

2026 Inward Bound Race Rules

Definitions

Where undefined, the ordinary dictionary definition of a word ought to be used.

- **Coach(es):** The individual/s tasked with preparing each Residence's Squad. To remove doubt, coaches do not have to participate in the event. Coaches are responsible for the conduct of their Runners during the Season.
- **The Committee:** Persons appointed by, and including, the Race Directors, whom are responsible for conducting the event.
- **The Course:** The area within which the Event occurs, encompassing 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 an Ex-Resident of another Residence.***
- **Division:** A distinct band of competition within the Event, within which a Residence Team, and Non-Residence teams, may compete.
- **Drop Point:** The point where each division is instructed to remove their blindfolds.
- **The Event:** The event of Inward Bound in its totality, commencing 8am the day of the Race and concluding 8am the day after the last team has finished.
- **Ex-Resident: A participant that was previously a member of a Residence and is now not. An Ex-Resident must have at a point been a resident of the college they are planning to run for.**
- **Endpoint:** The whole area of the end of the race.
- **Navigator: The two (2) members of each Team satisfying rules 25, 26 and 27 tasked with navigating for the term of the Event.**
- **New Residence:** A Residence participating in the Event for the first time.
- **Non-Residence Teams:** Teams competing with the approval of the Race Directors, that are not affiliated with any halls or colleges on the ANU campus, inclusive of Division X teams.
- **Non-Point Scoring Team:** A team from a residence which cannot score points or place in their division.
- **Official:** A person conferred with certain powers to assist in the administration of the Event, inclusive of Lead Drivers and VIP volunteers.
- **Participant:** Any person involved in the Event or throughout the season, including Runners, spectators, volunteers and committee.
- **The Race:** Defined for each team as from the entry into pre-Race scrutineering until they leave post-Race scrutineering.
- **Race Director(s):** The principal officer(s) of Inward Bound.
- **Race Referee:** The officer(s) for the event responsible for interpretation of the rules, adjudication and application of penalties.
- **Residence:** the halls and colleges on the ANU campus, inclusive of non-residential halls.
- **Resident:** A current member of a Residence, who has been a member of that residence for at least 8 weeks before the date of the Event.*

- **Runner:** A person who is running in the Event. A Race Director, Committee member, or Official may not be a runner in the same season.
- **Scouting Period:** A designated period of time in which Runners in a Team may be more than 50m from one another, commencing upon the statement 'scouting time begins now'.
- **Scrutineering:** The process of checking that all Runners possess all mandatory gear.
- **The Season:** The calendar year in which the Race and Event takes place.
- **Spectator:** Any person at or nearby the Event who is not in a defined role.
- **Squad:** All Runners competing for a Residence on Race Day.
- **Team:** Group of four (4) individuals competing together in the same Division. A team must not be more than 50 meters apart at all times during the race other than the scouting period.
- **Training Run:** 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.

Chapter 1 - Power of the Race Director(s).

1. The Inward Bound Race Rules are subject to the final discretion of the Race Director(s).
2. All Participants must comply with the directions of the Race Director(s) or Officials.
 - a. Providing false information at the request of the Race Director or an Official is an offence.
Penalty: Disqualification of Team plus 10%-point penalty for Residence.
 - b. If a Participant knows or suspects a direction is inconsistent with the Rules, the Participant must state the reason for inconsistency and ask for clarification.
 - c. A participant must comply with all Officials' directions at manned safe crossing points and checkpoints.
Penalty: Disqualification of affiliated Residence.
3. Participants must comply with all laws in the relevant jurisdiction.
 - a. In the event that any Participant breaches any law(s) of general application, they are personally liable, wholly indemnifying the Race Director, Committee, Official, the ANU, and all associated parties.
4. Participants must comply with directions of emergency services.
No maximum Penalty
5. Unless otherwise specified, the maximum penalty for an offence is Disqualification of Residence for the current and following Season. The Race Referee also has the power to exclude an individual from subsequent races if this is deemed to be in the interests of the event and in line with the offence.
6. The Race Director(s), or their appointed Official, has the power to direct a Team or a Participant to:
 - a. Stop running;
 - b. Stop and dwell at a location for a period of time or until directed to continue;
 - c. Identify that a Team has all compulsory equipment;
 - d. Identify their perceived location and intended route;

- e. Be transported to another location;
- f. Carry additional equipment;
- g. Use, continually or intermittently or for a period, specific equipment;
- h. Abandon a route and run a different route;
- i. Truthfully report the amount of water or food they are currently carrying.

