



## **2025 Inward Bound Race Rules**

The 2025 Inward Bound Race Rules are written to be used by Participants, Spectators, Volunteers, Officials and the Inward Bound Committee leading up to, on, and after Race Day.

A separate constitutional document regarding the creation, responsibilities and conduct of the Inward Bound Committee and other non-race procedures (e.g., procedures for New Residences, procedures regarding the Race Referee) exists for internal Committee use.

## Definitions

- **Coaches:** The individual/s tasked with preparing each Residence's Squad.
- **The Committee:** Persons appointed by the Race Directors and responsible for conducting 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. Alternatively, a participant competing deemed Eligible for Development Participant(s) by the Race Director
- **Division:** A distinct band of competition within the Event, of varying difficulty, within which each Residence Team and Non-residence Teams may compete.
- **Ex Resident:** A participant that was, at any time, previously a member of a Residence.
- **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 32, 33, 34.
- **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 on the ANU campus , 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.
- **Residence:** The halls and colleges on the ANU campus.
- **Resident:** A member of a Residence.
- **Smoking:** Smoking includes the use of cigarettes, vapes, e-cigarettes or any other smoking device.
- **Squad:** All participants competing for a Residence on Race Day.
- **Team:** Group of up to four (4) individuals competing together in the same division for their Residence or Non-Residence (Division X).

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## Race Rules

1. The rules of Inward Bound are subject to the final discretion of the Race Director(s).
2. 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.
  - a. 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.
3. 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.
4. All Participants, Spectators, Volunteers, Officials and Committee Members must comply with direction by members of the emergency services.
  - i. Penalty: No maximum

## Eligibility to Participate

### Coaches

5. Each participating Residence is responsible for nominating at least two (2) Residents or Ex-Residents as their Coaches.
  - a. No more than 50% of coaches may identify as the same gender if there is an even number of coaches. 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.
6. Coaches do not have to be Participants.
7. It is expected that Coaches will have an intimate knowledge of the Event.
  - a. If a Coach has not previously participated in the Event, approval of their appointment must be sought from the Race Director.
8. The Coaches are responsible for their Squad's ability to complete the Event within the rules of this Event.
  - a. Coaches must ensure that all members of their Squad understand these rules and understand the consequences for breaching these rules.

### Residences

9. Inward Bound is open to all Residents and Ex-Residents of the halls and colleges on ANU campus (Residences),
  - a. Each Residence may enter one team per Division.
  - b. Teams must consist of 4 Residents (max 28 runners within a Residence's Squad).
  - c. Each team must have two qualified navigators (see Navigator Requirements).
  - d. Each Team must have at least one participant with a remote first aid qualification.

- e. Each Participant must complete the prescribed Inward Bound Indemnity and Release form prior to taking part in the Event.
    - i. Failure to do so may result in their entry being cancelled by the Race Director.
- 10. Only 4 Ex-Residents can be part of a Residence's Squad, except as permitted by the Race Director.
  - a. If a Squad chooses to have more than three (3) Ex Resident Participants, the additional participant(s) must have resided at and/or been a member of that Residence the previous year.
  - b. No more than two (2) ex-Residents can be in the same Division.
  - c. Squads can apply for Development Runners. Whether Development Runners are considered Ex-Residents is subject to Race Director discretion.
- 11. No more than 50% of a Squad's group of Participants may identify as the same gender.
  - a. Exemptions are subject to the discretion of the Race Director.
  - b. A Residence that wishes to submit a Squad in breach of this rule must first form an Equitable Squad. Any Teams fielded in addition to this Equitable Squad will be Non-Point-Scoring Teams.
    - i. A Non-Point-Scoring Team will be awarded the same number of points as a Team that finishes at the Cutoff Time.
    - ii. Non-Point-Scoring Teams are not exempt from the provisions of these rules, and penalties may be applied; and Non-Point-Scoring Teams are at the discretion of the Race Referee for any contravention of these rules.
- 12. The Coaches of a Squad must not misrepresent the navigational ability or athletic fitness of any Participant in their Squad to the Race Director.
  - i. Penalty: Disqualification of Residence in current and subsequent Events
- 13. 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.
- 14. Each Residence must provide Volunteers to the event.
  - a. The number of Volunteers will be specified by the Race Directors.
  - b. Penalties will apply for Squads who fail to meet volunteer numbers.
    - i. Penalty: Percentage penalty for squad equal to the percentage of Volunteers deficit from the squad's Residence.
  - c. 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.
- 15. Each Participant must complete a health declaration that:
  - a. Declares they have 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.
- 16. Each Participant must attend a mandatory competitors' briefing prior to the Event.

