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# Inward Bound

# Rules

2017

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# Inward Bound Rules 2017

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

All rules contained within this document in its entirety remain current and enforceable until an updated version of the Inward Bound rules has been approved by both the Race Director and the ISO, as defined in these rules, and is released publicly.

## Introduction

### **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(s) 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 under rules 1, 2, 3, 4 and 5

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

**Event Central:** Where the Event Committee is located and contactable during the Event, signified by the '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

**Non-residence teams:** teams competing with the approval of the Race Director that are not affiliated with any halls or colleges that make up the ISO but for the purposes of these rules are considered to be equivalent to a residence team

**The Course:** Encompasses all routes contemplated by the Race Director and all routes used by competitors in the Event

### **The Event**

- 1 Inward Bound shall be run by the ANUSRA on an annual basis.
- 2 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.
- 3 The Event shall be open to all members of the ISO, in accordance with the ISO's Constitution and By-Laws and those of the ANUSRA.
- 4 The course is the area within which Inward Bound occurs. It must consist of:
  - a) an Endpoint, and
  - b) Drop-off Points corresponding to each division.
- 5 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**

- 6 The Event shall consist of seven (7) divisions, where there is a general progression from most difficult to least difficult from division 1 through to Division 7.
- 7 Each residence may enter up to one team in each division.
- 8 Each team consists of:
  - a) a navigator,
  - b) an assistant navigator, and
  - c) two (2) scouts.

- 9 The squad of each residence shall contain no more than three (3) competitors who are ex-residents.
- 10 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 rule 14, and
  - e) members of the tribunal.

### Administration

#### **Committee Responsibilities**

- 11 There is to be a Race Director, who shall be the principal officer of Inward Bound.
- 12 The Committee shall be appointed by the Race Director. The Committee shall be responsible for conducting the Event and shall have the power to enforce these rules.
- 13 The Event Committee shall release the rules for Inward Bound no later than three (3) weeks prior to the Event.

#### **Officials**

- 14 The Race Director may appoint officials and specify their powers.

#### **Coaches**

- 15 Each participating residence is responsible for nominating at least two residents or ex-residents as their Coaches.
- 16 The Coaches must ensure that all members of their squad understand these rules and understand the consequences for breaching these rules.
- 17 To remove any doubt, the Coaches do not have to be competitors.
- 18 It is expected that the Coaches will have an intimate knowledge of the Event and have previously been competitors.
- 19 At least one of the Coaches must be female.
- 20 The Coaches are responsible for their squad's ability to complete the Event within the rules of this Event.
- 21 In order to comply with rule 20, the Coaches must be reasonably confident before the Event that a participant who is a member of their 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, and
  - g) a participant in division 7: 25 kilometers in 18 hours.

#### **Navigators**

- 22 The Coaches must ensure that each team within their squad have a minimum of two (2) suitably qualified navigators who are capable of:
- a) for division 6 & 7 teams:
    - i) using a compass to make a bearing taking magnetic deviation into account,
    - ii) following a compass direction across terrain at night (for 0.5 to 1 km),

- iii) reading a map including interpretation of symbols and contours,
    - iv) orientating a map,
    - v) locating where they are on a map, and
    - vi) aiming off a map.
  - b) for division 3, 4 & 5 teams:
    - i) in addition to the above requirements for division 6 & 7 teams,
    - ii) following a compass direction across terrain at night (for 1 to 2 km),
    - iii) navigate across un-wooded country without using a compass, and
    - iv) pace-counting for distance estimation.
  - c) for division 1 & 2 teams:
    - i) in addition to the above requirements for division 3, 4 & 5 teams,
    - ii) following a compass direction across terrain at night (for 2 to 4 km), and
    - iii) Navigating across wooded and un-wooded country without using a compass.
  - d) The extent of the navigator's capability may be adjusted by the Race Director to suit the Course and the team's division.

- 23 In order to be considered suitably qualified for the purpose of rule 22, at least two (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) 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.
- 24 The Race Director has discretion to determine whether a navigator is suitably qualified for the purpose of rule 23.