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

7. Additionally, the Race Director(s) have the power to:
 - a. Approve exemption requests to any required qualification or inclusion requirement.
 - i. For any rule marked “*”, the Coach(es) (or for a Non-Residence Team, the Team), may apply to the Race Directors for an exemption.
 - b. Refer to the Race Referee any conduct of a Participant in the course of the Season that is manifestly contrary to the intention of these rules or the spirit of the Event for penalty, even if not contrary to a prescribed rule.

Chapter 2 - Participation

Coaches

8. Each participating Residence must nominate at least two (2) Residents or Ex-Residents as their Coaches
 - a. There must be, at most, a difference of one (1) between the two highest represented genders of Coaches.
9. Coaches must not recklessly or maliciously misrepresent the navigational ability or athletic fitness of any Runner in the Squad, including by entering a Team into a Division inappropriate of their ability.

Maximum Penalty: Disqualification of Residence in current and subsequent Events.

Residences

10. Each Residence may enter one Team per Division
 - a. Teams must consist of four (4) Runners who may be either Residents or Ex-Residents.
 - b. Each Team must have two qualified Navigators
 - c. Each Team must meet the relevant first aid qualification prescribed by the Race Director(s).
11. A maximum of four (4) Ex-Residents can be part of a Residence's Squad.*
 - a. If a Residence chooses to have more than three (3) Ex-Residents, the fourth must have resided at the Residence the previous year.
 - b. No more than two (2) Ex-Residents can be in the same Division.
12. Residences can apply for Development Runners.
 - a. Whether Development Runners are considered Ex-Residents is subject to Race Director discretion.
13. No more than 50% of a Squad may be the same gender.*

- a. Exemptions are subject to the discretion of the Outreach & Inclusion Officer, as well as the Race Director(s).
 - 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.
 - c. Non-Point Scoring Teams are not exempt from these rules and penalties may be applied.
14. Each Participant, or prospective Participant, must alert their Coaches or CCs, who must alert the Race Director(s) at the earliest reasonable time, of any health condition which a reasonable person may expect may impact their participation in the Event.
15. Each Runner 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; and
 - b. Declares all past and present injuries and conditions, including allergies.
16. Each Runner must complete the prescribed Inward Bound Indemnity and Release Form and attend a mandatory runners briefing prior to the Event to participate.
 - a. The Race Director(s) may, at their discretion, conduct an additional mandatory runners briefing for Runners who cannot attend the main briefing for a legitimate reason. The Race Director(s) determine what constitutes a legitimate reason.
17. Each participating Residence must nominate at least two (2) Residents or Ex-Residents as their College Coordinators.
 - a. College Coordinators are responsible for the conduct of Spectators affiliated with their Residence.
 - b. College Coordinators cannot be a Runner in the Event.
 - c. College Coordinators are the primary contact for the Committee on the day of the Event and must remain at Endpoint until all their Residence's Participants have completed the Event.
18. Each Residence must provide Volunteers to the Event.
 - a. The number of Volunteers will be specified by the Race Directors.
Maximum Penalty: Percentage penalty for Squad equal to the percentage of Volunteers deficit from the Squad's Residence.
 - b. Volunteers must report at their assigned time.
Maximum Penalty: Percentage penalty applied with consideration given to the impact to the event of non-attendance by a volunteer.
19. A Significant Training Run is one that satisfies at least two of the following criteria:
 - a. The run starts or finishes at a place outside the ANU;
 - b. Road vehicles are intended to be used to transport runners;
 - c. Any part of the run takes place outside the Canberra metropolitan area, west of the Murrumbidgee River or outside the ACT;
 - d. The run could reasonably be expected to finish after 12am.
20. Any conduct that would constitute an offence during the Race is also an offence if it occurs in a training run during the Season.
21. A Residence commits an offence if they:
 - a. Do not conduct all training runs and significant training runs safely and in accordance with any safety requirements as provided for by the Committee or Race Director(s); or