- a. 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.
    - i. Penalty: Disqualification of Participant.
- 17. Each participating Residence is responsible for nominating at least two (2) Residents or Ex-Residents as their College Coordinators.
  - 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.
    - i. A Residence's College Coordinator is responsible for the conduct of Spectators affiliated with that Residence.
    - ii. The College Coordinator cannot be a Participant in the Event.
    - iii. 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.
    - iv. The College Coordinator must report to the Event Central Tent upon arrival at the Endpoint.
- 18. A Resident or Ex Resident of a Residence must not seek to obtain course sensitive information prior to such information being released.
- 19. 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.
    - i. Penalty: Disqualification of Squad
- 20. In the event that course sensitive information is gained prior to all Teams being on the Course, the Race Director should be notified immediately.
- 21. The following people cannot be Participants in the Event:
  - a. the Race Director;
  - b. members of the Committee;
  - c. Delegates of the Race Director;
  - d. or Appointed Officials.

## **Residences' Training Requirements**

- 22. 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.
- 23. 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;
  - d. otherwise outside the Canberra metropolitan area; and/or
  - e. the run could reasonably be expected to finish after 2 am.
24. 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.
25. A Residence's Coaches are responsible for all of that Residence's significant training runs.
26. A Residence commits an offence if they:
- a. do not conduct all training runs and significant training runs safely and in accordance with
  - b. any safety requirements as provided for by the Committee or Race Director/s; or
  - c. conduct a training run that could reasonably be seen as being conducted in an unsafe manner.
    - i. Penalty: 50%-point penalty for Residence
27. The Coaches must not conduct a significant training run in defiance of any direction by the Race Director.
- i. Penalty: Disqualification of Squad

## Division X

28. Division X Participants must not reside at, or be a member of, a Residence.
- a. Division X Participants are not to participate in the Event wearing or carrying any merchandise associated with any Residence.
29. Residence Teams must not seek assistance from Division X Teams at any point during the Event.
- i. Penalty: disqualification of Residence Team.
30. During the Race, Division X Teams must not interact with any Residence Teams.
- a. 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.
  - b. Division X Teams must remain separated from Residence Teams by 10 metres during Drop-off Point.
  - c. Division X Scouts must not interact with Residence Scouts.
  - d. Division X Teams must not intentionally leave the Drop-off Point at the same time as a Residence Team.
31. 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
  - a. ban on attending any other event associated with Inward Bound, such as the presentation.

## Navigation Qualifications

32. To qualify, Navigators must have:
  - a. have completed a rogaine(s) in the calendar year prior to the Event to an adequate standard; or
    - i. Individuals wishing to navigate in Divisions 1-7 must complete a bush rogaine of a duration of five (5) hours or longer.
    - ii. Individuals wishing to compete in Divisions 1, 2 & 3 must also complete one (1) additional rogaine; this rogaine must be a rogaine of a duration of three (3) hours or longer.
      1. The additional rogaine may be a metrogame, or similar urban rogaine (i.e. virtualgame), provided it is a duration of four (4) hours or longer.
  - b. have been Navigator for a Team that has completed the Event in the previous two years, and is 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.
33. Completion to an “adequate standard” means achieving a score greater than or equal to the minimum score for the Division in which the individual wishes to compete.
  - a. The minimum scores for each rogaine will be determined by The Committee and communicated to Coaches after each rogaine.
  - b. The Race Director has discretion to determine whether a Navigator is suitably qualified, and to impose additional requirements if appropriate.
34. No more than 50% of a Squad’s group of Navigators may identify as the same gender.
  - a. The Race Director has discretion to approve exemption requests and apply penalties for Residences who fail to comply with this rule.

## Conduct of Participants, Spectators, Volunteers and Officials

35. The Race Director may disqualify a Team if the Race Director reasonably believes the Team has acted in a manner that endangers the safety of themselves, other Participants, Officials, Spectators or Volunteers.
36. A Participant, Official or Spectator must comply with all relevant laws of general application.
  - a. 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.
  - b. 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 ANU and all associated parties.



