

# ZAR

WORLD CHAMPIONSHIP  
PORTUGAL 2009

ESTORIL  
PORTUGAL XPD RACE



## RACE RULES

TURISMO DE  
PORTUGAL



estoril



Cascais  
Câmara Municipal



ALDEIAS DO  
XISTO

A descoberta começa aqui



# RACE RULES

## Article 1 - Presentation

- 1.1 The ARWC Portugal 2009 – Estoril Portugal XPD Race, hereinafter referred to as the Estoril XPD 2009, is the Adventure Racing World Championship in 2009.
- 1.2 The Estoril XPD 2009 is an adventure race that will be run in self-sufficiency and is non-stop, lasting approximately 125 hours, covering an overall estimated distance of 900 km and is divided into five stages and their respective sections.
- 1.3 All the information relating to the event is published on the race webpage: <http://www.arwc2009.com/en>

## Article 2 - The teams

- 2.1 The athletes of all registered teams shall adhere to the current regulation.
- 2.2 The teams shall be made up of four members (at least one female member).
- 2.3 The minimum age for participation is 18 years old.
- 2.4 The teams must appoint a team Captain who shall be responsible for all contact with the organization, for the info provided by the team and for all acts of the athletes and supporters of his team.
- 2.5 It is each participant's exclusive responsibility to judge their own physical and technical abilities in order to complete the race. The organization suggests all participants in the Estoril XPD 2009 should undergo through a medical examination focused on sports.
- 2.6 Before the start, participants shall complete a Term of Responsibility form, stating they can swim and that they have no health problems that might hinder the practice of sport. This will also serve as a disclaimer for the organization, ensuring they cannot be held responsible for any moral or material damages caused to the participants or to third parties and freeing the organization in advance of any criminal or civil liability in the event of personal accidents.
- 2.7 All registered participants are covered by an insurance policy that covers

- personal accidents in all the sports activities planned for the Estoril XPD 2009.
- 2.8 If a team member abandons the competition, he/she cannot be replaced by someone else. The team may continue on an extra-competition basis, after consultation and approval of the organization.
  - 2.9 Each team shall be identified by their name and race number as assigned by the organization, which they must place on all their equipment, boxes and/or packs for easy identification.
  - 2.10 Each team can have support members and vehicles to carry their equipment from the assistance areas and to transport team material. All members and vehicles have to be authorised by the organisation. Support is only authorized in the zones/areas specifically identified by the organization for that purpose.

### **Article 3 - The route and documentation**

- 3.1 The route of the Estoril XPD 2009 is determined by a set of checkpoints (CPs). The number of CPs that must be visited and the order they are recorded is the teams' choice, except where clearly indicated in the Raid-book.
- 3.2 The Raid-book is binding; specific equipment, means of progression, schedules and other specific remarks are laid out in this document.
- 3.3 On the maps, the CPs are clearly identified by a number and/or a letter and on the back there is a copy of the respective page of the Raid-Book with instructions. Bonus CPs are marked in a different colour, these will contribute to a tiebreaker for teams with the same number of CPs. Mandatory or prohibited progression zones might also be marked.
- 3.4 Any other additional pieces of information or changes to the documentation previously distributed by the organization shall be duly disclosed during the competition by means of releases.
- 3.5 The organizers reserve the right to change the route originally proposed in the case of an emergency or change of forecast conditions in order to ensure the safety of participants (both competitors and members of the organization).

### **Article 4 - CPs, transition and assistance**

- 4.1 The start and finish checkpoints in each section are mandatory and must be validated.
- 4.2 There might be CPs (namely activities) and sections with a specific time frame, or with a time limit for completion and/or with an alternative route using another means of progression.
- 4.3 In some specific spots there might be CPs that could give the right to an extra CP in the team's classification. These situations will be clearly indicated in the raid-book and identified on the map with the same control number but a different letter to easily distinguish them.
- 4.4 Transition is considered to be the start/finish of a section, where the means of progression changes.
- 4.5 Assistance is where teams have access to their equipment/boxes, as well as the start and finish of each stage.