- b. Conduct a training run that could reasonably be seen as being conducted in an unsafe manner.
Penalty: 50%-point penalty for Residence.
- 22. Coaches are responsible for all training and the Coaches must not conduct a significant training run in defiance of any direction by the Race Director(s).
Penalty: Disqualification of Residence.

Division X

- 23. Division X Participants must not currently reside at a Residence.
 - a. Division X participants must not adopt the likeness of a Residence.
- 24. Residence Teams must not seek assistance from, or interact to gain an advantage with, Division X teams; and vice versa
Penalty of Residence Teams: disqualification of Residence Team.
Penalty of Division X Teams is at the Race Director(s) discretion.
 - a. In the event of an emergency or in the interests of safety of all participants in the event, Division X teams must aid Residence Teams.

Navigation Qualifications

- 25. To qualify, Navigators must have: *
 - a. Been a Navigator for a Team that has completed the Event in the previous two years, and is entering the same Division or lower; or
 - b. Completed a rogaine in the calendar year of the Event to an adequate standard determined by the Race Director(s)
 - i. Individuals wishing to navigate in Divisions 1-7 must complete a bush rogaine of a duration of five (5) hours or more.
 - ii. Individuals wishing to navigate in Divisions 1, 2 or 3 must also complete one (1) additional rogaine of a duration of three (3) hours or more.
 - iii. The additional rogaine may be a metrogame, or similar urban rogaine (i.e. virtual game), provided it is a duration of four (4) hours or longer.
- 26. The Race Director(s) have absolute discretion to determine whether a Navigator is suitably qualified, and may impose additional requirements or grant exemptions.
- 27. No more than 50% of a Squad's Navigators may be the same gender.

Chapter 3 - Conduct of Participants

- 28. A Participant must not consume, possess or be under the influence of alcohol, illicit drugs, smoke, or vape at any time during the Event.
- 29. The following conduct is prohibited:
 - a. Bribery and cheating, or attempts at;
 - b. Unsportsmanlike conduct, including but not limited to verbal abuse and intentional obstruction;
 - c. Threatening, abusive or violent behaviour;

- d. Foul, abusive, or discriminatory language.

Maximum Penalty: Penalty to the Participant's Residence and referral to ANU Residential Experience Division

- 30. Each Residence is responsible for the actions of their Participants.
- 31. Participating Residences must provide sufficient food and water for each Participant following their participation in addition to food and water provided for their Spectators.
- 32. Residences are responsible for ensuring that all waste is removed from Endpoint.
- 33. A Participant (excluding Committee and relevant Officials) must not attempt to obtain course sensitive information prior to such information being released.
 - a. Course sensitive information includes:
 - i. Stakeholder information;
 - ii. Satellite tracking website;
 - iii. Location of Drop Points and Endpoint;
 - iv. Official maps/notes with Drop Points, routes, and/or Endpoint

Maximum Penalty: Disqualification of Squad

- b. In the event that course sensitive information is obtained, intentionally or otherwise, prior to the beginning of the Race, the Race Director(s) must be notified as soon as reasonably possible.
- 34. Spectators must not interfere with Runners in any way, not limited to but including:
 - a. Travelling other than along the prescribed route by bus or with permission in a personal vehicle between Endpoint and Canberra;
 - b. Physical contact or assistance;
 - c. Communicating to provide course specific information;
 - d. Conduct that otherwise interferes with the safe and fair running of the Event;
 - e. Collecting equipment left by Runners

Penalty: Disqualification of Team involved and 15%-point penalty for affiliated Residence

- 35. Spectators must not arrive at Endpoint before the specified time.