37. A Spectator, 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 Scrutineering period or the Event.
  - i. Penalty: Disqualification of the Spectator's, Participant's, Volunteer's or Official's Residence.
38. Bribery, cheating, or attempts to corrupt Officials or other Participants is not permitted.
  - i. Penalty: Disqualification of the Spectator's, Participant's, Volunteer's or Official's Residence and referral to ANU Residential Experience Division.
39. Unsportsmanlike conduct is not permitted.
  - a. Unsportsmanlike conduct includes cheating, verbal abuse, or intentional obstruction.
    - i. Penalty: Disqualification of the Spectator's, Participant's, Volunteer's or Official's Residence and referral to ANU Residential Experience Division.
40. Threatening, abusive, or violent behaviour is prohibited.
  - i. Penalty: Penalty to the Spectator's, Participant's, Volunteer's or Official's Residence. Subject to Race Referee discretion.
41. Foul, abusive, or discriminatory language is prohibited.
  - i. Penalty: Penalty to the Spectator's, Participant's, Volunteer's or Official's Residence. Subject to Race Referee discretion.
42. An Official affiliated with a Residence commits an offence if the Official:
  - a. intentionally acts corruptly, and does so for the purposes of giving a Team, Squad or Residence an unfair advantage; or unfairly disadvantaging a Team, Squad or Residence.
    - i. Penalty: No maximum
43. 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.
    - i. 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.
    - ii. The Referee must consult with the Race Director before commencing an investigation into an offence under this section.

## Pre-Event

### Pre-Event Scrutineering

44. The Event commences once the first Division has entered pre-event Scrutineering.

- a. The Race Director shall announce the time each Division is required to present for pre-event Scrutineering.
- 45. 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. (*See Appendix 3: Prohibited Items*).
- 46. 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.
- 47. Contact with non-Participants is not permitted once teams enter Scrutineering.
- 48. Teams must report to Scrutineering by the prescribed time.
  - i. Penalty: 10% penalty for Team.
- 49. Teams must report to Scrutineering with all mandatory equipment.
  - a. Teams cannot participate unless all mandatory equipment is present.
  - b. The mandatory equipment is the Mandatory Equipment list prescribed by the Race Directors. *See Appendix 1 for list of mandatory equipment.*
  - c. 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.
    - i. Penalty: Disqualification of Team plus 10%-point penalty for Residence.
  - d. No electronic devices or GPS devices are permitted during the Race. Film, disposable, and digital cameras are permitted and must be presented to Scrutineering.
    - i. Penalty: Disqualification of Team plus 10%-point penalty for Residence.

## **Journey to Drop-Off Point**

- 50. Teams must not make physical contact with non-Participants while in the Send Off chute.
  - i. Penalty: Disqualification of Team plus 10%-point penalty for Residence.
- 51. All Participants must remain blindfolded during the journey to their Drop-off Point, removal of the blindfold or peeking is strictly prohibited.
  - i. Penalty: Disqualification of Team plus 10%-point penalty for Residence.

## **Drop-Off Point and Scouting**

- 52. Participants must not remove their blindfolds until directed to do so by the Race Director or their Delegate.
  - a. Before removing their blindfolds, Participants should seek to purge their negative energy, and embrace the spirit of the night and the whims of the navigational gods.
- 53. At each Division's Drop-off Point, an Official appointed by the Race Director shall assemble the Navigators participating in that Division.
  - a. When the Official is satisfied each Navigator has handed in all their Team's blindfolds, the Official shall give to each Navigator;

- b. the Team Envelope corresponding to that Navigator's Team (the envelope shall have printed on it grid coordinates of the Endpoint) and any other documentation, such as maps or instructions, as directed by the Race Director.
- 54. The Scouting period will commence after the words "the scouting period starts now".
- 55. 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.
- 56. A Navigator and an assistant Navigator can also act as a Scout during the scouting period.
- 57. The Scouts must return to the Drop-off Point before the scouting period ends.
  - i. Penalty: 75% reduction in remaining finish time.
- 58. 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.

