



Inward Bound Rules 2023

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, as defined in these rules, and is released publicly.

Introduction

Definitions

- ❖ **The ANUSRA:** The Australian National University Sports and Recreation Association.
- ❖ **Coaches:** The individual/s tasked with preparing each Residence's Squad.
- ❖ **The Committee:** The Event Committee established under the ISO, which is responsible for the organising of the Event.
- ❖ **The Course:** The area within which the Event occurs, and encompasses all routes contemplated by the Race Director and all routes used by Participants in the Event.
- ❖ **Development Participant:** A Participant competing for a New Residence who is considered an Ex-resident of another Residence.
- ❖ **Division:** A distinct band of competition within the Event, of varying difficulty, within which each Residence Team and Non-residence Teams may compete.
- ❖ **The Event:** The particular competition of each year is the Event of Inward Bound as defined under rules 1, 2, 3, 4 and 5.
- ❖ **Race HQ:** Where the Committee is located and contactable during the Event, signified by the 'Race HQ' tent at the endpoint.
- ❖ **Ex Resident:** As defined in the ISO By-Laws.
- ❖ **The ISO:** The Interhall Sports Organisation.
- ❖ **Official:** A person validly appointed and conferred with certain powers to assist in the smooth administration of the Event.
- ❖ **Navigator:** The member of each Team tasked with navigating for the term of the Event, having satisfied the conditions in rules 30, 31, 32 and 33.
- ❖ **New Residence:** A Residence participating in Inward Bound for the first time in any capacity, to any degree.
- ❖ **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, inclusive of Division X Teams, but for the purposes of the Event are considered to be equivalent to a Residence Team.
- ❖ **Participant:** Any person who has entered in the 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.
- ❖ **Resident:** A member of a Residence.
- ❖ **Smoking:** Smoking includes the use of cigarettes, vapes, e-cigarettes or any other smoking device.
- ❖ **Spectator:** A person who attends Send-off and/or the Endpoint.
- ❖ **Squad:** The collection of all Participants from a Residence.
- ❖ **Team:** Each group of four runners entered in a Division, including a Navigator, Assistant Navigator and two (2) Scouts.

The Event

1. Unless extreme and unforeseen circumstances occur, Inward Bound shall be run 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 The Event occurs. The Event must consist of:
 - a) an Endpoint; and
 - b) Drop-off Points corresponding to each Division.
5. The Course is determined by the Race Director(s) and Course Setter(s).

Divisions and Teams

6. The Event shall consist of a series of 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. A Team must comprise of four (4) Residents. Therefore, a Squad may contain at most twenty-eight (28) Residents.
9. Each Team must contain at least one (1) Participant who has either:
 - a) a formal first aid qualification; or
 - b) attended the first aid workshop organised by the Race Director in the weeks leading up to the Event.
10. The Squad of each Residence shall contain no more than five (5) Participants who are Ex Residents.
 - a) If a Squad chooses to have more than three (3) Ex Resident Participants, the additional participants must have resided and/or been a member at that residence the previous year.
 - b) No more than two (2) ex-residents can be in the same Division.
11. The following people cannot be Participants in the Event:
 - a) the Race Director;
 - b) members of the Committee;
 - c) Delegates of the Race Director; or
 - d) Officials appointed under rule 22 of the Inward Bound Rules 2023.

Scoring

12. Each Team that completes the Event before the prescribed Cutoff Time will receive points according to the following equation:

$$\text{Score} = (\text{Remaining Time} + 60) \times (\text{Winner's Time} / \text{Available Time}), \text{ where}$$

Remaining Time = the time between a Team's finishing time and the Cutoff Time, in minutes,

Winner's Time = the time taken for the winner of a Division to complete the race, in minutes,

Available Time = the time between the beginning of the scouting period and the Cutoff Time, in minutes. Examples of scenarios under this system are given in Schedule C.

13. Zero points are awarded to Teams that withdraw, are disqualified, do not start or have a finish time after the cut-off times, either before or after time penalties are applied.
14. The Official at the Drop-off Point is responsible for recording the time that Division's scouting period commences.
15. An appointed Official at the Endpoint is responsible for recording the time each Team officially completes the Event.
16. All times are to be rounded to the nearest minute.
17. A Residence's score is the sum of the scores for each of their Divisions, less penalties.

18. The Residence with the highest score is declared the winner of the Event.

Administration

Committee Responsibilities

19. The Committee shall be appointed by the Race Director.
20. The Committee shall be responsible for conducting the Event and shall have the power to enforce these rules.
21. The Committee shall release these rules for The Event no later than three (3) weeks prior to the Event.

Officials

22. The Race Director may appoint Officials and specify their powers.

Coaches

23. Each participating Residence is responsible for nominating at least two (2) Residents or Ex Residents as their Coaches.
24. The Coaches must ensure that all members of their Squad understand these rules and understand the consequences for breaching these rules.
25. To remove any doubt, the Coaches do not have to be Participants.
26. It is expected that the Coaches will have an intimate knowledge of the Event. If a Coach has not previously participated in the Event, approval of their appointment must be sought from the Race Director.
27. For each Coaching group:
 - a) No more than 50% of coaches may identify as the same gender, if there is an even number of coaches; or
 - b) there must be, at most, a difference of one (1) between the two genders that the greatest number of coaches identify as, if there is an odd number of coaches.
28. The Coaches are responsible for their Squad's ability to complete the Event within the rules of this Event.

Navigators

29. 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:
 - ❖ 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.
 - b) for Division 3, 4 & 5 Teams:
 - ❖ in addition to the requirements for Division 6 & 7 Teams;
 - ❖ 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.
 - c) for Division 1 & 2 Teams:
 - ❖ in addition to the requirements for Division 3, 4 & 5 Teams;
 - ❖ 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.
 - d) The extent of the Navigator's capability may be adjusted by the Race Director to suit the Course and the Division.
30. In order to be considered suitably qualified for the purpose of rule 30, the Navigators in each Team must:

- a) have completed a rogaine or rogaines in the lead up to The Event to an adequate standard; or
 - b) have been Navigator for a Team that has completed The Event in the previous two years, and entering the same Division or lower; or
 - c) be able to demonstrate high achievement in a national or international sporting event with a considerable navigation component.
31. The rogaine(s) competed in to qualify as a Navigator under Rule 31.a must meet the following criteria:
- a) For all Divisions, individuals must complete one (1) rogaine in the calendar year of The Event to an adequate standard. This rogaine must be a rogaine of a duration of five (5) hours or longer.
 - b) For Divisions 1, 2 & 3, in addition to the rogaine that meets the criteria of 32.a, individuals must also complete one (1) additional rogaine in the calendar of The Event to an adequate standard. This rogaine must be a rogaine of a duration of three (3) hours or longer.
 - c) Completion of a metrogoaine or similar urban rogaine (i.e. virtualgoaine) will not satisfy the requirement of Rule 32.a, even where it is of a duration of five (5) hours or longer. It may count towards satisfaction of Rule 32.b, provided an additional rogaine of a duration of five (5) hours or longer is also completed.
32. For the purpose of Rule 31.a and Rule 32, an “adequate standard” means achieving a score greater than or equal to the minimum score applicable to the Division for which the individual seeks to qualify.
- a) The minimum scores for each rogaine will be determined by The Committee and communicated to Coaches before each rogaine.
 - b) As a guide, for a six (6) or eight (8) hour rogaine the minimum score for Divisions 1, 2 & 3 will be approximately 800 and for Divisions 4, 5, 6 & 7 approximately 600.
 - c) These scores can be changed retrospectively if conditions are easier or more challenging than anticipated on the day of the rogaine.
 - d) The Race Director has discretion to determine whether a Navigator is suitably qualified for the purpose of rule 31, and to impose additional requirements to rule 31.
33. No more than 50% of a Squad’s group of qualified Navigators may identify as the same gender.

Inclusion Requirements

34. No more than 50% of a Squad’s group of Participants may identify as the same gender.
- a) A Residence’s Coaches may apply to the Race Director and Equity Officer to be exempt from Rule 35, provided they have a reasonable cause for exception. The Race Director and Outreach and Inclusion Officer reserve the right to total discretion to allow or disallow a Squad such an exception.
35. An Equitable Squad is a Squad that meets the requirements of Rule 35. Schedule D contains a flowchart outlining how to quickly identify if a squad is an Equitable Squad.
36. A Residence that wishes to submit a Squad in breach of Rule 35 must first form an Equitable Squad. Any Teams fielded in addition to this Equitable Squad will be Non-Point-Scoring Teams.
37. A Non-Point-Scoring Team will be awarded the same number of points as a Team that finishes at the Cutoff Time.
- a) Non-Point-Scoring Teams are not exempt from the provisions of these rules, and penalties may be applied; and
 - b) Non-Point-Scoring Teams are at the discretion of the Race Referee for any contravention of these rules.

Event Entry

38. Each Residence that intends to participate in the Event must submit all specified forms and fees by the specified due date.
39. 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.
40. In submitting all forms and fees in accordance with rule 41, each Residence agrees to abide by these rules and the rules governing the participation in the ISO and the ANUSRA events.

41. A Residence must nominate the Divisions it intends to enter in the Event by the census date. Each Residence's entry for each Division must be approved by the Race Director.
42. An entry must:
 - a) be in writing;
 - b) identify each relevant Participant's name, gender, date of birth and Residence;
 - c) specify the Team's Navigators;
 - 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.
43. The Race Director has discretion to allow a Residence to vary its entry after being submitted.
44. 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.
45. The Race Director may request an applicant Residence undertake further steps before approving an application under rule 45 that are reasonable or necessary to satisfy the Race Director that a Team or Participant can safely complete the Event.

College Coordinator

46. Each Residence is responsible for nominating at least two (2) Residents as the College Coordinators of that Residence.
 - a) Residences are to ensure that two (2) College Coordinators are adequately able to perform all tasks and respond to all requests critical to the conduct of The Event.
47. A Residence's College Coordinator is responsible for the conduct of Spectators affiliated with that Residence.
48. The College Coordinator cannot be a Participant in the Event.
49. The College Coordinator is the primary contact for the Committee on the day of the Event and must remain at the Endpoint until all their respective Residence's Participants have completed the Event.
50. The College Coordinator must report to the Event Central Tent upon arrival at the Endpoint.

Spectators

51. 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 Participant; and
 - d) is at the Send-off, is travelling to the Endpoint, is at the Endpoint, is travelling from the Endpoint, or is in the vicinity of Participants.
52. Each Residence is responsible for the actions of their own Spectators.
53. Participating Residences must provide sufficient food and water for each Participant following their participation in addition to food and water provided for their Spectators.
54. Participating Residences are responsible for ensuring that all waste is removed from the Endpoint following the Event. Failure to comply with this rule may result in a penalty accruing to that Residence's Squad.
55. Participating Residences must also follow the instructions of the Committee and/or Officials in so far as they relate to the safety and comfort of Spectators and Participants.

Volunteers

56. The Race Director may specify a number of Volunteers required from each Residence for the Event.
57. Each Residence is responsible for providing at least the number of volunteers specified in rule 59 no later than one (1) week prior to the Event to assist the Committee as requested.
58. 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.

59. 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.

New Residences

60. The intention of the rules below, related to New Residences, is to integrate each New Residence into the Event, with the following principles to guide the interpretation of this section:
- a) the longevity of the Event;
 - b) fairness and equal opportunity of participation, and
 - c) development with the goal of ensuring long-term competition between all Residences.
61. Each New Residence Squad is able to contain up to seven (7) Developmental Participants, although no more than one (1) per Division.
62. Developmental Participants selected as a Navigator are not able to run in a higher Division than they have previously participated in, unless they satisfy other qualifying criteria in accordance with rules 30 & 31.
63. In subsequent years, these Developmental Participants are to be considered Ex Residents of the New Residence. These returning Participants will instead be counted in the quota dictated by rule 10.
64. Each New Residence intending to include a Developmental Participant in their Squad must submit an application to the Race Director no later than one (1) month prior to the Event, including:
- a) evidence that the Development Participant has regularly trained with the New Residence; and
 - b) evidence that the Development Participant has contributed notably to the development of skills and a positive culture within the training program for the New Residence.
65. The Race Director reserves the ultimate discretion to accept or refuse an application under rule 67, with any decision to be made in accordance with rule 264.
66. In the event that an approved Developmental Participant is prevented from participating in the Event due to a change in circumstance following the deadline in rule 65, the Coach of the New Residence may apply to the Race Director for special leave to select an additional Developmental Participant. Such an application should abide by the criteria in rule 65. The Race Director retains the ultimate discretion to accept or refuse such an application.
67. The Race Director reserves all rights to waive requirements or offer other assistance to the New Residences in the ongoing interests of the Event.