Penalty: 15%-point penalty for affiliated Residence

- 36. A Spectator must follow the driving directions set by the Race Director(s). Penalty: 15%-point penalty for affiliated Residence.
 - a. Unless written approval is provided by the Committee, spectators affiliated with Residences must arrive at Endpoint on designated spectator buses.

Conduct of Officials

- 37. An Official affiliated with a Residence commits an offence if the Official intentionally or recklessly acts corruptly, and does so for the purposes of giving a Team, Squad or Residence an unfair advantage or disadvantage.
- 38. An Official acts corruptly if:
 - a. The Official discloses partially or in full the Course without authority;
 - b. The Official deliberately or 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 of the Race Director(s); 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.

Chapter 4 – The Race

- 39. Each Team's Race commences upon entry into pre-race scrutineering and finishes upon exit from post-race scrutineering.
 - a. Upon finishing the race, Runners are expected to thank the navigational gods for blessing their journey and purge all negative thoughts of the experience.
- 40. Runners must always possess all mandatory gear (Appendix 1) during their Race.
- 41. Runners must not contact or communicate with any person that is not an Official or Runner for the duration of their Race.

Maximum Penalty: Disqualification of Team plus 10%-point penalty for Residence.
- 42. The Race must be completed without unapproved mobility assistance and without outside assistance, including but not limited to provision of food, navigation, equipment or transport.

Maximum Penalty: Disqualification of Team plus 30%-point penalty for Residence.
- 43. A Team must start and finish the Race as a team.

Maximum Penalty: Disqualification of Team plus 30%-point penalty for Residence.
- 44. Except for the scouting period, all Runners in a Team must not be more than 50 meters apart during the Race.

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

Mandatory Equipment and Scrutineering

- 45. No person may be within the Scrutineering area during the scrutiny unless:
 - a. They are a Runner in a Division that is undergoing Scrutineering; or
 - b. They are a Scrutineer, Volunteer, or Official with approval from the Race Director or one of their Officials.
- 46. Teams must report to pre-event Scrutineering by the prescribed time.

Penalty: 10% penalty for Team.
- 47. Teams cannot continue unless all mandatory equipment is present at pre-Race Scrutineering.

48. No electronic devices or GPS devices are permitted during the Race. Film, disposable and digital cameras are permitted and must be presented to Scrutineering.
Penalty: Disqualification of Team plus 10%-point penalty for Residence.
49. A Team commits an offence if any mandatory gear is missing at post-Race scrutineering.
See Appendix 2
- a. Category A mandatory equipment.
Penalty: Disqualification of Team plus 10%-point penalty for Residence.
 - b. Category B mandatory equipment.
Penalty: 25% reduction in remaining finish time for Team.
 - c. Category C mandatory equipment.
Penalty: 10% reduction in remaining finish time for Team.
 - d. If a Team loses multiple pieces of mandatory equipment, the penalties may be imposed cumulatively.
50. A Team must not use the sealed mobile phone after entering pre-Race Scrutineering until they leave post-Race Scrutineering. A team must not break the seal of the mobile phone.
- a. If the seal is broken, the phone will be assumed to have been used.
Maximum Penalty: Disqualification of Team plus 10%-point penalty for Residence.
 - b. A Participant or Team does not breach Rule 50 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.

Drop Point and Scouting

51. All Participants must not remove their blindfolds until directed to do so by a delegate of the Race Director.
Maximum Penalty: Disqualification of Team plus 10%-point penalty for Residence.
- 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.
52. During the Scouting Period, all members of the Team must possess all compulsory scouting equipment. To remove doubt, Runners do not need to possess all other mandatory gear.
53. Scouts must return to the Drop Point before the Scouting Period ends.
Penalty: 75% reduction in remaining finish time.

