

Pangea Adventure Racing Event Rules

1. All racers are expected to be examples of good sportsmanship. Racers must treat local patrons, the general public, race staff and fellow racers with courtesy and respect.
PENALTY: Based on our discretion, strict penalties will be assessed for unsportsmanlike behavior.
2. Teams must assist fellow teams in need of medical attention.
PENALTY: Based on our discretion, strict penalties will be assessed for non-assistance.
3. Mandatory team and individual gear must be carried at all times and may be checked on the course.
PENALTY: 1 Control Point for each piece of missing gear.
4. Racers must follow *Rules of Travel* when instructions designate a specific route or off-limit areas.
PENALTY: 1 Control Point per violation.
5. Bicycle helmets must be properly worn at all times when biking.
PENALTY: 1 Control Point per violation.
6. Rear red bike lights must be on at all times after dark. Red glow stick may be substituted if light failure occurs on course. Front lights must be on when entering and departing Transition Areas (TAs), head lamp acceptable.
PENALTY: 1 Control Point per violation.
7. Bike riders on public roads have the same rights & responsibilities as motorists, and are subject to the same rules and regulations. Be visible, alert, communicate your intentions and ride with traffic.
PENALTY: 1 Control Point or time penalty served on course.
8. Life vests must be properly worn at all times when boating.
PENALTY: 1 Control Point per violation.
9. Sport teams must use Pangea provided canoe paddles and life vest.
PENALTY: 1 Control Point per violation.
10. NO LITTERING! Leave no trace. Trash bags are present at all TAs..
PENALTY: 1 Control Point per violation.
11. Teams must always remain within 100 meters of teammates & within visual contact.
PENALTY: 1 Control Point or time penalty served on course.

12. No use of GPS devices for navigation allowed on course.

PENALTY: 1 Control Point per violation.

13. Use of cellular phone is for emergencies only. No other use is allowed.

PENALTY: 1 Control Point per violation.

14. Racers may not receive outside assistance on course except from race staff & other registered teams.

PENALTY: 1 Control Point per violation.

15. All team members must check in together at each TA.

-If a racer must leave the course, they must do so at a TA and notify race staff.

-Any team withdrawing from the race must check-in and notify race staff at a TA.

-If a teammate is left out on the course or receives outside transport to a TA, that team will be immediately **Disqualified (DQ)** and not allowed to continue on course.

-Incomplete teams may continue as **Unofficial (UF)**. In Elite races, a single person must join with another team in order to continue.

16. Lost Punch Card.

PENALTY: 1 Control Point.

Continue on while punching the edge of map or edge of instruction sheet and hand in at proper TA.
Teams will be given credit for punches that can be verified.

17. Lost Map.

PENALTY: 1 Control Point (if we have an additional map and provide you with one).

18. Time Penalties.

PENALTIES:

.01 second after announced finishing time = 1 point

10.01 minutes after announced finishing time = 2 points

20.01 minutes after announced finishing time = 3 points

30.01 minutes after announced finishing time = **Over Time (OT)**

19. Teams with an **OT**, **UF**, or **DQ** infraction will go to the bottom of the leaderboard valued in that order.

20. Race officials reserve the right to remove a team or individual from the course for health, safety or any other reasons at the discretion of race staff and medical personnel.

Last Revised: 08/27/13