Rules for Participants

Participant Responsibilities

68. 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, those of the ANUSRA, the ANU's Student Code of Conduct and all other laws, including those relating to private property and trespassing.
69. Each Participant agrees, in addition to rule 70, to abide by their own Residence's rules and regulations for their involvement in an official event.
70. Each Participant must complete the prescribed indemnity form prior to taking part in the Event. Failure to do so may result in their entry being cancelled by the Race Director.
71. 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 safely in The Event; or
 - b) declares all past and present injuries or conditions including allergies.
72. The Committee recommends that regardless of whether a Participant has a past injury or not, all Participants have a medical checkup before participating in the Event.
73. A Participant with a past injury or condition that may prevent safe completion of the Event must submit an approved medical certificate condoning participation alongside their health declaration.

74. Any person competing in the Event without the approval of the Race Director under rules 71, 72 and 74 shall result in the disqualification of the participating Residence in which this person participates as a Resident or Ex Resident.
75. 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

76. The Race Director shall inform the Coaches of the date of the mandatory competitors briefing.
77. At the conclusion of the mandatory competitors briefing, the Race Director may specify for each Division an inner and outer radius on the Course, which contains the Drop-off Point for that Division. These radii are subject to change right up to the start of the race.
78. The Race Director may, at the mandatory competitors briefing, declare that equipment additional to that prescribed (in Schedule A of these rules) is compulsory for the Event.
79. The Race Director may, at their discretion, conduct an additional mandatory competitor briefing for those Participants who cannot attend the main mandatory competitors briefing for a legitimate reason. The Race Director has the discretion to make determinations as to what constitutes a legitimate reason.

Pre-event Scrutineering

80. The Race Director shall announce the time each Division is required to present for pre-event Scrutineering.
81. The objectives of Scrutineering are to ensure:
 - a) all Participants of a Division are assembled to be transported to their Drop-off Point;
 - b) all Participants have all compulsory equipment; and
 - c) no Participant has any prohibited items.
82. The Race Director shall designate an area within the ANU as the Scrutineering area.
83. No person may be within the Scrutineering area during the scrutiny unless:
 - a) they are a Participant in a Division that is undergoing Scrutineering; or
 - b) they are a Scrutineer appointed by the Race Director or one of their Officials; or
 - c) they are an Official with approval from the Race Director to be in the Scrutineering area.
84. The Committee may give Participants an additional briefing at the time of Scrutineering.

Timing of the Event

85. The Event shall commence from when Division 1 arrives for Scrutineering. It ends when the last Team has been safely accounted for by the Committee.

Transport to Drop-off Points

86. The Race Director shall communicate the time at which each Division shall be transported from Scrutineering to the Division's Drop-off Point.
87. The Race Director will organise the transport to the Division's Drop-off Point for:
 - a) all Participants of each Division; and
 - b) any Officials appointed by the Race Director that they deem appropriate.
88. All Participants will be blindfolded during the journey to their Drop-off Point.

The Drop-off Point

89. At each Division's Drop-off Point, an Official appointed by the Race Director shall assemble the Navigators participating in that Division.
90. 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, such as maps or instructions, as directed by the Race Director.

The Team Envelope

91. The Team Envelope is a sealed envelope consisting of the envelope and its contents.
92. The envelope shall have printed on it grid coordinates of the Endpoint and other information as the Race Director shall direct.
93. The contents of the Team Envelope shall be such safety information as the Race Director deems necessary including the locations of the Drop-off Points for each Division.

The Race

94. 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.
95. Each Participant must complete the entirety of the race on foot.

Scouting

96. A period of time called the scouting period commences after the Team Envelope has been served on each Team's Navigator in the Division and the Official appointed by the Race Director at the Drop-off Point says, "the scouting period starts now".
97. Unless otherwise specified by the Race Director or an authorised Official prior to the commencement of the scouting period, the scouting period shall be:
 - a) for Divisions 1 to 3: 40 minutes; or
 - b) for other Divisions: 20 minutes.
98. 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.
99. A Scout may separate from their Team, return to other members of their Team, and separate again repeatedly but only during the scouting period.
100. A Navigator and an assistant Navigator can also act as a Scout during the scouting period.
101. 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.
102. The Scouts must return to the Drop-off Point before the scouting period ends.

Powers of Officials

103. The Race Director, or their appointed Official, shall at any time during the race have the power to direct a Team or a Participant:
 - 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 that a Team has all compulsory equipment;
 - d) to identify their location and intended route;
 - e) to be transported to another location, whether further or closer to the Endpoint;
 - f) to carry additional equipment;
 - g) to use continually, intermittently or for a period, specific equipment;
 - h) to abandon a route and run a different route;
 - i) to truthfully report the amount of water or food they are currently carrying; and/or
 - j) accept and carry on without dumping additional water or food.

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

Mid-Race Scrutineering Point

105. The Race Director, or an authorised Official, may prescribe a compulsory mid-race scrutineering point on the Course for a Division or Divisions.
106. Failure to enter this point will result in disqualification, unless provided for by the Race Director, or an authorised Official.
107. Upon entering the scrutineering point each Team must check in and follow all instructions given by the Race Director, or their appointed Official, and if instructed will:
- a) enter a holding area until directed by the Race Director, or their appointed Official;
 - b) present their bags and all equipment to the Race Director, or their appointed Official, to be inspected at their discretion;
 - c) ensure they will be able to present any piece of equipment requested; and/or
 - d) comply with all other directions from the Race Director, or their appointed Official.
108. Each Team that enters the scrutineering point must remain there for no more than 20 minutes, starting from the moment they check-in with the Race Director, or their appointed Official. The Race Director, or their appointed Official, will instruct a Team when they are able to resume their race.