Runner Conduct

54. Teams must enter Mandatory Checkpoint or Mandatory Mid-Race Scrutineering Points if they are on the Course Maps.
- If a cut-off time is given, Teams must enter before the cut-off time.
 - Attempts to avoid planned Checkpoint crossings after their designated cut-off time is prohibited.
- Maximum Penalty: Disqualification of Team plus 10%-point penalty for Residence.
55. A team must not create excessive noise or disturbance, particularly near dwellings.
- Penalty: Disqualification of Team plus 10%-point penalty for Residence.
56. No Participant or Team shall light a fire for any purpose during the Race.
- Penalty: Disqualification of Squad.
57. 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
58. A Team must identify themselves whenever asked by any person and must state their names, their Residence and their Division.
59. Runners must stop and assist any other Participant who is in serious need of assistance during the Event.
60. A Team must not interfere with any tracking device or attempt to conceal or disguise their route from the Race Director(s).
- Penalty: Disqualification of Squad in current and subsequent Events.
61. If water is unavailable at a water drop, the Race Director(s) may be contacted using the messaging function of the trackers and water will be made available to the Runners as soon as practicable.
- Competitive advantage lost from lack of available water will not be considered.
62. A Participant must not take an unreasonable amount of water from a water drop, or tamper with the water drop.
- Maximum Penalty: Disqualification of Team plus 50%-point penalty for Residence.

Highways, Roads and Railways

63. Teams may only cross highways and major roads at safe crossing points indicated on the map. Teams may not run on or alongside a railway, highways or major road except where indicated on the map.
- Maximum Penalty: Disqualification of Residence.
64. In 'high-visibility zones' indicated on the maps, Teams must run with high-visibility vests on over their packs, in single file, on the right-hand side of the road.
- Maximum Penalty: Disqualification of Team plus 10%-point penalty for Residence.

65. A Team must run in single file on the right-hand side of any Major Road. When passing oncoming traffic on a Major Road, Teams must be off the road and stationary on the right-hand side of the road until the traffic has passed.

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

Private Property and Prohibited Areas.

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

Penalty: Disqualification of Team, prohibition of Team Participants in subsequent Events plus 30%-point penalty for Residence.

- a. Teams are permitted to enter private property if the following conditions were satisfied at the time the private property was entered:
- The Participant required urgent medical assistance for themselves or another person; and
 - The Participant had attempted to contact the Race Director(s) or Emergency services.

67. Teams must not enter prohibited areas on the Course.

Penalty: Disqualification of Team, prohibition of Team Participants in subsequent Events plus 30%-point penalty for Residence.

Withdrawal

68. Teams must not open the Team Envelope unless intending to withdraw.

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

69. A Team may withdraw at any point during the Race.

- If during the scouting period: Teams are to inform the Official at Drop Point and follow their instructions.
- If during the Race: Teams are to open the Team Envelope and follow the instructions therein.

70. A Team is withdrawn if any Runner from that Team is disqualified, withdraws, or is otherwise unable to continue.

Chapter 5 – Powers of the Race Referee

71. A Referee shall be appointed by the Race Director(s) to interpret all rules and adjudicate on disputes, breaches, and protests.

- The Referee cannot be a Participant of the Event for which they are appointed as the Referee; or have been a Resident of a competing Residence at any time in the year of the Event.
- The Referee has discretion to determine penalties consistent with these Rules.

72. The Referee has power to undertake all reasonable enquiries to finalise the adjudication process.

- If a person does not adequately cooperate with the Referee, the Referee may accept that as evidence of guilt adverse to that person.

73. Unless a provision specifies to the contrary, the intention of a Participant 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.
74. A Residence's forthcoming admissions of any potential breach may be considered favourably by the Referee.
75. Colleges may take initiative to inform the Race Referee of any potential breach of any Participant in their college. Forthcoming admissions may be considered favorably by the Race Referee.
76. 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.
77. A Residence's admission of guilt, in reply to a notice, may be considered favourably by the Referee.
78. A cumulative penalty may not exceed two consecutive disqualifications unless otherwise specified.
79. The Referee is precluded from applying any punishment to any behaviour which a reasonable person may deem increases the safety of the team, the participant, spectator, or any member of the public.
80. To determine appropriate penalty, the Referee is to consider, at minimum:
- a. Previous penalties applied by prior Referees;
 - b. Conduct of the team in the Spirit of the Event; and
 - c. The nature of the offence and the impact of the offence on the longevity of the Event.