## Race

### General Rules

- 59. 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.
- 60. The Event must be completed on foot and without outside assistance.
  - a. Outside assistance includes provision of food, navigation, equipment, or transport.
    - i. Penalty: Disqualification of Team plus 30%-point penalty for Residence.
- 61. Failure to comply with directions given by the Race Directors, their Delegates or appointed Officials while on course is prohibited.
  - i. Penalty: Disqualification of affiliated Residence.
- 62. A Participant must not dump mandatory equipment, including water.
  - i. Penalty: Refer to Rule 103.
- 63. Failure to enter a Mandatory Checkpoint or Mandatory Mid-Race Scrutineering Point will result in disqualification.
  - a. If a cut-off time is given, failure to arrive at the mandatory checkpoint by the designated cut-off time will result in disqualification.
- 64. Attempts to avoid planned Checkpoint crossings, by bushbashing or sudden rerouting, after their designated cut-off time is prohibited.
  - i. Penalty: Disqualification of Team plus point penalty for Residence subject to Race Referee discretion.
- 65. Teams may not have a prohibited navigation item in their possession at any point in the Event.
  - i. Penalty: Disqualification of Team plus 10%-point penalty for Residence

66. 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.
- a. 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.
  - b. A Participant or Team does not breach rule 205 if the intended use of the phone is:
    - i. to contact emergency services; or
    - ii. to contact the Race Director regarding an unforeseen issue relating to runner safety that the Race Director should be made aware of.
67. Teams must navigate using only permitted equipment.
- i. Penalty: Disqualification of Team plus 10%-point penalty for Residence.
68. A team must not create excessive noise, particularly near any dwellings.
- i. Penalty: Disqualification of Team plus 10%-point penalty for Residence.
69. A Team must start and finish the Race as a team.
- i. Penalty: Disqualification of Team plus 30%-point penalty for Residence.
70. Except for the scouting period, Participants in a Team must not be more than 50 metres apart during the race.
- a. Penalty: Disqualification of Team plus 10%-point penalty for Residence.
71. Participants in a Team must may be more than 50 metres apart during the race if:
- a. a Participant 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 and,
  - d. 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.
72. No Participant or Team shall light a fire for any purpose during the race or training runs.
- i. Penalty: Disqualification of Squad.
73. 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.

- i. Penalty: Disqualification of Squad

74. 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.

75. A Team must not refuse to identify themselves or provide false information when asked to identify themselves.

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

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

77. 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.

- a. Penalty: Disqualification of Squad in current and subsequent Events

78. 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.

## **Powers of Officials**

79. 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.

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

## Water Drops

- 80. If there is treated water available for Participants on the Course, potentially in the form of unattended water containers, its location will be specified on the course maps.
  - a. If water is unavailable at a water drop for whatever reason, the Race Director may be
  - b. contacted using the messaging function of the trackers (if applicable) and water will be made available to the Competitors as soon as practicable.
  - c. Any competitive advantage lost from lack of available water will not be considered when finalising the Event results.
- 81. A Participant must not take an unreasonable amount of water from a water drop, or tamper with the water drop.
  - i. Penalty: Disqualification of Team plus 50%-point penalty for Residence

## Highways, Roads and Railways

- 82. Teams must cross highways and major roads at safe crossing points. A Team must not run on or alongside, or cross over by any means, a railway except at points specified by the Race Director.
  - a. 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.
  - b. 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).
- 83. Teams must comply with all traffic laws.
- 84. Dangerous or illegal crossing of roads may result in disqualification.
  - a. Crossing of out of bounds roads, except at designated safe crossing points, will result in disqualification.
- 85. Failure to comply with Officials' directions at manned safe crossing points is prohibited.
  - i. Penalty: Disqualification of Residence.
- 86. In 'High-Visibility zones', Teams must run with high-visibility vests on over their packs, in single file, on the right-hand side of the road.
  - i. Penalty: Disqualification of Team plus 10%-point penalty for Residence.
- 87. When running on a major road, a Team must run in single file on the right-hand side of the road.
  - a. 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.
    - i. Penalty: Disqualification of Team plus 10%-point penalty for Residence

## Private Property and Prohibited Areas

- 88. A Team must not enter private property unless the map indicates that permission has been granted to the Event.

- i. Penalty: Disqualification of Team, prohibition of Team Participants in subsequent Events plus 30%-point penalty for Residence.
- 89. A Team must not enter prohibited areas on the Course.
  - i. Penalty: Disqualification of Team, prohibition of Team Participants in subsequent Events plus 30%-point penalty for Residence.
- 90. Teams are permitted to enter private property 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.