Mandatory Checkpoints

109. The Race Director, or an authorised Official, may prescribe a mandatory checkpoint or checkpoints on the Course for any Division.
110. Failure to enter this point will result in disqualification, unless provided for by the Race Director, or an authorised Official.
111. The Race Director, or an authorised Official, may prescribe a cut-off time for the mandatory checkpoints.
- a) Failure to arrive at the mandatory checkpoint by the designed cut-off time will result in a team being disqualified.
112. Upon entering the mandatory checkpoint each Team must check in and follow all instructions given by the Race Director, or their appointed Official

The Endpoint

113. The Race Director, or one of their appointed Officials, 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.
114. A Team reaches the Endpoint when the last Participant of that Team crosses the finish line.
115. The Race Director, or one of their appointed Officials, will be present at the Endpoint throughout the Event, to be responsible for determining:
- a) the time at which each Team arrived at the 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

116. Upon arrival at the Endpoint, Teams shall present themselves to appointed Officials to undergo Post Event Scrutineering.
117. The objectives of Post Event Scrutineering are to ensure:
- a) all Participants of a Team have arrived safely at the Endpoint;

- b) all Participants have all compulsory equipment;
- c) all Participants do not have any prohibited items; and
- d) all Participants return all Committee items to the Committee.

Water Drops

- 118. If there is water available for Participants on the Course, potentially in the form of unattended water containers, its location will be specified on the course maps.
- 119. If water is unavailable at a water drop for whatever reason, the Race Director may be contacted using 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

- 120. A Team may withdraw from the Event at any time during the race.
- 121. The Navigator, or any other Participant 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 their instructions, or otherwise stop running;
 - b) open the Team Envelope; and
 - c) follow the instructions therein.
- 122. A Team that has withdrawn is not excused from any provision of these Rules, unless adhering to a provision could foreseeably put that Team's safety at risk.

Mandatory Withdrawal

- 123. A Team must withdraw if a Participant from that Team is disqualified, withdraws, or is otherwise unable to continue.

Compulsory Equipment

- 124. The equipment listed in Schedule A of these Rules must be carried by each Team in order to participate in the Event.
- 125. Each item must be present with each Team from the time they enter pre-event Scrutineering until they leave post-event Scrutineering.
- 126. Each item will be checked at the pre-event Scrutineering by the Committee or a person appointed by the Committee before Participants leave Scrutineering.
- 127. Failure to present these items or evidence of these items (e.g., rubbish from food) will be considered a breach of these rules.
- 128. The dumping of any compulsory item, including water, is prohibited.

Banned Items

- 129. No Participant may carry any electronic data carrying items such as MP3 players during the Event unless approved by the Race Director, or an authorised Official.
- 130. No Participant may carry a GPS device or any other electronic device that assists with navigation unless approved by the Race Director, or an authorised Official.

Recommended Items and Permitted Non Compulsory items

- 131. It is recommended, but not compulsory, that the following items be carried by each Team:
 - a) any personal medications that may be required; and/or
 - b) water purifying tablets (particularly Divisions 1-4).

132. It is permitted, but not compulsory, that film or a disposable camera (noting rules 128 and 129) be carried by each Team.

Breach of Rules

133. A breach of these rules by a Participant shall result in disciplinary action and potential disqualification from the Event of their Team or Residence, depending on the breach.
134. For any issue surrounding a potential breach of these rules, a Referee shall be appointed following the relevant provisions in these Rules.

Additional Rules for Division X Participants

The Drop-off Point and Scouting Period

135. Division X Participants, while at the Drop-off Point, are to remain separated from the Teams of Residences by at least 10 metres.
136. Division X Scouts are not in any way to interact with a Scout from any Residence.
137. Division X Teams are not to intentionally leave the Drop-off Point at the same time as any other Team from a Residence.
138. Teams that are not Division X Teams are not to seek assistance in any way from Division X during the scouting period.

The Race

139. Division X Participants are not to participate in the Event wearing or carrying any merchandise associated with any Residence.
140. Division X Teams are not to intentionally run alongside any Team from a Residence so to collude with them for any period throughout the Event.
141. Division X Participants are not to intentionally provide any manner of assistance to any Team competing in the Event if such assistance were to provide a competitive advantage to that Team. Examples of such assistance include, but are not limited to:
- a) providing navigational assistance during the Event; and
 - b) assisting carrying or transporting equipment.
142. Teams that are not Division X Teams are not to seek assistance in any way from Division X during the race.

Breach of Additional Division X Rules

143. The following penalties are specific to Division X Participants but may operate in addition to all other offences and penalties listed in these Rules.
144. The Race Referee may, at their discretion, award penalties to Division X Participants in the event of a breach, including, but not limited to the following:
- a) disqualification from the Event; or
 - b) discontinuing attempt to complete the Event; or
 - c) time penalties; or
 - d) fines; or
 - e) ban on attending or competing in any future Events; or
 - f) ban on attending any other event associated with Inward Bound, such as the presentation.

Training Offences

145. 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 the Event.
146. 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.
147. 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.
148. A Residence's Coaches are responsible for all of that Residence's significant training runs.
149. The Coaches must notify the Race Director of the particulars of all significant training runs 48 hours prior to their occurrence. Failure to do so is an offence.
- ❖ **Penalty: 20%-point penalty for Residence**
150. The Coaches must not conduct a significant training run in defiance of any direction by the Race Director.
- ❖ **Penalty: Disqualification of Squad**

Event Offences

Private Property

151. A Team commits an offence if:
- a) a Participant 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, prohibition of Team Participants in subsequent Events plus 30%-point penalty for Residence.**
152. A Participant or Team still breaches Rule 152 regardless of whether permission was obtained from the property's owner or tenant to enter the property.
153. 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.**
154. 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 Participant required urgent medical assistance either for themselves, another Participant, a Spectator, or for any other person; and
 - b) the Participant 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 Participant or Team believed entering private property was necessary for the good care of the person requiring medical assistance.

Prohibited areas

155. 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.
156. A Team commits an offence if a Participant from that Team enters a prohibited area.
- ❖ **Penalty: Disqualification of Team, prohibition of Team Participants in subsequent Events plus 30%-point penalty for Residence**

High Visibility Zones

157. The Race Director may designate a location as a high-visibility zone.
158. When entering a high visibility zone, participants must wear their vest over their pack. They must wear their vest until they have left the designated zone.

159. A Team commits an offence if a Participant from that Team fails to wear their vest in the designated sections.

❖ **Penalty: Disqualification of Team plus 10%-point penalty for Residence**

Creating excessive noise

160. A Team must not create excessive noise, particularly near any dwellings.

❖ **Penalty: Disqualification of Team plus 10%-point penalty for Residence**

Lighting fires

161. No Participant or Team shall light a fire for any purpose during the race or training runs.

❖ **Penalty: Disqualification of Squad**

Alcohol, illicit drugs and smoking

162. A Spectator, Participant, Volunteer or Official must not:

- a) consume or possess alcohol or illicit drugs at or near the Endpoint or Send-Off,
- b) consume or possess alcohol or illicit drugs at or near a Scrutineering area,
- c) attend or be near the Endpoint, Send-Off or Scrutineering area while under the influence of alcohol or illicit drugs, smoke at or near the Endpoint or Send-Off unless in designated areas, or
- d) smoke at or near a Scrutineering area unless in designated areas.