Penalties and Protests

81. A Residence's score is the sum of the scores for each of their Divisions, less penalties
82. A Team, Participant, Coach, or Residence may lodge a protest regarding the conduct of the Event or the application of these Rules.
83. 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.
84. A protest must set out:
- a. the rule alleged to have been breached;
 - b. the facts relied upon; and
 - c. the outcome sought.
85. The Race Director must refer a protest to the Referee.
86. The Referee must consider the protest and make a determination as soon as practicable.
87. The Referee may:

- a. uphold the protest;
 - b. dismiss the protest; or
 - c. impose or vary a penalty.
88. The Referee must provide written reasons for their determination to the Race Director.

Appendix

Appendix 1: 2026 Mandatory Equipment

1(i) - Compulsory personal gear

Item	Requirement	Additional notes
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	Full length top and bottom. Must be hydrophobic. Made of polypropylene, polyester, acrylic, chlorofibre or lightweight wool. No cotton, lycra, coolmax, spandex or compression garments. Infant thermals are also unacceptable. No more than 10% Elastane allowed. No more than 20% nylon/polyamide allowed. No more than 20% rayon/viscose, including rayon or viscose derived from bamboo.	The main function of thermals is to wick sweat away from the skin and stop you from getting cold through evaporative cooling. Materials like cotton, elastane, lycra, coolmax and compression garments are very bad at wicking moisture away. They can easily cause you to become hypothermic in wet conditions. Elastane although hydrophobic is not nearly as good as the approved materials at wicking away moisture. Nylon/polyamide absorbs more moisture than polyester or polypropylene, while rayon/viscose is considerably more absorbent and tends to retain moisture for longer.

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.	
Pullover/Jumper	Made of wool, fleece, polyester or polypropylene. Must be at least 100-weight. No cotton. No more than 10% Elastane allowed (see reasoning in thermal underwear).	Cotton is not allowed for the same reason it is not allowed in thermals. 100-weight (100 grams per square metre) refers to the fleece density. Only the high-end ultra-lightweight fleeces reach this limit, every other pullover/Jumper will definitely be above this limit and as such, will be compliant.

Long pants	No jeans or cotton. Compression garments ARE acceptable as long pants. However, using a second pair of thermals as long pants does not count. Leg warmers are NOT acceptable as long pants. Must reach ankles.	
Beanie	Made of wool, fleece, polyester or polypropylene. No buffs. No more than 10% Elastane allowed. No more than 10% nylon/polyamide is allowed. No more than 10% acrylic allowed.	Acrylic is not as good as the approved materials and nylon is worse than acrylic at moisture management and breathability, reducing its ability to regulate temperature.
Hat	Consider a wide-brim or legionnaire-style hat. Visors are NOT acceptable.	
Warm gloves	Full-fingered. Made of woollen, fleece, polyester or polypropylene. No more than 10% Elastane allowed. No more than 20% nylon/polyamide allowed.	Nylon/polyamide absorbs more moisture than polyester or polypropylene, reducing its ability to regulate temperature.
Waterproof Jacket	A quality rain jacket (seam-sealed). Must have a hood. Ponchos or Spray Jackets are NOT acceptable.	
Emergency Space Blanket	The standard one person space blankets are sufficient. 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). Your food will be checked at scrutineering and must have a diverse range of items. Remember to carry food wrappers with you throughout the race.	In the event that you require help in a remote area on course, this will ensure that you have sufficient food to wait for pick up.
Minimum of 2L 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.	
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. 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.	

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

Please note that no article of clothing can contain more than 10% elastane, lycra or spandex. The rest of the item must be made of the allowable materials listed in the table above. The percentage values specified in the gear list apply to the overall composition of the garment. For example, if a garment has two layers with different elastane percentages, the average elastane content across the two layers must be 10% or less. If the garment meets this requirement based on the averaged composition, it will be accepted.

