opinion of the Race Director and the Referee, manifestly contrary to the intention of these rules or the spirit of Inward Bound may be disqualified.

### **Attempting to gain Course Knowledge Prior to the event**

167 A resident or ex-resident of a residence must not seek to obtain course sensitive information prior to such information being released to the community.

- 168 Course sensitive information includes:
- a) Stakeholder information,
  - b) Satellite Tracking Website
  - c) Location of drop points and End Points
  - d) Official maps with drop points, routes and/or End Point notes

**Penalty:** Disqualification of Squad

169 In the event that course sensitive information is gained prior to all teams being on the course, the Race Director or an official should be notified immediately.

### **Offences against the good administration of the event**

#### **Failure to attend mandatory briefing**

170 A competitor commits an offence if:

- (a) the competitor does not attend the mandatory briefing in section 18 for its full duration, and
- (b) the competitor had not received leave of the Race Director to not attend the briefing.

**Penalty:** Disqualification of competitor

171 A competitor commits an offence if:

- (a) the competitor does not attend the mandatory briefing in rule 170 for its full duration,
- (b) the competitor received leave of the Race Director to attend an alternative briefing, and
- (c) the competitor does not attend the alternative briefing for its full duration.

**Penalty:** Disqualification of competitor

172 The competitor's intention is irrelevant to rules 170 and 171.

173 If, in the opinion of both the Referee and the Race Director, a competitor has committed an offence under this section, the competitor may be refused transport to the drop-off point. If the competitor's team fails to replace the competitor with another competitor who

has attended the mandatory briefing and has been approved by the Race Director to compete in the relevant Division, the team may be refused transport to the drop-off point.

174 Any decision under rule 173 must be communicated to the relevant team's Coach.

175 A decision under rule 173 is not appellable to the Tribunal.

### **Late arrival to Scrutineering**

176 The Race Director may disqualify a team that arrives at the Scrutineering area later than its specified arrival.

177 If, in the opinion of both the Referee and the Race Director, a team's late arrival or failure to arrive with all compulsory equipment is likely to seriously interfere with the administration or safe running of the event:

- (a) the Referee may declare that a team has committed an offence under this section, and
- (b) that team may be refused transport to the drop-off point.

178 Any decision under rule 176 or 177 must be communicated to the team's Coach.

179 A decision under rule 176 is not appellable to the Tribunal.

### **Refusing searches**

180 A team must not refuse a search by an authorized official, whether at the pre-event scrutineering, or at the end point, or at any other time.

**Penalty:** Disqualification of team plus 15 point penalty for residence

### **Disobeying official directions**

181 A competitor, team, or spectator must not disobey a direction by:

- (a) the Race Director, or
- (b) the Referee or one of their delegates.

**Penalty:** Disqualification of affiliated residence

182 Competitors and teams should attempt to interpret all direction consistently with these rules by:

- (a) ensure such a direction is consistent with these rules, and
- (b) where the direction appears inconsistent—to clarify the direction by indicating to the official the apparent contradiction.

e.g. If a competitor withdraws and an official directs the other members to keep running in the event, the other members must ensure the official is aware of the rule prohibiting separation in those circumstances before obeying it.

183 A competitor or team must comply with a direction by a member of the emergency services.

**Penalty:** (No maximum)

### **Failure to finish or report in when required**

184 A team commits an offence if the team has not passed a specified point on the course by 7pm on the Saturday of the event.

**Penalty:** Disqualification of team plus 7 point penalty for residence

185 It is a defence to rule 184 if:

- (a) the team had, some time before 6pm on the second day (Saturday) of the event, successfully and truthfully informed the Race Director of the team's location, spirits, supplies of food and water, and any other details the Race Director required, and
- (b) the Race Director had subsequently directed the team to continue to the end point.

186 A team that has been directed by the Race Director to continue to the end point after 7 pm must not fail to finish or withdraw by:

- (a) 8:30 pm, or
- (b) if the Race Director specified an earlier time—the time specified.