❖ **Penalty: Disqualification of the Spectator's, Participant's, Volunteer's or Official's Residence**

163. A Participant, Volunteer or Official must not consume, possess nor be under the influence of alcohol or illicit drugs, nor smoke in areas that are not specifically designated as a smoking area, at any time during the Event.

❖ **Penalty: Disqualification of the Participant's, Volunteer's or Official's Residence**

Compliance with general law

164. A Participant, Official 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.

165. In the event that any Participant, Official or Spectator breaches any laws of general application, they are personally liable, wholly indemnifying the Race Director, any appointed Official, the ISO, the ANUSRA and all associated parties.

Misrepresenting ability

166. The Coaches of a Squad must not misrepresent the navigational ability or athletic fitness of any Participant in their Squad to the Race Director.

❖ **Penalty: Disqualification of Residence in current and subsequent Events**

167. 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 Participants within a Team

168. 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 plus 10%-point penalty for Residence**

169. A Participant may not continue in the Event if another member of that Participant's Team has withdrawn or is unable to continue.

❖ **Penalty: Disqualification of Team plus 30%-point penalty for Residence**

170. Rule 169 does not apply if:
- a Participant from the Team has stopped and requires urgent assistance or is unable to continue,
 - the Team has unsuccessfully attempted to contact the Race Director, emergency services, and has followed the instructions in the Team Envelope,
 - the Team considers it prudent in the circumstances to separate in order to contact the Race Director or emergency services and,
 - a member of the Team remains with the stopped Participant, and the two other Participants run as a pair, remaining within 50 metres of each other, towards a location that is prudent in the circumstances.

Compulsory equipment

171. 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 plus 10%-point penalty for Residence**

172. 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**

173. 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**

174. Equipment categories are listed in Schedule B.

175. If a Team loses multiple pieces of compulsory equipment, the penalties may be imposed cumulatively.

Inappropriate or dangerous navigation

176. A Team must not:
- scale or traverse cliffs,
 - ford torrential streams or rivers,
 - swim, or
 - 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

177. A Team must not: run on or alongside, or cross by any means a highway except at points specified by the Race Director.

❖ **Penalty: Disqualification of Team plus 10%-point penalty for Residence**

178. A Team must not run on or alongside, or cross over by any means, a railway except at points specified by the Race Director.

❖ **Penalty: Disqualification of Team plus 10%-point penalty for Residence**

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

180. To remove doubt, running beside a highway or a railway but not on it, other 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 178 and 179.

181. A designated Highway Crossing may require Participants to course along a brief section of the highway to meet an adjoining road. If this is the case, an Official 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).

Major Roads

182. When running on a major road, a Team must run in single file on the right-hand side of the road.
183. When passing oncoming traffic on a major road, a Team must be off the road and stationary on the right-hand side of the road until the traffic has passed.
184. To remove doubt, a major road is any sealed or unsealed road according to the legend on the race maps provided.
 - ❖ **Penalty: Disqualification of Team plus 10%-point penalty for Residence**

Identification

185. A Team must identify themselves whenever asked, whether by an Official, Participant, Spectator, or by any other person including all persons who are in any way affiliated or not affiliated with the Event, and regardless of whether the Team has withdrawn or been disqualified, by providing:
 - a) their Residence, and
 - b) their Division.
186. A Team must not refuse to identify themselves or provide false information when asked to identify themselves.
 - ❖ **Penalty: Disqualification of Team plus 10%-point penalty for Residence**

Rendering assistance

187. All Participants must be prepared to assist any other Participant who is in serious need of assistance during the Event.

Cloaking

188. 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

189. A Participant must not take an unreasonable amount of water from a water drop.
 - ❖ **Penalty: Disqualification of Team plus 10%-point penalty for Residence**
190. A Team must not tamper with a water drop.
 - ❖ **Penalty: Disqualification of Squad**

Peeking

191. A Participant, 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 plus 10%-point penalty for Residence**

192. If any Official suspects peeking, the Team of the suspected Participant 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

193. 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

194. 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 Participant; or
 - iii) any other person so authorised by the Race Director.

❖ Penalty: Disqualification of Team plus 10%-point penalty for Residence

- 195. A Team or Participant is encouraged to seek outside assistance if they have withdrawn.
- 196. A Participant may seek to obtain water from a person who is not a Spectator.

Dumping

- 197. A Team must not intentionally dump or abandon equipment, including water, that was in their possession at any Scrutineering area.

❖ Penalty: Disqualification of Team plus 10%-point penalty for Residence

- 198. Rule 198 is not breached if:
 - a) the abandoned equipment is not compulsory; and
 - b) the equipment is surrendered to the Official appointed by the Race Director at the Drop-off Point.

Prohibited items

- 199. Teams may not have a prohibited navigation item in their possession at any point in the Event.
- 200. 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.
- 201. 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 plus 10%-point penalty for Residence
- 202. Rules 200, 201 and 202 do 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.
- 203. A Team may submit to the Race Director a request for an item to be exempt under rules 195, 196 and 197.

Prohibited items – exempted use of sealed mobile phone

- 204. 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 Event, except in accordance with rule 202.

❖ Penalty: Disqualification of Team plus 10%-point penalty for Residence

- 205. 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.
- 206. A Participant or Team does not breach rule 200 if the intended use of the phone is:
 - a) to contact emergency services; or
 - b) to contact the Race Director regarding an unforeseen issue relating to runner safety that the Race Director should be made aware of.
- 207. To remove doubt, a Team must not access navigational information from the phone at any time during the Event.

Spectators – interfering with Participants

- 208. A Spectator must not interfere with Participants.

❖ Penalty: Disqualification of the Spectator's Residence
- 209. Interfering with Participants 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 Participants are running or have been running;
- b) communicating with Participants other than cheering;
- c) coming into physical contact with Participants;
- d) collecting equipment left by Participants;
- e) causing prohibited items, or compulsory equipment not presented at Scrutineering including food and water, to be available to Participants in the Course; or
- f) conduct that otherwise interferes with the safe and fair running of the Event.