#### **Article 5 - CP control**

- 5.1 Registration of CPs and time keeping during the competition shall be carried out using the SportIdent control system.
- 5.2 Each participant shall carry a SportIdent card (SI card), attached to his/her wrist with an inviolable bracelet.
- 5.3 It is each team's responsibility to control the CPs correctly. For this purpose all team members must introduce their SI cards in the hole of the control unit and wait for the indicative light and sound.
- 5.4 One or more control cards shall be provided for each team so that, in case of a failure in the electronic system or at checkpoints where there is no electronic system, teams can punch the respective square. Only the CPs punched in the corresponding square on the card shall be accepted, or alternatively in case of a mistake, in one of the three reserve squares.
- 5.5 If neither control marker nor control unit exist at a given CP and neither means of controlling the CP are possible, this should be reported by the team both orally and in writing to the identified organization staff on arrival at the next transition.
- 5.6 Loss of the control system (paper or SI card) during the stage implies losing all the CPs registered therein. The team should then ask the organization for a new control system.

## Article 6 - Time control

- 6.1 The valid time for classification purposes shall be the start/finish time of the last of the 4 team members.
- 6.2 The racing time shall count from the start time until the time the team finishes the competition. During the competition some neutralization periods may be implemented by the organization, which shall be duly indicated (in the Raid-Book and/or by other means). The neutralization time will be deducted from the racing time.
- 6.3 There are time limits on the route (cut-offs) after which teams must take shortcuts to the following assistance without access to the same number of CPs as the full itinerary.
- 6.4 The teams that take the shortcuts can only return to the main route after the first team that did not use the shortcut sets off on the next section.
- 6.5 In case of neutralization, time control will be carried out electronically using a SportIdent unit, or manually by onsite controllers. Irrespective of the means used, these neutralization periods shall not be counted and shall not modify the time limits provided for in the raid-book.
- 6.6 The 4 team members shall present their SI cards and the team's tracker in order to download the information at designated points and in accordance with the organization's instructions. Each team is responsible for providing sufficient time for these procedures.

## Article 7 - Equipment

- 7.1 The list of required/mandatory equipment is published in the information section on the competition webpage.
- 7.2 The organization supplies the minimum equipment necessary for safe completion of the following sections:
  - Paddling (sit-on-top, paddles and life vests)
  - Trikke
- 7.3 Teams can replace the paddles and life vests supplied by the organisation with their own equivalent equipment. This equipment must be identified and handed in to the organization at the time indicated for that purpose.
- 7.4 The organization shall collect a deposit for providing some equipment (for

example: SI cards, trackers, Trikkes, etc). If any of this equipment is damaged, the organization will deduct the corresponding amount from the deposit for repairs and/or replacement.

- 7.5 Any team which does not possess all the mandatory equipment or whose equipment is defective shall not be allowed to participate in the activities in which the above mentioned equipment is required.

## **Article 8 - Navigation and means of communication**

- 8.1 All radio or satellite navigation equipment (e.g. GPS) not provided by the organization is strictly forbidden. Possession and/or use of such equipment will lead to the offending team being disqualified.
- 8.2 Mobile phones can only be used in case of emergency situations and to call the phone numbers provided by the organization. For this purpose, the teams must have an emergency mobile phone with a fully charged battery that must be disconnected and should be kept in a waterproof case during the entire race. Use of this phone, except in a clear emergency, will lead to the team's disqualification from the race.

## **Article 9 - Bonuses and penalties**

- 9.1 The organization can grant bonuses or penalties to the teams. The reasons for such shall be disclosed and duly justified.
- 9.2 Penalties can range from the invalidation of CPs in the classification, to the addition of time to the overall racing time and the disqualification from the section, the stage or the competition. Examples of situations with possible penalties are:
- Disrespect of instructions given by the organization
  - Not using safety equipment (MTB helmet, life vest, etc) included on the mandatory equipment list
  - Race bib not visible
  - Disrespect for traffic rules for pedestrians and/or bicycles on public rights of ways open to traffic
  - Disrespect for private property
  - Not progressing in a group (regrouping of the 4 members is mandatory)



- Being assisted by the supporters in areas where they are not specifically allowed
- Assistance members passing through prohibited areas
- Moving in motorized vehicles, except in an emergency situation in order to help the athlete in need
- Using maps other than those provided by the organization
- Other situations clearly indicated in the Raid-Book.