**Penalty:** Disqualification of team plus 7 point penalty for residence

187 The Race Director may relieve any team from any requirement of rule 184, 185 and 186 before or during the race.

### **Spectators**

188 A spectator must not arrive at the end point before 7 am on the Saturday of the event. **Penalty:** 10 point penalty for affiliated residence

189 A Spectator must follow the driving directions set by the Inward Bound Event Committee.

**Penalty:** 10 point penalty for affiliated residence.

## **Breach of Rules**

### **The Referee**

190 There is to be an officer of the event, called the *Referee*, who shall be the principal disciplinary officer of the event and shall have the authority to:

- (a) interpret the rules of Inward Bound
- (b) make findings on questions of fact,
- (c) impose penalties in accordance with these rules

191 The Referee is to be appointed by the Race Director.

192 The Referee may appoint delegates.

193 The referee:

- (a) cannot be a competitor of the event for which is he or she is appointed as the Referee, and
- (b) cannot be a current resident of a residence competing in the event or have been a resident of a competing residence at any time in the year of the event.

### **Powers**

194 The Referee shall have the power to:

- (a) conduct searches of competitors,
- (b) interview competitors, spectators, and other officials, including the Race Director, and
- (c) access and inspect official records of the event.

### **Inferences from uncooperative conductive**

195 If the Tribunal is satisfied a person did not adequately cooperate with the Referee, the Tribunal may, in any relevant proceeding, accept that as evidence of guilt adverse to the person.

### **Principles**

196 The Referee must be satisfied that every element of an offence or defence relevant to the guilt of the accused has been satisfied

197 The Referee must be satisfied of every element on the balance of probabilities

198 Unless the provision specifies to the contrary, all offences under this Code have no fault elements. That is, the intention of the competitor is not relevant in determining whether a rule has been breached.

### **Attempts**

199 If a provision of this Code makes an offence it is also an offence to attempt to commit

that offence.

200 The penalty for attempting an offence is the penalty that would have been imposed had the attempt been successful.

### **Maximum Penalty**

201 Where a provision of this Code makes an offence, the penalty written there after is to be read as the maximum penalty available for that offence.

202 If a provision of this Code makes an offence but does not specify a maximum penalty, the maximum penalty is the disqualification of the affiliated residence for both the year in which the event took place or was most closely associated with and in the event in the subsequent year. This penalty is to be reserved for conduct falling into the worst category.

### **Less severe penalties may be imposed**

203 If the Referee is satisfied that a breach of these rules has occurred, the Referee may impose a penalty that is less than the maximum penalty listed.

204 For all offences, the Referee may instead choose to warn or reprimand the accused Coach or College Co-ordinator.

### **Totality in Multiple Penalties**

206 If the Referee finds that a single residence was responsible for multiple separate punishable offences, the Referee shall impose a penalty, not exceeding two consecutive disqualifications of the affiliated residence, that reflects the totality of the offences committed.

### **How offences are to be reported**

207 How complaints are to be made

(1) Within 3 hours of the last team to finish the event,

- (a) the Race Director or any other official of the event, or
- (b) the Coach of any competing residence, or
- (c) the College Co-ordinator of any competing residence,

may lodge in writing a complaint against a competitor, team, squad, spectator, designated person, official or residence for committing an offence, at a place specified by the Referee.

(2) Such a complaint must specify:

- (a) that it is a complaint under this rule,
- (b) the name, title, and residence of the complainant,
- (c) the complainant's address,

- (d) the residence of the accused,
- (e) which rule is alleged to have been breached,
- (f) the location at which the alleged breach took place, and
- (g) as much other detail as the complainant can provide

208 The Referee may investigate a breach of the rules by his or her own motion.

209 The Referee may accept a late application if it is in the interests of the event to do so.

### **Investigation**

210 The Referee shall investigate any complaint made under rule 207.

211 The Referee shall notify:

- (a) if the complaint is against a competitor, team, or squad—the Coach of the affiliated residence,
- (b) if the complaint is against a spectator—the College Co-ordinator of the affiliated residence,

of the nature of the complaint and the identity of the complainant.

212 The Coach or College Co-ordinator may make a written statement to the Referee within 24 hours of receiving the notice.

213 The Referee may interview competitors or spectators as he or she sees fit. All competitors, Coaches and College Co-ordinators must cooperate with the Referee.

### **Admission**

214 The Coach or College Co-ordinator of the accused in reply to a notice may admit guilt to the offence in writing.

215 If the Referee shall take any admission of guilt into account and may, but is not required to, impose a less severe penalty than he or she would otherwise have imposed.

### **Decision**

216 Upon the conclusion of the investigation, the Referee shall make a decision to either:

- (a) take no action, or
- (b) impose penalties.

217 A decision must be:

- (a) made in writing, and
- (b) communicated to:
  - (i) Coach or College Co-ordinator of the accused, and
  - (ii) the complainant

218 The decision must specify:

- (a) the date on which it was made,
- (b) the reasons for the decision, including findings on questions of fact relevant to the decision and the Referee's interpretations of the rules, and
- (c) if the decision is to impose penalties—the rights of appeal exercisable by the Coach or the College Co-ordinator.