Corrupt Conduct

210. 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**
211. A Participant commits an offence if the Participant:
- a) induces an Official to act corruptly; or
 - b) intentionally receives an advantage from an Official acting corruptly.
- ❖ **Penalty: No maximum**
212. 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 fails 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 Participant, 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 and/or safe running of the Event.
213. 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.
214. The Referee must consult with the Race Director before commencing an investigation into an offence under this section.

Over-scouting

215. A Scout must not arrive back to the Drop-off Point after the official scouting period is over.
- ❖ **Penalty: 12-hour time penalty**

Miscellaneous

216. A Team or Squad whose conduct during the Event is not prescribed as an offence within these 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 the Event may be disqualified.

Attempting to gain Course Knowledge Prior to the Event

217. A Resident or Ex Resident of a Residence must not seek to obtain course sensitive information prior to such information being released.
218. Course sensitive information includes:

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

❖ Penalty: Disqualification of Squad

219. 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

220. A Participant commits an offence if:

- a) the Participant does not attend the mandatory briefing outlined in rule 77 for its full duration; and
- b) the Participant had not received leave of the Race Director to not attend the briefing.

❖ Penalty: Disqualification of Participant

221. A Participant commits an offence if:

- a) the Participant does not attend the mandatory briefing outlined in rule 77 for its full duration; and/or
- b) the Participant received leave of the Race Director to attend the alternative briefing outlined in rule 82; and
- c) the Participant does not attend the alternative briefing for its full duration.

❖ Penalty: Disqualification of Participant

222. The Participant's intention is irrelevant to rules 221 and 222.

223. If, in the opinion of both the Referee and the Race Director, a Participant has committed an offence under rules 221 and 222, the Participant may be refused transport to the Drop-off Point. If the Participant's Team fails to replace the Participant with another Participant 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.

224. Any decision under rule 219 must be communicated to the relevant Team's Coaches, or in the event that the Coaches cannot be contacted, the relevant Residence's College Coordinators.

Late arrival to Scrutineering

225. 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.

226. If the Referee believes that the offence under rule 221 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.

227. Any decision under rules 221 and 222 must be communicated to the relevant Residence's College Coordinators.

228. Each Residence's College Coordinators must make every effort to be contactable by phone and/or email for the duration of the Send-Off time period for the purpose of rule 223.

Refusing searches

229. 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 30%-point penalty for Residence

Disobeying official directions

230. A Participant, Team, or Spectator must not disobey a direction by:
- a) the Race Director or one of their authorised Officials; or
 - b) the Referee or one of their authorised Officials.
- ❖ **Penalty: Disqualification of affiliated Residence**
231. Participants 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.
 - i) e.g. If a Participant 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.
232. A Participant 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

233. A Team commits an offence if the Team has not reached Endpoint or a particular point near to Endpoint specified by the Race Director by the Cutoff Time on the Saturday of the Event.
- a) The Race Director shall specify the Cutoff Time to Teams at the mandatory competitors briefing.
- ❖ **Penalty: Disqualification of Team**
234. A team must attempt to contact the Race Director one hour before the Cutoff Time if they have not reached Endpoint to truthfully inform the Race Director of the Team's location, spirits, supplies of food and water, and any other details the Race Director requires.

Spectators

235. A Spectator must not arrive at the Endpoint before the time specified by the Race Director on the Saturday of the Event.
- ❖ **Penalty: 15%-point penalty for affiliated Residence**
236. A Spectator must follow the driving directions set by the Committee.
- ❖ **Penalty: 15%-point penalty for affiliated Residence.**

Breach of Rules

The Referee

237. There is to be an Officer of the Event, called the Referee(s), who shall be the disciplinary Officer(s) of the Event and shall have the authority to:
- a) interpret these Rules;
 - b) make findings on questions of fact; and
 - c) impose penalties in accordance with these rules.
238. The Referee(s) is to be appointed by the Race Director.
239. The Referee(s) cannot be:
- a) a Participant of the Event for which they are appointed as the Referee(s); or
 - b) 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.
240. The Referee(s) has the power to undertake all reasonable steps to assist in making enquiries and finalising the adjudication process.

Inferences from uncooperative conduct

241. If the Referee(s) is satisfied that a person did not adequately cooperate with the Referee(s), they may accept that as evidence of guilt adverse to that person.

Principles

242. The Referee(s) must be satisfied that every element of an offence or defence relevant to the guilt of the accused has been satisfied.
243. The Referee(s) must be satisfied with each element on the balance of probabilities.
244. Unless a provision specifies to the contrary, the intention of a Participant, Spectator, Volunteer (etc.) is not relevant in determining whether a rule has been breached.

Attempts

245. If a provision of these rules makes something an offence, it is also an offence to attempt to commit that offence.
246. The penalty for attempting an offence is the penalty that would have been imposed had the attempt been successful.

Maximum Penalty

247. Where a provision of these rules makes something an offence, the penalty written thereafter is to be read as the maximum penalty available for that offence.
248. If a provision of these rules 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

249. If the Referee(s) is satisfied that a breach of these rules has occurred, the Referee(s) may impose a penalty that is less than the maximum penalty listed.
250. For all offences, the Referee(s) may instead choose to warn or reprimand the accused Residence's Coaches or College Coordinator.

Totality in multiple penalties

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

Reporting complaints

252. Complaints can be made by:
- a) the Race Director or any other appointed Official;
 - b) the Coach of any Residence; or
 - c) the College Coordinator of any Residence.
253. Complaints are to be made:
- a) by 9pm on the day the Event finishes;
 - b) in writing, provided by email to the Referee(s), including:
 - i) the party making the complaint (the Complainant);
 - ii) the Complainant's email address, physical address and Residence,
 - iii) the alleged infringing Residence, Squad, Team, Participant, Spectator and/or Official, iv) the rule allegedly breached;
 - iv) the details and evidence of the alleged breach; and

- v) any other details that may assist the Referee in making a determination.
- 254. If the Referee(s) receives a complaint that satisfies the above requirements, they must notify the relevant Residence's College Coordinators and Coaches by 9am on the day after the Event has finished.
- 255. The Referee(s) is granted the power to investigate a possible breach of these rules by their own motion.
- 256. The Referee(s) may accept a late application under these rules if they are satisfied that it is in the interests of the Event.