#### **Female Participation**

- 25 A squad of 28 participants must have at least 7 female participants.
- 26 If a squad has less than 28 participants, rule 25 must be followed on a pro rata basis, that is, the squad's ratio of female to non-female runners must be at least 1:3.
- 27 A squad is exempt from rules 25 and 26 if its Coaches seek written permission from the Race Director prior to the entry of a residence's squad, 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 non-female participant with the written permission of the Race Director.

#### **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 An 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 Coaches.
- 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 Coaches in writing within 24 hours of receiving an entry application whether it 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 residence is responsible for nominating at least one member of their residence 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 Endpoint until all their respective residence's participants have completed the Event.
- 42 The College Coordinator must report to the Event Central Tent upon arrival at the Endpoint.

#### **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, and
  - 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 in addition to food and water provided for their spectators.
- 46 Participating residences are responsible for ensuring that all waste is removed from the Endpoint following the Event.
- 47 Participating 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 no later than one (1) week prior to the Event to assist the Event Committee as requested.
- 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.
- 50 All volunteers, including ex-residents, must be members of the ANUSRA. Severe sanctions shall be imposed on a residence for a breach of this rule.

### **Rules for Participants**

#### **Participant Responsibilities**

- 51 Each participant is responsible for their own actions during the Event and by taking part agrees to abide by these rules, the rules of the ISO, and those of the ANUSRA and all other laws, including those relating to private property and trespass.
- 52 Each participant agrees, in addition to rule 51, to abide by their own residence's rules and regulations for their involvement in an official event.
- 53 Each participant must complete an indemnity form prior to taking part in the Event.
- 54 Each participant must complete a health declaration that:
- a) declares he or she has no past or present injuries or conditions that will prevent them from participating in Inward Bound, or
  - b) declares all past and present injuries or conditions including allergies.
- 55 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.
- 56 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 this person participates for as a resident or ex-resident.
- 57 All participants competing, including ex-residents, must be members of the ANUSRA. Severe sanctions shall be imposed on a residence for a breach of this rule.

#### **Mandatory Competitors Briefing**

- 58 The Race Director shall inform the coaches of the date of the mandatory competitors briefing.
- 59 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 Endpoint, which contain the Drop-off Point for that division. These radii are subject to change right up to the start of the race.
- 60 The Race Director may, at the mandatory competitors briefing, declare that equipment additional to that prescribed (in Schedule A of the Inward Bound rules) is compulsory for the Event.

#### **Pre-event Scrutineering**

- 61 The Race Director shall announce the time each division is required to present for pre-event Scrutineering.
- 62 The objective of Scrutineering is to ensure:
- a) all competitors of a division are assembled to be transported to their Drop-off Point,
  - b) all competitors have all compulsory equipment, and
  - c) no competitor has any prohibited items.

- 63 The Race Director shall designate an area within the ANU as the Scrutineering area.
- 64 No person may be within the Scrutineering area during the scrutiny unless:
- a) they are a competitor in a Division that is undergoing Scrutineering, or
  - b) they are a Scrutineer appointed by the Race Director or one of his or her delegates, or
  - c) they are an official with approval from the Race Director to be in the Scrutineering area.
- 65 The Event Committee may give participants an additional briefing at the time of Scrutineering.

#### **Timing of the Event**

- 66 Inward Bound shall commence from when division 1 arrives for Scrutineering. It ends when the last team has been safely accounted for by the Event Committee.

#### **Transport to Drop-off Points**

- 67 The Race Director shall communicate the time at which each division shall be transported from Scrutineering to the division's Drop-off Point.
- 68 The Race Director will organise the transport to the division's Drop-off Point of:
- a) all competitors of each division, and
  - b) any officials appointed by the Race Director that he or she so deems appropriate.
- 69 All competitors will be blindfolded during the journey to their Drop-off point.

#### **The Drop-off Point**

- 70 At each Division's Drop-off Point, the official appointed by the Race Director, shall assemble the navigators participating in that division.
- 71 When the official is satisfied each navigator is present, the official 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**

- 72 The Team Envelope is a sealed envelope consisting of the envelope and its contents.
- 73 The envelope shall have printed on it grid coordinates of the Endpoint and other information as the Race Director shall direct.
- 74 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**

- 75 The race will ordinarily be defined as beginning from the time at which the official appointed by the Race Director at a Drop-off Point serves on each team's navigator in a division that team's Team Envelope until every team has either:
- a) arrived at Endpoint,
  - b) withdrawn, or
  - c) been disqualified.
- 76 Each participant must complete the entirety of the race on foot.

