

SOX Race Guide: Rules & Regulations

(It is responsibility of Runners to read & understand the Race Rules)

1. RULES AND OFFICIALS

1. For any matter not covered in these rules, the rules of IAAF shall apply.
2. The Chief Referee shall assume authority of the event from the start of each day's stage to the cut off.
3. At other times the Race Organisers shall be in control.
4. The instructions of race officials must be obeyed at all times.

2. ELIGIBILITY AND ENTRY

1. The minimum age for participation is 18 years old on the day the race starts.
2. Each entrant is responsible for ensuring that they are healthy and fit enough to participate in an extreme endurance event of this nature.
3. The Race Organisers reserve the right to request an entrant to provide a doctor's medical certificate before accepting an entry.
4. The Southern Cross Trail run is a foot race and the entire distance must be covered unaided and on foot.
5. Southern Cross Trail run is a competition for pairs and solo runners.
6. Entries will not be accepted from any person suspended by a sport's governing body.

3. REGISTRATION

1. BOTH members of each team are required to attend registration and official race briefing.
2. Teams that miss registration and race briefing without making alternative arrangements with the Race Organisers will be deemed to have withdrawn. No refunds will be given.
3. Substitutions will be accepted only by special agreement with the Race Organisers.

4. RUNNER IDENTIFICATION

1. Each team will be numbered. The Race Organisers shall supply each team member with race numbers.
2. Each team member must display at least one race number at all times on their outer garment, worn on their upper half and fixed to the chest.
3. Race numbers must be worn as issued and may not be cut, folded or obscured in any way. The race number **may NOT** be altered or perforated at all.

5. ROUTE

1. Participants must adhere to the designated route and may not take short cuts.
2. Any participant who exits the route for any reason must return to the route at the same point from which they exited.
3. The instructions of marshals and race officials must be adhered to at all times.
4. The Race Organisers reserve the right to modify the route at short notice.
5. Checkpoints, both advertised and unannounced, will be present on each stage. Teams that do not report to checkpoints will face disqualification.

6. TEAM SEPARATION

1. Team members must stay together at all times during the race stage.
2. Unless the race organizers have been notified that one member of the team has withdrawn, team members that are separated by more than two minutes at any point in the stage will receive a "Time Penalty" - See section on Penalties and Disqualification.
3. Team separation can be measured at any point in the stage.

7. ENVIRONMENT

1. Littering and damage to the environment will not be tolerated under any circumstances.
2. Any offence noted should be reported to the Race Referee. Offenders may be disqualified.
3. Smoking or open flames are not permitted on the route.
4. Glass bottles are not permitted on the route.
5. All containers and packaging must be carried and only disposed of at the official support stations or the Finish.
6. When toilets are not available personal ablutions must be done with due regard to private property, other users and water courses.

8. START

1. Both team members must start together.
2. Teams that cannot start at the designated start time must report to the Race Referee before the start or within 10 minutes of the designated start time to request permission for a late start.
3. No teams will be allowed to start more than 30 minutes after the designated start time and will be classified as DNS (did not start).
4. The finish cut-off time will not be adjusted for teams that are permitted a late start.

9. SECONDING

1. Competitors may not receive any outside assistance or seconding.
2. Feeding, watering and medical assistance will be supplied by the race organizers at designated points.
3. The exact locations of watering and feed stations will be announced prior to each stage.
4. Competitors may receive assistance at any time from their team partner, other teams or official medical personnel.
5. Official spectator points will be identified but no assistance may be rendered to the competitors.
6. Pacing by a non-competitor is not allowed – either on foot or by vehicle.
7. Any team that receives outside assistance or seconding will receive an "Official Warning" and on a second offence will be disqualified.

10. TIMING AND CUT OFF

1. Timing starts at the firing of the gun at the start of each stage.
2. Individual times will be recorded in the event of team members becoming separated. The team time will be taken when the second team member passes the cut-off point or stage finish line.
3. Cut off times at the finish and designated points on the route will be published in the race

information pack.

4. Cut off times will be confirmed at the start of each day.
5. Teams that do not reach the cut off points in the designated time will be prevented from continuing and will be transported off the course and classified as DNF (did not finish) for that stage.
6. A team/individual that does not finish within the cut off time and receives a DNF, he/she can continue the next day but will not be classified as an official finisher.
7. The Race numbers of teams/individuals that DNF will be marked.
8. Any team/individual not able to complete a stage will be transported to the stage finish.