### **Article 10 - Classification**

- 10.1 In order to determine the winning team in the final classification of the Estoril XPD 2009, teams are sorted by the number of valid CPs they have collected. In the case of a tie-breaker, the number of Bonus CPs is used, followed by the overall racing time.
- 10.2 Any team that has dropped out will be ranked by the number of CPs collected, but always after the teams who remained until the end of the proposed route (with or without shortcuts).
- 10.3 The general provisional classification will be prepared by the organization and shall be approved by the Technical Jury who shall meet after the closure of the competition and before the awards ceremony. This classification will be used for the symbolic awarding of the prizes and posted on-site.
- 10.4 The general classification shall be final after all protests have been considered, pursuant to Article 11, and the publication of the minutes with the jury's decision. The prizes shall be definitively awarded at that time.

### **Article 11 - Protests**

- 11.1 If teams wish to file a protest concerning the evolution of the competition, they should submit it immediately after the section which it relates to and deliver it to the identified on-site marshal(s).
- 11.2 All protests will be forwarded to the Technical Jury.
- 11.3 Teams may also protest against the provisional general classification within the three days that follow the publication of the results and in that case they shall do it in writing, by fax or e-mail.

## **Article 12 - Technical Jury**

- 12.1 The constitution of the Technical Jury shall be defined and published prior to the beginning of the competition.
- 12.2 The Technical Jury shall consist of 4 members:
- Race Adviser appointed by the FPO – Portuguese Orienteering Federation;
  - International Race Adviser
  - Race Director
  - One athlete – drawn randomly from among the team captains
- 12.3 Another athlete shall be picked randomly to join the Technical Jury in the event of decisions implicating and/or favouring the teams of the jury's members.

## **Article 13 - Prizes**

- 13.1 The first team shall receive the title of 2009 Adventure Racing Champion.
- 13.2 Subsidies in money shall be given to the first five teams.
- 13.3 The winning team shall also be awarded with a free registration for the ARWC 2010 in Spain.
- 13.4 Souvenirs, both local and relating to the race, shall be distributed to all the participants.

## **Article 14 - Sponsors**

- 14.1 The team's name and associated sponsors must not exceed 40 characters, for purposes of presentation in the classification list. The organization reserves the right to refuse a team designation, logo or sponsor should it be considered as inappropriate or disrespectful to the spirit of the Estoril XPD's.
- 14.2 All participating teams shall wear their race bibs and use the MTB and Trikke number plates supplied by the organization, which must be visible and worn during all stages. Outside this area, the teams may advertise their sponsors on all personal equipment worn during the competition (e.g.: caps, backpacks, shorts, MTBs, etc.)



- 14.3 During the race and during all related public events, teams shall not distribute, or affix any type of advertising information without prior consent of the organization.

#### **Article 15 - Media**

- 15.1 All rights for images taken, edited and distributed during the Estoril XPD 2009 are reserved. The organizers reserve the right to use and distribute these contents in a commercial and promotional manner and/or on-line. Participating teams shall be allowed to pick photographs and images of the race exclusively for private use and/or publication on their teams' websites. The distribution of media information for news and/or press reports from teams, must be previously coordinated with the Associação Portuguesa de Corridas de Aventura.

#### **Article 16 - Anti-doping control**

- 16.1 The team sanctions provided for in the IOF "Anti-doping Regulations" shall apply to all teams participating in the Estoril XPD 2009.
- 16.2 The list of forbidden substances and methods for this year is that indicated in the "World anti-doping Code", disseminated by the Anti-doping National Committee (CNAD).

#### **Article 17 - Omissions**

- 17.1 Any omissions in the current regulation concerning any sport disciplines involved therein, shall be ruled by the respective regulations in force.
- 17.2 Where no regulations exist, the omissions shall be solved by the Technical Jury.

#### **Article 18 - Validity of the Regulation**

- 18.1 The current regulation shall be valid for the competition referred to in Article 1. It may be updated or amended, as long as it is duly published on the race website and clearly reported to all teams.