### **Scouting**

- 77 After the Team Envelope has been served on each team's navigator in the division, a period of time called the scouting period commences.
- 78 Unless otherwise specified by the Race Director at the competitors' briefing, the scouting period shall be:
- a) for Divisions 1 to 3: 40 minutes, or
  - b) for other divisions: 20 minutes.
- 79 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, and
  - b) separate from other members of their team.
- 80 A scout may separate from their team, return to other members of their team, and separate again repeatedly but only during the scouting period.
- 81 A navigator and an assistant navigator can also act as a scout during the scouting period.
- 82 Each navigator must, if requested, notify the official appointed by the Race Director at a Drop-off Point of their estimated position and their intended route before departing the Drop-off Point.
- 83 The scouts must return to the Drop-off Point before the scouting period ends.

### **Powers of officials**

- 84 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.
- 85 A direction must be recorded and the direction must be reported as soon as practicable to the Race Director and to the Referee.

### **The Endpoint**

- 86 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 Endpoint, and
  - b) a line, called the finish line, is towards the closed end of the approach.
- 87 A team reaches the Endpoint when the last competitor of that team crosses the finish line.
- 88 The Race Director shall appoint officials, to be present at Endpoint throughout the Event, to be responsible for determining:
- a) the time at which each team arrived at Endpoint, including deciding whether a team arrived before or after another team,

- b) whether each team had compulsory equipment upon arrival at Endpoint, and
- c) whether each team had any prohibited items.

### **Post Event Scrutineering**

- 89 Upon arrival at the Endpoint, teams shall present themselves to officials to undergo Post Event Scrutineering.
- 90 The objective of Post Event Scrutineering is to ensure:
- a) all competitors of a team have arrived safely at the Endpoint,
  - b) all competitors have all compulsory equipment,
  - c) all competitors do not have any prohibited items, and
  - d) all competitors return all IB Event Committee items to the Committee.

### **Water Drops**

- 91 If there is water available for competitors on course, potentially in the form of unattended water containers, its location will be specified in the material handed to navigators at the Drop-off Point.
- 92 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**

- 93 A team may withdraw from the Event at any time during the race.
- 94 The navigator, or any other competitor of a team that has withdrawn, must immediately:
- a) if the withdrawal occurs during the scouting period, inform the official appointed by the Race Director at the Drop-off Point and follow his or her instructions, or otherwise
  - b) stop running,
  - c) open the Team Envelope, and
  - d) follow the instructions therein.
- 95 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**

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

### **Compulsory Equipment**

- 97 The equipment listed in Schedule A of this Code must be carried by each team in order to participate in the Event.
- 98 Each item must be present with each team at the beginning of the Event and evidence of it shall be present at the completion of the Event.
- 99 Each item will be checked at the pre-event Scrutineering by the Event Committee or a person appointed by the Event Committee before participants leave Scrutineering.
- 100 Failure to present these items or evidence of these items (rubbish from food) will be considered a breach of these rules.
- 101 The dumping of any compulsory item, including water, is prohibited.

### **Banned Items**

- 102 No participant may carry any electronic data carrying items such as MP3 players during the Event unless approved by the Race Director.
- 103 No participant may carry a GPS device or any other electronic device that assists with navigation.

### **Recommended Items and Permitted Noncompulsory items**

- 104 It is recommended, but not compulsory, that the following items be carried by each team:
- a) water purifying tablets (particularly divisions 1-4),
  - b) film or disposable camera (noting rule 103), and/or
  - c) Any personal medications that may be required.

### **Breach of Rules**

- 105 A breach of these rules by a participant shall result in disciplinary action and potential disqualification from the Event of their team or college, depending on the breach.
- 106 For any issue surrounding a potential breach of these rules, a Tribunal shall be formed following the relevant provisions in this Code.