11. WITHDRAWALS

1. Only teams or individuals that complete all three race stages will be considered official finishers of the Southern Cross Trail run.
2. Teams or individuals that cannot continue the race must inform the race organizers as soon as practically possible. This can be done at the race start, any checkpoint, the finish or the Event Emergency Hotline (number to be advised).
3. In the event of a search and rescue operation being initiated for a team or individual that has withdrawn but has not informed the race organizers, the cost of the search and rescue will be transferred to the individual or team.
4. In the event of the withdrawal of a single member of a team during a stage, the other member may continue to finish that stage.
5. If one member of a team withdraws, before the start of the next stage the remaining member can continue as a Solo runner.
6. Any new team or association must be approved by the organizers before the start of the next stage.
7. Single participants will be allowed to begin next stage as a Solo runner.
8. Newly formed two person teams will not qualify for team prizes, but the individuals can still qualify as finishers.
9. All team rules apply to newly formed teams.
10. Existing two person teams that accept an individual to associate with them will retain their official team status but accept that the rules governing teams will now apply to all three persons (timing, separation warnings etc.).

12. PENALTIES AND DISQUALIFICATION

1. Individuals and teams may receive "Official Warnings" or "Time Penalties" for transgressions of the rules including, but not limited to:
 - 1.1 Separation of team members; 1 hour time penalty
 - 1.2. Failure to display race number; Official Warning
 - 1.3. Failure to carry designated safety equipment; 1 hour time penalty and Official Warning
 - 1.4. Receiving outside assistance; Official Warning
 - 1.5. Littering or causing damage to the environment; Official Warning
 - 1.6. Abuse of other competitors or race officials; Official Warning
 - 1.7. Any behaviour that attempts to gain an unfair advantage over others; Official Warning
 - 1.8. Unsporting or improper conduct. Official Warning
2. Any individual or team that has received an "Official Warning" will be disqualified if they repeat the same offense for which the first warning was given.
3. Teams or individuals may be disqualified without prior warning for any behaviour that in the opinion of the Chief Referee is a gross or deliberate transgression of these rules.

13. PROTESTS AND APPEALS

1. Protests may be submitted orally to the Chief Referee up to 15 minutes after the final cut off for the stage. To arrive at a fair decision the Chief Referee will consider any available evidence. Once the Chief Referee has made a decision, there shall be a right of appeal to a Jury of Appeal.
2. Any appeal must be submitted to the Race Organizers in writing within 30 minutes of the announcement of a result or a decision of the Chief Referee.
3. A deposit of R250 must accompany the appeal. If the appeal is upheld the deposit will be refunded. If the appeal is not upheld the deposit will be forfeited and donated to charity.
4. The Jury of Appeal shall consist of three persons appointed by the Race Organizers.
5. The decision of the Jury of Appeal shall be final.

14. MEDICAL

1. A hands-on medical examination during a stage by any of the official medical staff shall not constitute outside assistance.
2. Any participant shall withdraw if instructed to do so by the official medical staff.
3. Participants on specific personal medication are responsible for supplying and carrying such medication.
4. All participants may be subject to dope testing by the national authority before, during or after the event.
5. Medical treatment for Dehydration: In line with many other multi-day events, it has been decided to implement the following rule with regard to runners receiving treatment for dehydration:

afb SOX is a three day stage event and participants must pace themselves appropriately including adequate hydration and nutrition. If a participant receives intravenous treatment for dehydration (after assessment by the appointed medical staff) such participant will be allowed to participate in subsequent stages but will be deemed non-competitive. Any awards earned prior to such treatment will be valid.

15. ETIQUETTE

1. No animals are permitted.
2. Sections of the route pass through private or regulated property. Entry to the event does not give the participants right of access to the route except during the event. Any person reported for trespassing on land relating to the route of the Southern Cross Trail run at any time of the year shall receive a lifetime ban from the race.
3. Behaviour in the Race Village will be subject to the same rules of conduct as during the race itself.
4. Participants are expected to show courtesy to other users on the route. Give way to faster participants (overtaking) and the general public.

16. USE OF BUNGY CORDS

In line with many other multi-day events, it has been decided to ban the use of bungee cords/tow ropes during the event. Any team caught making use of a bungee cord at any stage during the race will be disqualified.

17. EQUIPMENT

1. Team members are not obliged to wear matching kit although this is encouraged to assist spectators identify teams.
2. Appropriate running attire, including a shirt or vest must be worn at all times. NO so-called "Hot Pants" or any Nudity will be tolerated at this Event. Competitors disregarding this Rule risks immediate disqualification.
3. Fully enclosed footwear is recommended.
4. The use of hiking poles is permitted.
5. Teams are encouraged to ensure that they are self-sufficient and fully prepared to cater for any emergencies they may encounter.
6. Members of Teams or Solo runners must carry the following minimum safety equipment at all times:
 - Backpack of any form like a hip pouch
 - Thermal base layer
 - Outer shell jacket
 - Space blanket
 - Whistle
 - Emergency food - energy bars; nuts etc.
 - At least 1 litre of liquid
 - Basic First Aid kit
 - Mobile phone loaded with Event emergency numbers
 - Buff / Hat

Please ensure that you have the compulsory equipment with you at all times during Race conditions - it is for your own safety. Equipment will be checked, and Teams risk time penalties or disqualification if they do not adhere to these precautions. Decisions of the Race Director will be final.
