

Danish Adventure Race Union standard rules for Adventure Race in Denmark

1. About the rules

The rules are made for two reasons:

1. To ensure that we will be allowed to host races in the areas we want to - next year as well.
2. To ensure a fair competition.

It is allowed to state local changes and additions to these rules in the roadbook.

Common sense and fairplay is encouraged.

2. General rules

2.1 Teams

All team members must be at least 18 years old. Some races can however make an exemption to this rule. If this is the case, all team members under the age of 18 must bring a written accept from parents or legal guardians.

There are 3 available categories

Mixed: Both genders are represented.

Male: All team members must be male.

Female: All team members must be female.

2.2 The distance rule

The whole team needs to be gathered at all checkpoints, before continuing.

All team members must be within 5 metres of a checkpoint before continuing.

There can be some stages or checkpoints, where physical contact is required before continuing.

The team has only crossed the finish line when the last team member crosses.

2.3 Placement

The teams are ranked according 5 different rules, the race will choose one of the following:

- A. The longest unbroken line of CP, then the fastest time.
- B. Most CP, then the fastest time.
- C. Most TA, then most CPO, then most CP, then the fastest time.
- D. Most CPO, then most CPV, then the fastest time.
- E. Other clear order.

TA: Transition Area

CP: Checkpoint

CPO: Checkpoint Mandatory

CPV: Checkpoint Optional

All starting team members must complete the course, for a team to receive a ranking.

A team can continue unranked as long as at least 2 team members remain.

The race organization needs to be informed as quickly as possible if a team member or the entire team withdraws, either at the next manned TA/CP or over phone.

It is the teams own responsibility that control cards are intact, controllable and contain team name and number.

Even though a checkpoint figures several times on the course, it is not allowed to stamp the cp in all control fields at once. Likewise, if the team passes nearby a checkpoint intended for later along the course, it is not allowed to stamp it.

In case a checkpoint is missing, and the team is sure they are in the right place, the team can continue and report it at the next manned TA/CP. If the checkpoint is indeed missing, the team will be credited the checkpoint without penalty. If the checkpoint is not missing, the race official can allow the team to return after the checkpoint, and reassume the race, either with all later checkpoints or from the manned checkpoint.

2.4 Traffic rules

All trafik rules must be followed (including respecting red lights, keeping right and having lights on the bike after dark)

Respect private property, do not cross fences, gardens and fields (planted and unplanted), unless the roadbook states otherwise.

Other potential forbidden areas are marked on the maps.

2.5 Mandatory equipment

Mandatory equipment must be carried at all times, and may only be left if the roadbook states so.

Stage specific equipment can be left, if it is not needed later in the race, for instance paddles and PFDs can be left at kayaks etc.

Race officials and judges might carry out equipment checks during the race.

2.6 Behaviour and fairplay

Adventure Race is a gentleman's sport. This means that teams follow the stated rules and descriptions in the roadbook, and assume the competitors do the same.

The same goes for instructions from race officials.

If a team in trouble is encountered, they are helped, if they want it. Time used helping is credited by the race organisation.

Deliberately not helping a team in need can result in penalty.

2.6.1 Maps and GPS

The race organisation hands out all legal map materials either prior to the start or during the race. Maps not given by the race organisation are not allowed, except publically accesible maps, tourist maps for instance.

Checkpoints are visited in numerical order, unless otherwise stated in the roadbook.

If two checkpoints are not connected by a straight (or with one bend) line, but marked, this course is mandatory. A mandatory course is often due to a necessary railroad or highway crossing.

GPS units with background maps are not allowed during the race. GPS enabled running watches such as Garmin Forerunners are allowed. It is not allowed to use GPS waypoints.

2.6.2 Outside help

The team must advance around the course by it's own means, this means no motorized transportation or help from the outside.

By outside help, distortive help is ment. Simply put: ask yourself if all teams have the same possibility for help, for instance it is allowed to buy food in shops along the course or fill water from public taps, since all teams have this possibility.

2.6.3 Trash and the environment

Leave only footprints!

Specific rules regarding natural reserves and other protected areas are stated in the roadbook. This could be areas, where it is not allowed to leave the established trails.

Carry trash with you and dispose it at trashcans.

2.6.4 Antidoping:

All participation happens under the Danish antidoping agency. Violation means immediate disqualification.

3. Rules regarding specific disciplines

3.1 Biking

An approved bike helmet must be carried at all times.

Between sunset and sunrise, the bike needs to have a front- and rear light.

It is the participants own responsibility that the bikes are in a legal state.

It is allowed to ride on roads and paths. It is under no circumstances allowed to bike off trail.

A cyclocross bike is not allowed.

3.2 Bike´n Run

The number of allowed bikes is stated in the roadbook.

Only one competitor per bike at a time.

It is allowed to ride on roads and paths. It is under no circumstances allowed to bike off trail.

A bike helmet must be worn while biking.

3.3 Inliners

Not applicable

3.4 Canoe/kayak

All competitors must wear a personal flotation device (PFD) under all paddling.

All competitors must be able to carry out a partner rescue.

All team members must be within visual and audible distance at all times.

3.5 Climbing

The rules are stated in the roadbook or given at the activity.

4. Rule enforcement

4.1 Protests

A protest must be handed in as soon as possible, preferably during the race, but no later than two hours after reaching the finish line.

All protests must be signed by all team members.

The race organisation can charge a fee for protests. The full fee is returned if the protest is in favour of the team.

If there are protests regarding the race, these can be written to the Danish Adventure Race Union appeal committee no later than 24 hours after crossing the finish line:
info@ar-union

4.2 Time penalties and compensations

Race officials can be at different places along the course and ensure that the rules are followed, both from obvious places, and hidden location. Race officials has the right to give teams the following penalties:

Sit down penalty: A sit down penalty is a penalty, that is served before the race is over, either right away or later during the race. It is not allowed to have access to equipment or maps during the penalty, and it is not allowed to eat or

drink during. It is however allowed to use race time to prepare, for instance put on more clothes, before the penalty is served.

Time penalty: A time penalty is added to the teams race time.

Time bonus: If a team shows fairplay and for instance helps another team, a time bonus can be awarded and will be withdrawn from the race time.

If one team asks another if they have a time penalty/-bonus, this must be answered without hesitation, and teams with a time penalty or -bonus should try and communicate this to immediate competitors. This is done to ensure a fair race.

Disqualification: A disqualification is most often given to violations of rules 2.2 and 2.3, but can also be used in severe cases of rule breaches or obvious cheating. If a team is disqualified, they are allowed to continue unranked, but need to inform immediate teams they meet along the rest of the course of this.

Eviction: An eviction can be used in case of extra severe breaches of the rules, with repeat offences or if a team is unwilling to follow instructions from judges or officials. The team must hand in their race numbers and other equipment connected to the race organisation and take the shortest course to the finish line. If this is not followed, the union appeal group can sanction further penalties.

The Danish Adventure Race Union registers penalties given for severe breaches. If a team or team member continuously breaches the rules over several races, the possibility for continued participation in DARU races will be evaluated. Based on this, DARU can exclude teams or team members from DARU activities for a given period.