Investigation

- 257. The Referee(s) may appoint an Official to assist in the gathering of evidence, management of complaints and adjudication of a decision.
- 258. The Referee(s) shall investigate all complaints made in accordance with rule 243.
- 259. The Coaches and/or College Coordinators of the infringing Residence may make a statement to the Referee(s) by 3pm on the day after the Event. This statement should:
 - a) be in writing;
 - b) be provided to the email address of the Referee(s);
 - c) state that they disagree or agree with the complaint;
 - d) state why they believe the complaint is incorrect (if applicable);
 - e) provide relevant evidence for their claim (if applicable); and
 - f) any other information that may assist the Referee(s).

Admission

- 260. The Coaches or College Coordinator of the accused may, in reply to a notice, admit guilt to the offence in writing.
- 261. If the Referee(s) shall take any admission of guilt into account they may, but are not required to, impose a penalty below what they otherwise may have imposed.

Decision

- 262. In addition to the evidence presented, the following should guide the decision-making of the Referee(s):
 - a) the substantive facts of the matter;
 - b) ongoing iterations of the Event; and
 - c) a need for prompt decision-making.
- 263. The Referee(s) is not to be constrained by any legal forms or technicalities in coming to their decision.
- 264. The Referee(s) is required to have finalised their decision by 10am on the second day after the Event. The Race Director may extend this period at the request of the Referee(s).
- 265. When the Referee(s) has finalised their decision, they shall make the decision to either:
 - a) dismiss the complaint; or
 - b) impose penalties.
- 266. The decision should be:
 - a) in writing; and
 - b) sent via the provided email address to the Complainant and alleged infringer.
- 267. The decision should state:
 - a) the details of the complaint as made;
 - b) a summary of the positions claimed by both parties;
 - c) the Referee's interpretation of the relevant Rule/s;
 - d) the reasons for the decision, including reasons for each key component of the alleged breach; and
 - e) the penalty imposed.

Race Director Discretion

268. The Race Director reserves the ultimate discretion to make any determination they deem necessary to preserve the spirit of the Event.

Schedule A:

Compulsory equipment

The following items are compulsory for every Team:

Supplied by Committee:

<u>Item</u>
Course Information Sheet
Basic First Aid Kit (per Team)

Team Envelope (sealed) (per Team)
Electronic Locator Beacon
4 blindfolds (one for each participant)
Any other equipment designated by the Race Directors at the mandatory competitors briefing

Not Supplied by Committee:

Item	Description	Quantity	Number
Appropriate Food	Sufficient to last up to 36 hours. Food will be checked at scrutineering and must have a diverse range of items.	5000 - 6000 calories	
Backpack	Must be able to fit all compulsory gear.	20-30L	4
Beanie	Must be made of wool, fleece, polyester, or polypropylene. Buffs are not accepted.		4
Compass*			4
Emergency Space Blanket	The standard one person space blankets are sufficient. Must be unopened and in its original packaging.		4
Hat			4
Headlamp*			4
High Visibility Vest	Must be yellow and made of a combination of retroreflective and fluorescent materials. Must be clearly visible from the front and back when wearing your backpack, so must be oversized to cover your whole torso and backpack. Must be worn in all high visibility zones.		4
Immobilisation Bandage	For treatment of snake bites. MUST be in original sealed packaging that says "COMPRESSION" OR "HEAVY CREPE" on the label. Standard (white) crepe bandages NOT acceptable. Note: the IB First Aid kit does NOT contain compression bandages.		2
Long Pants	No jeans or cotton. Compression garments ARE acceptable as long pants. Leg warmers are NOT acceptable as long pants.		4
Mobile Telephone	Fully charged and NOT ON SILENT. This will be sealed at scrutineering and the phone number provided to the Race Officials. In the event of an emergency, we will call this phone to contact you.		1
Water	Recommended that you carry additional water or bring water purification tablets to refill at natural water sources on course, noting that you will need to plan your route with consideration of the available water sources. Please remember that not all water sources will be accessible, clean or reliable.	Minimum 2.0L	
Photo ID	ANU student card acceptable		4
Pullover/Jumper	Made of wool, fleece, polyester or polypropylene. No cotton.		4
Sunscreen		200ml	1
Strip of reflective material	Sewn/pinned onto rear of backpack, minimum in 20cm length.		4

Thermal Underwear	Full length top and bottom. Must be hydrophobic. Made of polypropylene, polyester, acrylic, chlorofibre or lightweight wool. No cotton, lycra, coolmax or compression garments. Infant thermals are also unacceptable.		4
Warm gloves	Full-fingered. Made of woollen, fleece, polyester or polypropylene.		4
Watch*	Recommend digital watch with stopwatch functionality. Cannot have any navigation functions like Pedometer, Altimeter, Barometer, Compass or GPS. Hourly beep function must be disabled.		4
Waterproof Bags	Beanie, gloves, thermal underwear and long pants must be in closed waterproof bags while not being worn to keep them dry. Zip-lock bags ARE acceptable.		4
Waterproof Jacket	A quality rain jacket (seam-sealed). Must have a hood. Ponchos or Spray Jackets are NOT acceptable.		4
Whistle*	Must be pea-less. Cannot be attached to your backpack.		4

* Denotes gear that is compulsory for scouts during the scouting period

Schedule B:

Penalty Categories

Category A	Category B	Category C
Course information sheet	Photo ID	Food (evidence of)
First Aid Kit	Magnetic Compass	Woollen or fleece pullover
Immobilisation Bandage	Headlamps	Woollen or fleece beanie
Team Envelope (sealed)	Whistle	Pair of gloves

Electronic Locator Beacon	Watch	Strip of reflective material on backpack, visible from rear
Mobile Phone		Thermal underwear (top and bottom)
High Visibility Vest		Seam sealed waterproof jacket
		Space blanket
		Long pair of pants
		Sunscreen
		Suitable backpack
		Hat
		Blindfold
		Waterproof bags

Schedule C:

Scoring

This scoring system aims to distribute points more fairly within each Division, as well as encourage Teams that experience considerable challenges in the form of injury/illness to make safer decisions around attempting to continue.

Instead of emphasis being placed on a Team's finishing position in their Division (and, as under the previous scoring system, finishing at all for the higher Divisions), this system places the emphasis on a Team's finishing time:

- Teams that finish earlier in the day will receive more points than teams who finish closer to the Cutoff Time.