### **Training Offences**

- 107 A training run is a run by a group of residents or ex-residents, not less than four, taken principally for the purpose of training for Inward Bound.
- 108 A *significant training run* refers to any training run satisfying at least two of the following criteria:
- a) the run starts or finishes at a place outside ANU,
  - b) road vehicles are intended to be used to transport runners,
  - c) any part of the run takes place west of the Murrumbidgee River, outside the ACT, or otherwise outside the Canberra metropolitan area, and/or
  - d) the run could reasonably be expected to finish after 2 am.
- 109 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.
- 110 A residence's coach is responsible for all of that residence's significant training runs.
- 111 The Coaches 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

- 112 The Coaches 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**

- 113 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

114 A competitor or team still breaches rule 113 regardless of whether permission was obtained from the property's owner or tenant to enter the property.

115 A squad commits an offence if two or more teams from the squad enter private property without authority from the Race Director or the Referee.

**Penalty:** Disqualification of squad in the Event and subsequent Events

116 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**

117 The Race Director may designate a location as a 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.

118 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**

119 A team must not create excessive noise, particularly near any dwellings.

**Penalty:** Disqualification of team

#### **Lighting fires**

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

**Penalty:** Disqualification of squad

#### **Consuming alcohol and smoking**

121 A spectator, competitor or an official must not:

- a) consume or possess alcohol at or near the Endpoint,
- b) consume or possess alcohol at or near the Scrutineering area,
- c) smoke at or near the Endpoint unless in designated areas, or
- d) smoke at or near the Scrutineering area unless in designated areas.

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

122 A competitor or an official must not consume or possess alcohol, nor smoke in areas that are not specifically designated as a smoking area, at any time during the Event.

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

### **Compliance with general law**

- 123 A competitor or spectator must comply with all relevant laws of general application. The Referee, in consultation with 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**

- 124 The Coaches of a squad must not misrepresent the navigational ability or athletic fitness of any competitor in their squad to the Race Director.

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

- 125 The Coaches 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**

- 126 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

- 127 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

- 128 Rule 127 does not apply if:

- a) a competitor from the team has stopped and requires urgent assistance or is unable to continue,
- 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 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**

- 129 A team commits an offence if the team arrives at the Endpoint and any member of that team is missing a piece of Category A compulsory equipment.

**Penalty:** Disqualification of team

- 130 A team commits an offence if the team arrives at the Endpoint and any member of that team is missing a piece of Category B compulsory equipment.

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

- 131 A team commits an offence if the team arrives at the Endpoint and any member of that team is missing a piece of Category C compulsory equipment.

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

- 132 Equipment categories are listed in Schedule B.

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

#### **Inappropriate or dangerous navigation**

- 134 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**

- 135 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.

**Penalty:** Disqualification of team

- 136 A team must not
- a) run on or alongside, or
  - b) cross over by any means
- a railway except at points specified by the Race Director.

**Penalty:** Disqualification of team

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

- 138 To remove doubt, running beside a highway or a railway but not on it, otherwise than 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 135 and 136.

- 139 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**

- 140 A team must identify themselves 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, by providing:
- a) their residence, and
  - b) their division.

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

**Penalty:** Disqualification of team

#### **Rendering assistance**

- 142 All participants must be prepared to assist any other participant who is in serious need of assistance during the Event.

### **Cloaking**

143 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**

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

**Penalty:** Disqualification of team

145 A team must not tamper with a water drop.

**Penalty:** Disqualification of squad

### **Peeking**

146 A competitor, if they have been directed by an official to wear a blindfold, must not:

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

**Penalty:** Disqualification of team

147 If any 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**

148 A team must not open the Team Envelope during the race, except after they have withdrawn and require assistance.

**Penalty:** Disqualification of team

### **Outside Assistance**

149 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,
  - ii) a competitor, or
  - iii) any other person so authorised by the Race Director.

**Penalty:** Disqualification of team

150 A team or competitor is encouraged to seek outside assistance if they have withdrawn.

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

### **Dumping**

152 A team must not intentionally dump or abandon equipment, including water, that was in their possession at the Scrutineering area.

**Penalty:** Disqualification of team

153 Rule 152 is not breached if:

- a) the abandoned equipment is a map that is not compulsory, and
- b) the equipment is surrendered to the official appointed by the Race Director at the Drop-off Point.

### **Prohibited items**

154 Teams may not have a prohibited navigation item in their possession at any point in the Event.

155 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.

156 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

157 Rule 154 and 155 does not apply to an item that it is:

- a) a mobile phone that is sealed by an official,
- b) a piece of compulsory equipment, or
- c) specified as such as by the Race Director.