## Withdrawal

- 91. Teams must not open the Team Envelope unless intending to withdraw.
  - i. Penalty Disqualification of Team plus 30%-point penalty for Residence.
- 92. A Team may withdraw at any point during the race.
  - 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 follow the instructions therein.
- 93. A Team must withdraw if a Participant from that Team is disqualified, withdraws, or is otherwise unable to continue.
- 94. 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.

## Endpoint

- 95. A Team reaches the Endpoint when the last Participant of that Team crosses the finish line.
- 96. Teams are not permitted to make contact with any non-participants while running through the chute.
  - i. Penalty: Disqualification of Team plus 10%-point penalty for Residence.
- 97. 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.
- 98. 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.
    - i. Penalty: Disqualification of Team
- 99. 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.

## Post Event Scrutineering

- 100. Upon arrival at the Endpoint, Teams must present themselves to appointed Officials for Post Event Scrutineering.
- 101. 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 mandatory equipment;
  - c. all Participants do not have any prohibited items; and
  - d. all Participants return all Committee items to the Committee.
- 102. Teams must present all mandatory equipment to the Scrutineers.
  - a. *See Appendix 1 for list of mandatory equipment.*
- 103. A Team commits an offence if the Team arrives at the Endpoint and any member of that Team is missing a piece of:
  - a. Category A mandatory equipment.
    - i. Penalty: Disqualification of Team plus 10%-point penalty for Residence.
  - b. Category B mandatory equipment.
    - i. Penalty: 25% reduction in remaining finish time for Team.
  - c. Category C mandatory equipment.
    - i. Penalty: 10% reduction in remaining finish time for Team.
  - d. *See Appendix 2 for Penalty Categories for Mandatory Equipment.*
- 104. If a Team loses multiple pieces of mandatory equipment, the penalties may be imposed cumulatively.

## Spectators

- 105. 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.
- 106. Each Residence is responsible for the actions of their own Spectators.
  - a. Participating Residences must provide sufficient food and water for each Participant following their participation in addition to food and water provided for their Spectators.



- b. 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.
- 107. 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.
- 108. A Spectator must not interfere with Participants in any way, this includes:
  - a. Traveling along routes other than the prescribed route between the Endpoint and Canberra;
  - b. Communicating with Participants;
  - c. Coming into physical contact with Participants;
  - d. Collecting equipment left by Participants, or marking equipment available to Participants during the Event;
  - e. Conduct that otherwise interferes with the safe and fair running of the Event.
    - i. Penalty: Disqualification of Team involved and 15%-point penalty for affiliated Residence.
- 109. A Spectator must not arrive at the Endpoint before the time specified by the Race Director.
  - i. Penalty: 15%-point penalty for affiliated Residence.
- 110. A Spectator must follow the driving directions set by the Committee.
  - i. Penalty: 15%-point penalty for affiliated Residence.
- 111. Unless written approval is provided by the Committee, spectators affiliated with Residences must arrive at Endpoint on designated spectator buses.

## Race Referee

- 112. A Referee shall be appointed by the Race Director to adjudicate on disputes, breaches, and protests.
  - a. The Referee(s) cannot be a Participant of the Event for which they are appointed as the Referee(s); or 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.
  - b. The Referee must act impartially and in accordance with the principles of natural justice.
  - c. The Referee has discretion to determine penalties consistent with these Rules.
- 113. The Referee(s) has the power to undertake all reasonable steps to assist in making enquiries and finalising the adjudication process.
  - a. 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.
- 114. 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.
  - a. If a provision of these rules makes something an offence, it is also an offence to attempt to commit that offence.

- b. The penalty for attempting an offence is the penalty that would have been imposed had the attempt been successful.
- 115. 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.
  - a. For all offences, the Referee(s) may instead choose to warn or reprimand the accused Residence's Coaches or College Coordinator.
- 116. The Coaches or College Coordinator of the accused may, in reply to a notice, admit guilt to the offence in writing.
  - a. 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.
- 117. 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.