219 The Referee shall come to a decision within 48 hours of receiving the complaint.

### **Decision to be published**

220 A decision under regarding a breach of the rules shall be published on a public website specified by the Race Director as soon as practicable after being made.

### **Late decisions**

221 If the College Co-ordinator or Coach of the accused has not received notice of a decision 24 hours after either the complaint was lodged, the complaint shall be deemed to have been dismissed by the Referee with no penalty imposed.

222 The Referee may apply to a member of the Tribunal for an extension of time under rule 219. If the extension is granted, the Referee shall notify this to the College Co-ordinator or Coach of the accused. If the period of time granted by the Tribunal also expires, the complaint shall be deemed to have been dismissed by the Referee with no penalty imposed.

### **Appeal from Referee's Decision**

223 A Coach or College Co-ordinator whose squad or residence is adversely affected by a decision of the Referee may apply to appeal that decision to the Tribunal.

224 No other person has standing to bring an application for an appeal

### **Requirements of any application to appeal**

225 An application under rule 223 must:

- (a) specify why the Referee's decision was incorrect,
- (b) be lodged with the Race Director no later than 24 hours after the Referee's decision was published under rule 221,
- (c) contain any other information relevant to the Tribunal making the correct or preferable decision
- (c) be signed by the petitioning Coach or College Co-ordinator.

### **Granting leave to appeal**

226 The Race Director may allow or refuse any application made to appeal to the Tribunal under rule 226 at their discretion

227 The Race Director must communicate their decision to the applicant in writing within 24 hours of receiving the application. The decision must also be published on the event website.

228 Before granting leave to appeal to the Tribunal the Race Director must be satisfied that it is in the interests of public confidence in Inward Bound to grant their appeal.

229 A decision to refuse an application to appeal is final and means the Referee's original decision stands.

### **The Tribunal**

230 The ***Tribunal*** shall be composed of three officers, called ***members of the Tribunal***

231 The three officers to form the Tribunal shall be chosen by the Race Director at his or her discretion and may consist of any combination of:

- (a) the Race Director
- (b) the Course Setter
- (c) the President of the Interhall Sports Organisation, or
- (d) the Assistant Race Director
- (e) any other delegates as the Race Director sees fit

232 The Race Director is to advise the Interhall Sports Organisation no less than two weeks from the event, the members that will form the Tribunal

233 The Tribunal shall sit as an open Tribunal

234 The Tribunal may request that the Referee appears before it if it thinks it helpful to determining the matter.

### **Powers of the Tribunal**

235 The Inward Bound Tribunal or a majority of the members shall have the power:

- (a) to adjourn;
- (b) to make Rules of the Tribunal consistent with these rules;
- (c) to compel the attendance of:
  - (i) officials
  - (ii) competitors,
  - (iii) Coaches,
  - (iv) College Co-ordinators,
  - (v) complainants, and
  - (vi) spectators;
- (d) to interpret the rules of Inward Bound;
- (e) to uphold or quash any decision by the Referee, and to substitute its own;
- (f) to conclusively declare the result of any Division;

- (g) to declare that no places are to be awarded in a Division or in the event;
- (k) to dismiss any petition as invalid; and
- (l) to punish any contempt of its authority by disqualification or point or time penalties.

**Real justice to be observed**

236 The Tribunal shall be guided by the substantial merits of each case and will not be constrained by legal forms or technicalities.

**Decision to made quickly**

237 The Tribunal must make its decision on a petition as quickly as is reasonable.

**Decision to be published**

238 Any decision or declaration made by the Tribunal shall be published on a public website as specified by the Race Director within seven days.

## Schedule A:

### Compulsory equipment

The following are compulsory for every team.