158 A team may submit to the Race Director a request for an item to be exempt under rule 157.

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

159 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 160 to 163.

**Penalty:** Disqualification of team

160 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 officials at Endpoint.

161 A competitor or team does not breach rule 159 if the intended use of the phone is:

- a) to contact emergency services,
- b) to contact the Race Director regarding a 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.

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

163 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**

164 A spectator must not interfere with competitors.

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

165 Interfering with competitors means:

- a) travelling along a route, that is not a direct route between the Endpoint 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**

166 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, or
  - ii) unfairly disadvantaging a team, squad or residence.

**Penalty:** No maximum

167 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

168 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.

169 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.

170 The Referee must consult with the Race Director before commencing an investigation into an offence under this section.

### **Over-scouting**

171 A scout must not arrive back to the Drop-off Point after the official scouting period is over.

**Penalty:** 12 hour time penalty

### **Miscellaneous**

172 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**

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

174 Course sensitive information includes:

- a) stakeholder information,
- b) satellite tracking website,
- c) location of Drop-off Points and Endpoints, and
- d) official maps/notes with Drop-off Points, routes and/or Endpoint.

**Penalty:** Disqualification of squad

- 175 In the event that course sensitive information is gained prior to all teams being on the course, the Race Director should be notified immediately.

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

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

- 176 A competitor commits an offence if:
- a) the competitor does not attend the mandatory briefing in outlined in rule 58 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

- 177 A competitor commits an offence if:
- a) the competitor does not attend the mandatory briefing outlined in rule 58 for its full duration, and/or
  - 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

- 178 The competitor's intention is irrelevant to rules 176 and 177.
- 179 If, in the opinion of both the Referee and the Race Director, a competitor has committed an offence under rules 176 or 177, 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.
- 180 Any decision under rule 179 must be communicated to the relevant team's Coaches, or in the event that the Coaches cannot be contacted, the relevant residence's College Co-ordinators.
- 181 A decision under rule 179 is not appellable to the Tribunal.

#### **Late arrival to Scrutineering**

- 182 If, in the opinion of both the Referee and the Race Director, a team's arrival to the Scrutineering area later than its specified arrival time or failure to arrive with all compulsory equipment is likely to seriously interfere with the administration or safe running of the Event, the Referee may declare that:
- a) a team has committed an offence under this section, and
  - b) that team may be refused transport to the Drop-off Point and subsequently may be disqualified from competing.
- 183 If the Referee believes that the offence under rule 182 is likely to interfere with the administration or safe running of the Event, but not in a serious manner, he or she may impose a lesser penalty than disqualification of that team.

- 184 Any decision under rule 182 or 183 must be communicated to the relevant team's Coaches, or in the event that the Coaches cannot be contacted, the relevant residence's College Co-ordinators.
- 185 A decision to disqualify a team under rule 182 is not appellable to the Tribunal.
- 186 A decision regarding the severity of a penalty under rule 183 is appellable to the Tribunal.

#### **Refusing searches**

- 187 A team must not refuse a search by an authorised official, whether at the pre-event Scrutineering, at the Endpoint or at any other time during the Event.

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

#### **Disobeying official directions**

- 188 A competitor, team, or spectator must not disobey a direction by:
- a) the Race Director or one of his or her delegates, or
  - b) the Referee or one of his or her delegates.

**Penalty:** Disqualification of affiliated residence

- 189 Competitors and teams should attempt to interpret all directions consistently with these rules by:

- a) ensuring 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.

- 190 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**

- 191 A team commits an offence if the team has not reached Endpoint by 7pm on the Saturday of the Event.

**Penalty:** Disqualification of team

- 192 It is a defence to rule 191 if:

- a) the team had, sometime 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 Endpoint.

- 193 A team that has been directed by the Race Director to continue to the Endpoint after 7pm 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

- 194 The Race Director may relieve any team from any requirement of rules 191, 192 and 193 before or during the race.

### **Spectators**

195 A spectator must not arrive at the Endpoint before 8 am on the Saturday of the Event.

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

196 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**

197 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, and
- c) impose penalties in accordance with these rules.