## Scoring

- 118. Each Team that completes the Event before the prescribed Cutoff Time will receive points according to the following equation:
  - a. **Score = (Remaining Time + 60) × (Winner's Time / Available Time)**
  - b. Where:
    - i. Remaining Time = the time between a Team's finishing time and the Cutoff Time, in minutes, less the penalties applied to that Team
    - ii. Winner's Time = the time taken for the winner of a Division to complete the race, in minute
    - iii. Available Time = the time between the beginning of the scouting period and the Cutoff Time, in minutes
    - iv. Zero points are awarded to Teams that withdraw, are Non-Point Scoring, are disqualified, do not start or have a finish time after the cut-off times, either before or after time penalties are applied.
    - v. *Appendix 4* includes further information on scoring.
- 119. The Official at the Drop-off Point is responsible for recording the time that Division's scouting period commences. An appointed Official at the Endpoint is responsible for recording the time each Team officially completes the Event.
  - a. All times are to be rounded to the nearest minute.
- 120. The Residence with the highest score is declared the winner of the Event.

## Penalties and Protests

- 121. A Residence's score is the sum of the scores for each of their Divisions, less penalties

122. A Team, Participant, Coach, or Residence may lodge a protest regarding the conduct of the Event or the application of these Rules.
123. A protest must be lodged in writing with the Race Director or their appointed Official within one (1) hour of the relevant Team finishing or withdrawing from the Event.
124. A protest must set out:
  - a. the rule alleged to have been breached;
  - b. the facts relied upon; and
  - c. the outcome sought.
125. The Race Director must refer a protest to the Referee.
126. The Referee must consider the protest and make a determination as soon as practicable.
127. The Referee may:
  - a. uphold the protest;
  - b. dismiss the protest; or
  - c. impose or vary a penalty.
128. The Referee must provide written reasons for their determination to the Race Director.

# Appendix

## Appendix 1: 2025 Mandatory Equipment

### Individual Mandatory Equipment

*No article of clothing can contain more than 10% elastane, lycra or spandex.*

*\*Denotes gear that is compulsory during the scouting period.*

Item	Requirement
Backpack	Recommend 20L-30L with good support (hip & chest harness). Must be able to fit all compulsory gear.
Strip of reflective material	Sewn/pinned onto rear of backpack, minimum in 20cm length.
Compass*	
Headlamp*	
Thermal Underwear	<p>Full length top and bottom. Must be hydrophobic.</p> <p>Made of polypropylene, polyester, acrylic, chlorofibre or lightweight wool.</p> <p>No cotton, lycra, coolmax or compression garments. Infant thermals are also unacceptable.</p> <p>No more than 10% Elastane allowed.</p>
Watch*	<p>Recommend digital watch with stopwatch functionality.</p> <p>Cannot have any navigation functions like Pedometer, Altimeter, Barometer, Compass or GPS. Hourly beep function must be disabled.</p>
Pullover/Jumper	<p>Made of wool, fleece, polyester or polypropylene. Must be at least 100-weight.</p> <p>No cotton.</p>
Long pants	<p>No jeans or cotton.</p> <p>Compression garments ARE acceptable as long pants.</p> <p>Leg warmers are NOT acceptable as long pants.</p> <p>Must reach ankles.</p>
Beanie	<p>Made of wool, fleece, polyester or polypropylene.</p> <p>No buffs.</p>

	No more than 10% acrylic allowed.
Hat	Consider a wide-brim or legionnaire-style hat.  Visors are NOT acceptable.
Warm gloves	Full-fingered. Made of woollen, fleece, polyester or polypropylene.
Waterproof Jacket	A quality rain jacket (seam-sealed). Must have a hood.
Emergency Space Blanket	Must be unused.
Whistle*	Must be pea-less. Must be detachable from bag.
Photo ID	ANU student card acceptable
Appropriate Food	Sufficient to last up to 36-48 hours (recommend approximately 5000 - 6000 calories).
Minimum of 2L Water	
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.
High Visibility Vest	Must be yellow and made of a combination of retroreflective and fluorescent materials.

Team Mandatory Equipment (1 per team)

Item	Requirement
2 x Compression Bandage	For treatment of snake bites. MUST be in original sealed packaging that says "COMPRESSION" OR "HEAVY CREPE" on the label.
Sunscreen	200mL minimum.
Mobile Telephone	Fully charged and not on silent.
Water Purification Tablets	Minimum 16 tablets (4L of water per team member).