### Supplied by committee

Course Information Sheet

basic first aid kit

Team Envelope (sealed)

electronic locator beacon (sealed)

(other equipment so designated by the Race Director at the mandatory briefing)

### Not Supplied by Committee

Item	Quantity	Number
* Magnetic Compass		4
* Headlamps		4
Water (for each competitor)	2.0L	
Food (for each competitor)	1.0 kg <sup>ξ</sup>	
Woollen or fleece pullover		4
Woollen beanie		4
Pair of gloves		4
20cm strip of reflective material on backpack, visible from rear		4
Thermal underwear (top and bottom) <sup>β</sup>		4
Waterproof jacket/poncho		4
Space blanket		4
* Whistle		4
Mobile telephone fully charged pre-event (sealed)		1
Photo identification (for each competitor)		4
* Watch (with no navigational function besides time)		4
Long pair of pants <sup>f</sup>		4
Immobilisation bandage <sup>λ</sup>		2
Hat		4
* Indicates items compulsory for scouts during the scouting period.		
ξ Or other similar adequate amount (less will be at Race Director's discretion). Must be appropriately nutritious for the event at discretion of scrutineer.		
β Must be hydrophobic, made of polypropylene, polyester, chlorofibre, lightweight wool. Cotton,		

	lycra, or coolmax not acceptable. Compression garments not acceptable
<i>f</i>	Compression Garments Acceptable
$\lambda$	Must be commercially designed for snakebite treatment

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## Schedule B

### Penalty Categories

Penalty Category	Item
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	First aid kit
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Immobilisation bandage
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Team envelope (sealed)
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Electronic locator beacon
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Mobile Telephone
<input type="checkbox"/> <input type="checkbox"/>	Photo ID
<input type="checkbox"/> <input type="checkbox"/>	Magnetic compass
<input type="checkbox"/> <input type="checkbox"/>	Headlamps
<input type="checkbox"/> <input type="checkbox"/>	Whistle
<input type="checkbox"/> <input type="checkbox"/>	Watch
<input type="checkbox"/>	Food (evidence of)
<input type="checkbox"/>	Woollen or fleece pullover
<input type="checkbox"/>	Woollen beanie
<input type="checkbox"/>	Pair of gloves
<input type="checkbox"/>	Strip of reflective material on backpack, visible from rear
<input type="checkbox"/>	Thermal underwear (top and bottom)
<input type="checkbox"/>	Waterproof jacket / poncho
<input type="checkbox"/>	Space blanket
<input type="checkbox"/>	Long pair of pants
<b>N/A</b>	Water
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	(other equipment so designated by the Race Director)

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Category A
<input type="checkbox"/> <input type="checkbox"/>	Category B
<input type="checkbox"/>	Category C

## Schedule C:

### Scoring

For each team, the team's residence will receive points according to the following equation.

$$\text{Score} = \begin{cases} 0 & \text{if withdrawn or disqualified} \\ (30 - \text{Division} - \text{Placing} - (2 \times \text{Division})) & \end{cases}$$

So for example a team that finishes 3rd in Division 5 will receive  $30 - 5 - 3 - (2 \times 5) = 12$  points.

The total points for the residence is the sum of the points received by each team in its squad, less points from penalties.

If a dead-heat is declared by the Race Referee, the placing for all teams so tied shall be equal to

$$(\text{the number of teams already finished in that Division}) + 1$$

## **Schedule E:**

### **The Interhall Sports Organisation by-law relating to Inward Bound**

#### **Organisation and appointment**

Inward Bound shall be organised by the Inward Bound Race Director, appointed by the ISO Executive before the end of the first semester of each academic year.

In appointing the Inward Bound Race Director, the ISO shall consider the candidate's experience as a participant and/or organiser in previous Inward Bound events. Candidates must be a member of the ANUSRA, but need not be a member of the ISO or a Resident.

#### **Responsibilities**

The Inward Bound Race Director will be responsible for:

- the organization of the Inward Bound event for the year following their appointment;
- ensuring that all legal, risk management, and safety procedures are implemented;
- at his/her sole discretion, appointing individuals to participate in an informal "Inward Bound Student Organising Committee";
- proposing to the ISO any costs or levies that any participating Residence will be required to contribute in order to participate in the event;
- administering the costs and fees associated with Inward Bound;
- recording and collating all information and relev any documentation and delivering this to the Secretary of ISO on acquittal of the event;
- regular correspondence with the ISO during the preparation of the event. The

Inward Bound Race Director may, at his/her discretion, delegate any tasks arising from the above responsibilities to any other individual.

#### **Rules**

The rules contained within the Inward Bound Event Code shall form Appendix A of these by-laws and are to be enforced as rules of the ISO.

The Inward Bound Race Director shall be responsible for adjudicating the event in accordance with the Inward Bound Event Code and shall deliver the event results to the ISO within 5 working days of its end.

Where the provisions in the Inward Bound Event Code conflict with those in these by-laws, the Inward Bound Event Code shall take precedence. Any changes to the Inward Bound Event Code must be submitted and approved by the ISO at a