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

199 The Referee may appoint delegates.

200 The Referee:

- a) cannot be a competitor of the Event for which 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**

201 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 conduct**

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

#### **Principles**

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

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

205 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**

206 If a provision of this Code makes something an offence, it is also an offence to attempt to commit that offence.

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

### **Maximum Penalty**

- 208 Where a provision of this Code makes something an offence, the penalty written thereafter is to be read as the maximum penalty available for that offence.
- 209 If a provision of this Code makes something 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**

- 210 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.
- 211 For all offences, the Referee may instead choose to warn or reprimand the accused residence's Coaches or College Co-ordinator.

### **Totality in Multiple Penalties**

- 212 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**

- 213 Complaints are to be made such that the complaint:
- a) is made within 3 hours of the last team to finish, withdraw or be disqualified from the Event by:
    - i) the Race Director or any other official of the Event,
    - ii) the Coaches of any competing residence, or
    - iii) the College Co-ordinator of any competing residence,
  - b) is lodged in writing against a competitor, team, squad, spectator, designated person, official or residence for committing an offence, at a place specified by the Referee,
  - c) must specify:
    - i) that it is a complaint under this rule,
    - ii) the name, title, and residence of the complainant,
    - iii) the complainant's address,
    - iv) the residence of the accused,
    - v) which rule is alleged to have been breached,
    - vi) the location at which the alleged breach took place, and
    - vii) as much other detail as the complainant can provide.
- 214 The Referee may investigate a breach of the rules by his or her own motion.
- 215 The Referee may accept a late application if he or she believes it is in the interests of the Event to do so.

### **Investigation**

- 216 The Referee shall investigate any complaint made under rule 213.
- 217 The Referee shall as soon as practicable notify:
- a) the Coaches of the affiliated residence if the complaint is against a competitor, team or squad, or
  - b) the College Co-ordinator of the affiliated residence if the complaint is against a spectator,
- of the nature of the complaint and the identity of the complainant.

218 The Coaches or College Co-ordinator may make a written statement to the Referee within 24 hours of receiving notice from the Referee under rule 217.

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

#### **Admission**

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

221 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**

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

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

223 A decision must be:

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

224 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 Coaches or the College Co-ordinator of the accused.

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

#### **Decision to be published**

226 A decision 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**

227 If the College Co-ordinator or Coaches of the accused has not received notice of a decision 48 hours after the complaint was lodged, the complaint shall be deemed to have been dismissed by the Referee with no penalty imposed.

228 The Referee may apply to the Tribunal for an extension of time under rule 225. If the extension is granted, the Referee shall notify this to the College Co-ordinator or Coaches of the accused. If the period of time granted by the Tribunal also expires without the College Co-ordinator or Coaches of the accused having received notice of a decision, the complaint shall be deemed to have been dismissed by the Referee with no penalty imposed.

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

229 The Coaches or College Co-ordinator whose squad or residence is adversely affected by a decision of the Referee may appeal that decision to the Tribunal.

230 No other person has standing to bring an appeal other than those stated under rule 229.

### **Requirements of any intention to appeal**

- 231 Any intention to appeal under rule 229 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 226,
  - c) contain any other information relevant to the Tribunal making the correct or preferable decision, and
  - d) be signed by the petitioning Coaches or College Co-ordinator.

### **Granting leave to appeal**

- 232 The Race Director must communicate in writing the details of the Tribunal hearing to the petitioning Coaches or College Co-ordinator within 24 hours of receiving their intention to appeal under rule 231.
- 233 If the Race Director believes that an appeal to the Tribunal is not in the interest of public confidence in Inward Bound, he or she will be granted leave by the Tribunal to propose the appeal not be heard. This would occur immediately prior to and in the presence of the relevant parties appealing.
- 234 No party other than the Race Director has the right to argue an appeal is not in the interest of public confidence in Inward Bound and no other party may argue for or against any such proposal under rule 233.
- 235 If the Race Director has the intention to propose before the Tribunal that the appeal not be heard as outlined under rule 233, he or she must communicate in writing this intention in the same communication outlined in rule 232.
- 236 If the Tribunal unanimously, that is, all three (3) members, agree with the Race Director's proposal that the appeal is not in the interest of public confidence in Inward Bound and that the appeal not be heard, the appeal will be dismissed without being heard and any decision and penalty already imposed will stand.
- 237 If the Tribunal does not unanimously agree with the Race Director's proposal that the appeal is not in the interest of public confidence in Inward Bound and that the appeal not be heard, the appeal will proceed.
- 238 The Tribunal's decision to agree or disagree with any proposal made to it by the Race Director under rule 233 and to thus refuse or allow the hearing of an appeal under rules 236 and 237 is final.