All clothing MUST be well-fitting and meet the material requirements above. The material it is made of must be clearly labelled on the tag to pass scrutineering. Should you have gear that is compliant but no longer has its tags, or the tags have worn down, this must be signed off by the Scrutineering Coordinator PRIOR to the race weekend. There will be multiple opportunities for this in the weeks leading up to the race at times designated by the Scrutineering Coordinator. Should the Scrutineering Coordinator deem the item acceptable you will receive a slip certifying the specific article of clothing. This must be presented at pre-race scrutineering and carried in waterproof bags during the race for presentation at Endpoint scrutineering.

1(ii) - Compulsory Team Gear (1 per team)

2 x Compression 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.
Sunscreen	200mL minimum. If bringing exactly 200mL the container must be unopened and unused.
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.
Water Purification Tablets	Minimum 16 tablets (4L of water per team member).

1 (iii) - Gear supplied by the Committee

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 Course Setter and Race Director deem necessary. The Course Information Sheet contains additional information on map features, areas to be wary of and contact numbers to use in case of an emergency, withdrawal or inability to make the cutoff time. Please note, it is not feasible to include every minute detail on the maps or information sheet: exercise common sense, particularly with respect to private property.
Basic First Aid Kit	One per team. Please familiarise yourself with the first aid kit contents here (add hyperlink).
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	One for each member of the team. Must be returned at Endpoint scrutineering.

Note: Additional compulsory gear may be supplied to you by the Race Officials at scrutineering.

Note: Additional compulsory gear will be supplied to you by the Race Officials at scrutineering. This will include, but not limited to, a GPS tracker, basic first aid kit and maps of the race area.

Recommended Gear

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

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.
Vaseline/Anti-chafing Cream	
Sunglasses & Lip Balm	
Duct Tape & Cable Ties	To fix broken bags/zips/shoes.
Paper & Pen	For drawing scout maps.

1 (iv) 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.

Queries & FAQs

Please consult with your coach if you have any queries about the suitability of your equipment. If your coach is unsure, please contact the Scrutineering Coordinator at scrutineering.inwardbound@gmail.com BEFORE the event to clarify.

Once at scrutineering, your division may be refused entry into the race if your equipment does not fulfil the requirements specified.

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)	Space blanket	Strip of reflective material on backpack
High Visibility Vest		Thermal underwear (top and bottom)
Maps		Waterproof jacket
		Long pants
		Sunscreen
		Suitable backpack
		Hat
		Waterproof bags
		Compression bandages

		Water Purification Tablets
		Photo ID

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.

If a reasonable person may find a particular item may aid navigation in a way inconsistent with the spirit of the race this item will be deemed to be a prohibited navigation item.

The Race Director(s), Scrutineering Officer and Race Referee have absolute jurisdiction to determine if an item is a prohibited navigation item.

Appendix 4: Scoring

All times are recorded by the race official to the nearest minute.

Scoring Equation

$$\text{Score} = (\text{Remaining Time} + 60) \times \frac{\text{Mean Race Time}}{\text{Available Time}} + 50$$

Variable Definitions

Variable	Definition
Remaining Time	Minutes between the team's finish time and the cutoff
Mean Race Time	Arithmetic mean of all valid finishers' race durations, in minutes
Available Time	Minutes from the division scouting start (drop) to the cutoff

Calculating the Mean Race Time

Let $t_1, t_2, \dots, t_N$ be the finish times of all N point-scoring teams with valid finishes.

Step 1. Compute the **mean finish time**:

$$\bar{t} = \frac{1}{N} \sum_{i=1}^N t_i$$

Step 2. Convert to a race duration:

$$\text{Mean Race Time} = \text{Available Time} - (\text{Cutoff} - \bar{t})$$

Zero-Point Conditions

Teams score **0 points** if they:

- Did Not Start (DNS)
- Did Not Finish (DNF)
- Were Disqualified (DQ)
- Finished after the cutoff
- Are Non-Point Scoring (NPS)

4(i) - 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.