### Mandatory Equipment supplied by Committee

Item	Requirement
Course Information Sheet and Course Maps	These items are handed to the navigators of each team at the drop site. The course maps show out of bounds zones, exclusion zones, whitelisted areas, allowable highway/river/railway crossings (if applicable), water drops and other information the Committee deem necessary.
Basic First Aid Kit	One per team
Team Envelope (sealed)	This envelope contains locations of each of the drops and instructions on how to proceed in emergencies or if you are withdrawing.  Any breakage or obvious tampering with the team envelope will result in the disqualification of the team.
Electronic Locator Beacon	Yellow Brick tracker to be attached to the outside of one (1) team member's pack at scrutineering.
Blindfolds	For each member of the team. Must be returned at Endpoint scrutineering.

### Recommended Equipment

*Whilst not compulsory, we strongly recommend that you take the following.*

Item	Requirement
Spare Batteries or Spare Headlamp	Stored in a sealed waterproof bag.
Additional First Aid & Medications	Any medications that you would usually take – asthma preventers, relievers, skin irritation cream, antihistamines etc.  Only take medications that you have used before and you have checked with a doctor are suitable to take during an event like IB.
Blister Prevention & Treatment	Extra socks, Band-Aids, blister blocks.
Sunglasses & Lip Balm	
Duct Tape & Cable Ties	To fix broken bags/zips/shoes.
Paper & Pen	For drawing scout maps.

### Drop Bags

Each team will be allowed to bring one (1) drop bag, containing items you wish to have with you at Drop, but NOT during the race. The drop bag must be clearly labelled with your division and college. It is recommended that you do this with masking tape and permanent marker. This will be checked at scrutineering and any drop bag not abiding by these rules may be refused. You may not have immediate access to your drop bag at Endpoint. Therefore, please do not put anything you may urgently need at Endpoint in your drop bags.

Endpoint bags are to be organised with your college coordinators.

## **Appendix 2: Penalty Categories for Mandatory Equipment**

Category A	Category B	Category C
Course Information Sheet	Headlamps	Food (evidence of)
First Aid Kit	Magnetic compass	Pullover
Team Envelope (sealed)	Whistle	Beanie
Electronic Locator Beacon	Watch	Pair of gloves
Mobile Phone (sealed)	Headlamps	Strip of reflective material on backpack
High Visibility Vest	Space blanket	Thermal underwear (top and bottom)
Maps		Waterproof jacket
		Long pants
		Sunscreen
		Suitable backpack
		Hat
		Waterproof bags
		Compression bandages
		Water Purification Tablets

## **Appendix 3: Prohibited Navigation Items**

An item is a prohibited navigation item if:

- the item is an electronic or electromechanical instrument or device that can be used for navigation; or

- the item is an altimeter, speedometer, pedometer or any other like object, or signal direction finding device such as a radio direction finder.

## Appendix 4: 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:

$$\text{score} = (\text{remaining time} + 60) * (\text{winners' time} / \text{available time})$$

Where:

- Remaining Time = the time between a Team's finishing time and the Cutoff Time, in minutes, less the penalties applied to that Team ;
- 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.*

### Example:

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:

$$\begin{aligned} \text{team 1} &= (360 + 60) * (720/1080) = 280\text{pts} \\ \text{team 2} &= (179 + 60) * 720/1080 = 159.33\text{pts} \\ \text{team 3} &= 0\text{pts} \\ \text{team 4} &= (1 + 60) * (720/1080) = 40.67\text{pts} \\ \text{team 5} &= 0\text{pts} \end{aligned}$$



$$team\ 6 = 0pts$$

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.

### Calculation of Team Penalties

Any penalties that are incurred by a Team decrease the Remaining Time for the purposes of calculating the score of a Team.

If multiple penalties are incurred, the effect on the remaining time is that the penalties are applied to the remaining time, consecutively (ie. one at a time), rather than altogether, in line with the following equation:

$$A_p = A * (1 - P_1) * (1 - P_2) * \dots * (1 - P_N)$$

Where:

$P_1, P_2 \dots P_N$  are  $N$  distinct penalties as a percentage (e.g. 25%)

$A$  is the remaining time before penalties have been applied (ie. time between a Team's finishing time and the Cutoff Time, in minutes)

$A_p$  is the remaining time after the penalties have been applied.