### **The Tribunal**

- 239 The *Tribunal* shall be composed of three (3) officers, called *members of the Tribunal*.
- 240 The three (3) 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 ISO, or
  - d) any other delegates as the Race Director sees fit.
- 241 The Race Director is to advise the ISO no less than two (2) weeks from the Event, the members that will form the Tribunal.
- 242 The Tribunal shall sit as an open Tribunal.
- 243 The Tribunal may request that the Referee appears before it if it thinks it helpful in determining the matter.

### **Powers of the Tribunal**

- 244 The Inward Bound Tribunal or a majority of its 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,
- h) to dismiss any petition as invalid, and
- i) to punish any contempt of its authority by disqualification or point or time penalties.

**Real justice to be observed**

245 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**

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

**Decision to be published**

247 Any decision or declaration made by the Tribunal shall be published on a public website as specified by the Race Director within seven (7) days.

**Schedule A:****Compulsory equipment**

The following are compulsory for every team:

**Supplied by Committee:**

Item
Course information sheet
Basic first aid kit (per team)
Team envelope (sealed) (per team)
Electronic locator beacon (sealed)
4 blindfolds (one for each competitor)
Any other equipment so designated by the Race Director at the mandatory briefing

**Not Supplied by Committee:**

Item	Quantity	Number
* Magnetic Compass		4
* Headlamps		4
Minimum water (for each competitor)	2.0L	
Minimum food (for each competitor)	1.0 kg <sup>§</sup>	
Woollen or fleece pullover		4
Woollen beanie		4
Pair of gloves <sup>¶</sup>		4
20cm strip of reflective material on each backpack, visible from rear		4
Thermal underwear (top and bottom) <sup>β</sup>		4
Seam sealed waterproof jacket		4
Space blanket		4
* Whistle		4
Mobile telephone fully charged pre-event (sealed and turned on)		1
Photo identification (one 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

Minimum sunscreen (for each team)	200mL
Suitable backpack (for each competitor) <sup>ϕ</sup>	4
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.
ψ Must be full finger gloves.
β Must be hydrophobic, made of polypropylene, polyester, chlorofibre, lightweight wool. Cotton, lycra, or coolmax not acceptable. Compression garments not acceptable.
f Compression garments acceptable. Jeans not acceptable.
λ Must be commercially designed for snakebite treatment.
ϕ Recommended 30-40L with good support (hip & chest harness)

**Schedule B:**

**Penalty Categories**

Penalty Category	Item
●●●	Course information sheet
●●●	First aid kit
●●●	Immobilisation bandage
●●●	Team envelope (sealed)
●●●	Electronic locator beacon
●●●	Mobile Telephone
●●	Photo ID
●●	Magnetic compass
●●	Headlamps
●●	Whistle
●●	Watch
●	Food (evidence of)
●	Woollen or fleece pullover
●	Woollen beanie
●	Pair of gloves
●	Strip of reflective material on backpack, visible from rear
●	Thermal underwear (top and bottom)
●	Seam sealed waterproof jacket
●	Space blanket
●	Long pair of pants
●	Sunscreen
●	Suitable backpack
●	Hat
●	Blindfold
N/A	Water
●●●	(other equipment so designated by the Race Director)

●●●	Category A
●●	Category B
●	Category C

**Schedule C:**

**Scoring**

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

$$\text{Score} = \begin{cases} 0 & \text{if withdrawn or disqualified} \\ (30 - (3 \times \text{Division}) - \text{Placing}) & \text{otherwise} \end{cases}$$

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

The total points for a 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: (the number of teams already finished in that Division) + 1

## **Schedule D:**

### **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 organisation of the Inward Bound Event for the year following their appointment,
- ensuring that all legal, risk management and safety procedures are implemented,
- at his or 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 any relevant documentation and delivering this to the Secretary of ISO on acquittal of the Event, and
- regular correspondence with the ISO during the preparation of the Event.
- the Inward Bound Race Director may, at his or 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.