- Teams that finish close to the Cutoff Time receive only marginally more points than those who don't score at all.
- Teams that finish close together in each Division will receive similar amounts of points.
- Divisions with winners that use a greater proportion of their total available time (ie, 'tougher' Divisions) will be weighted higher than other Divisions, as opposed to a gradual and uniform weighting from Division 1-7.
- The bottom line: finish faster = get more points. For each Team that completes the event before the Cutoff Time, the Team's Residence will receive points according to the following equation:

$$\text{Score} = (\text{Remaining Time} + 60) \times \left(\frac{\text{Winner's Time}}{\text{Available Time}} \right)$$

Where:

- Remaining Time = the time between a Team's finishing time and the Cutoff Time, in minutes;
- Winner's Time = the time taken for the winner of a Division to complete the race, in minutes; and
- Available Time = the time between the beginning of the scouting period and the Cutoff Time, in minutes.

Zero points are awarded to a Team that withdraws, is disqualified, does not start or has a finish time after the Cutoff Time (either before or after time penalties are applied).

- **Note:** A 'buffer' of 60 minutes is included in the formula to ensure Teams that finish close to, or at, the Cutoff Time are differentiated from Teams who receive zero points.

For example, consider Team 1, Team 2, Team 3, Team 4, Team 5 and Team 6, who are all in Division A. Division A's scouting period begins at 12:00:00am and the race Cutoff Time is 6:00:00pm. Team 1 wins Division A and finishes at 12:00:00pm. Team 2 finishes at 3:00:45pm. Team 3 finishes at 5:00:00pm, but incurs a 2hr time penalty. Team 4 finishes at 5:59:29pm. Team 5 finishes at 6:00:15pm and Team 6 is disqualified for private property infringements. Each Team is awarded the following number of points:

$$\text{Team 1} = (360 + 60) \times \frac{720}{1080} = 280\text{pts},$$

$$\text{Team 2} = (179 + 60) \times \frac{720}{1080} = 159.33\text{pts},$$

$$\text{Team 3} = 0\text{pts},$$

$$\text{Team 4} = (1 + 60) \times \frac{720}{1080} = 40.67\text{pts},$$

$$\text{Team 5} = 0\text{pts},$$

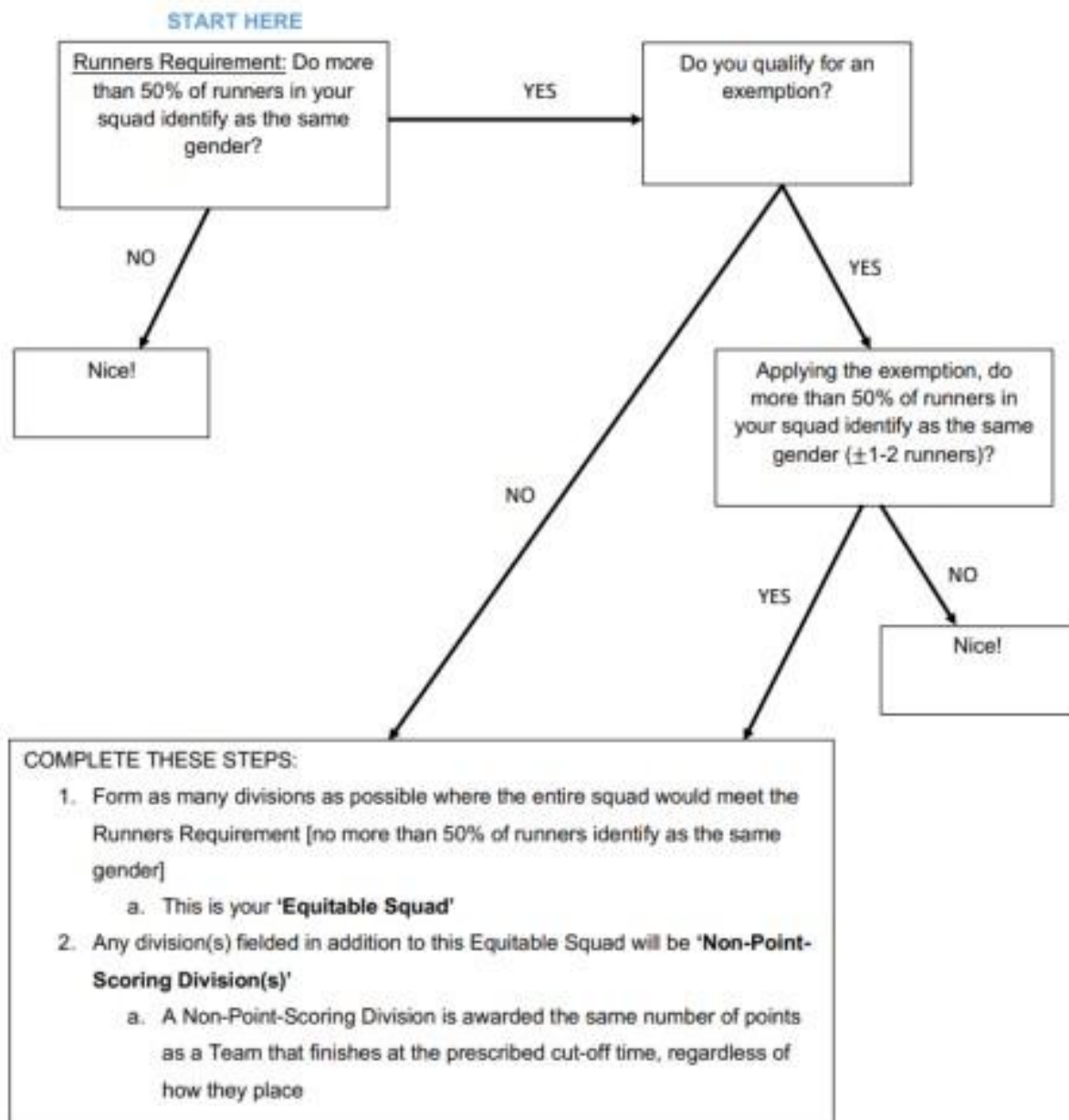
$$\text{Team 6} = 0\text{pts}.$$

The total points for a Residence is the sum of the points received by each Team in its Squad, less points from penalties. The Residence with the highest point score wins the Event.

Schedule D:

Identifying and Producing an Equitable Squad

The flowchart below illustrates how to identify and/or select an Equitable Squad for the purposes of rules 35-37.



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 organisation of the 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 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 the Event;
- recording and collating all information and any relevant 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; and
- the Race Director may, at their 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 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.