



# RULES AND REGULATIONS

– PLEASE READ CAREFULLY –

## RIGHTS AND OBLIGATIONS

This is a competition and awards are presented to both the fastest teams and the best fundraisers. Good sportsmanship, solidarity, integrity, respect, safety, fun, and raising money for the Seamen's Church Institute (SCI) are the fundamental goals of the SCI Mountain Challenge. The Challenge will be executed in accordance with the following Rules and Regulations. All Sports Events, the course management company, and SCI reserve the right to modify the Rules and Regulations at their discretion at any given time. Any changes to the Rules and Regulations listed below, will be relayed to the competitors at the Mandatory Meeting prior to the start of the Mountain Challenge. It is the obligation of each participant to read and understand this document.

It will be the responsibility of SCI and the race officials to make final decisions on any controversial situation or difficulties of any kind that may arise during the Mountain Challenge, in addition to any other race-related matters and/or decisions. SCI and All Sports Events have the authority to modify the course route or terminate the race at any time due to climatic conditions or other reasons related to force majeure.

## TEAMS

Teams will be made up of three competitors and may be composed of any combination of gender, race, athletic ability and age. Minimum age to compete is 18 years old, though exceptions will be considered on a case by case basis and may require additional waivers and documentation. No pets are allowed on course.

A captain must be appointed for each team from one of its members, who will conduct all communication and team decisions prior to, during and after the event.

Teams/competitors interested in participating in the SCI Mountain Challenge must comply fully with the registration procedure:

- Submitting a completed team registration form.
  - Submitting a completed individual participant registration form and required documentation by August 30, 2019.
  - Complying with the payment terms and entry fees that are indicated on the registration forms.
  - If space allows, SCI will consider late registrations on a case by case basis.
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By completing the individual participant registration form and signing all waivers, implies that the competitor understands participation is at their own risk.

Teams must have the same three competitors for both days of the Challenge to be eligible for official ranking and to win awards. If a team, on either day, has a member who cannot participate, the remaining two team members may participate in the Challenge but will be ineligible for rankings and awards. If two people on a team drop out, the remaining individual may only continue by traveling with another team. This person would not be considered a team member of the new team or eligible for awards, however all four individuals would be responsible for each other and required to follow all rules as a team. No individual is allowed to travel solo.

No person related to or working for the Mountain Challenge organizers including spouses, partners, or children will be eligible to win an award.

One or more members of a team may be replaced up until 24 hours prior to the start of the race. The substitute(s) must comply with the same requirements as the original member(s) and must submit a complete participant registration form and any other required documentation. If you have a replacement after the race start your team will no longer be eligible for official rankings or awards.

## SEPARATION OF TEAM MEMBERS

Members of each team must stay together during the race to the extent that they must be present as a team to move past each checkpoint. If two team members leave a checkpoint without their third member they will be considered abandoned and no longer a three-person team. The third member traveling by themselves will be considered withdrawn from the race and the team will be disqualified.

## COMPETITOR'S HEALTH

A competitor's participation in the race is related to his/her physical fitness and health. Each competitor is responsible for his/her own safety and health which requires him/her to evaluate whether or not he/she is in good enough physical condition to continue the race. SCI, along with the race management and medical teams, may decide that a competitor is unfit to continue. If a team member is determined to be ineligible to continue the race, the remaining two competitors will be allowed to continue but will be ineligible for official ranking and awards.

## WITHDRAWAL OF A COMPETITOR

If, for any reason, a member of a team cannot continue competing once on the course, the rest of the members must stop hiking or paddling and remain together until assistance arrives. The two remaining team members can continue the Challenge but will be disqualified from rankings and awards.

## MANDATORY EQUIPMENT

A detailed mandatory gear list for both teams and individual competitors is provided in the Gear Section of the website. The mandatory gear must be carried by the competitors throughout the race and WILL be checked by race organizers at any given time when on the course and at check points. Penalties or disqualification will result in not having all required gear at any point during the race. Penalties will be in increments of 10 minutes added onto your team's race time per infraction (aka missed item).

## COURSES

There will be a Varsity and Junior Varsity (JV) Course. All teams will start on the same course. If a team is determined by the race organizers not to be on pace to complete the Varsity course in the allotted time, they will be routed on the shorter, Junior Varsity course. There will also be a pre-determined time cut-off decision point on the trail for teams to be allowed to continue on the Varsity course. If your team does not make it to that point by the cut off, you will be required to continue on the JV course. If a team arrives at the JV and Varsity course split location (aka decision point), the race officials reserve the right to direct the team onto the longer, Varsity course. In other words, no sandbagging - go out, have fun and race hard! A team that is routed onto the JV course on Day Two is NOT eligible for Varsity course ranking, even if they completed the Varsity course on Day One. If the team is routed to the JV course on Day One, it does NOT, however, automatically put the team on the JV course the next day. However, in order to be eligible for rankings and awards, you must compete on the same course both days.

Participants may bring their own PFD however, it must be coast guard approved as a Type I-III or V and must be carried during the entire day. Otherwise a Coast Guard approved PFD will be provided for you. Participants are required to use and return the provided paddles.

## RACE IDENTIFICATION

An official SCI Mountain Challenge race bib, provided by SCI, is part of the mandatory equipment, and must be worn and be visible at all times while on the course.

If a competitor is seen without the race bib, his or her time will be penalized (10 minutes).

## COMMUNICATION AND TRACKING EQUIPMENT

Each team will be provided with a tracking device for safety and emergency purposes. Instructions will be given prior to the race start during the mandatory team meeting. If a team loses their tracking device, a replacement fee will be incurred by the team.

The mandatory satellite tracking device:

- Regularly relays team's location to race HQ
- May be used to contact race organizers if there is any danger to a team member's health If any team member requires assistance of any kind.
- If any team member requires assistance of any kind.
- If any hazardous or dangerous material, either man-made or that occurred naturally by nature, is present on the route.
- Any other emergency-related reason or if you are lost.
- The tracking device must be attached to a team member's PDF during the paddling portion of the race.

Competitors are encouraged to carry cell phones, although coverage may not be available on all areas of the course.

## CHECKPOINTS

There will be checkpoints throughout the race. The teams must go through the checkpoints in the pre-determined sequence. If a team misses a checkpoint, they cannot check in at the following point, and must return to the missed checkpoint in the sequence, 1, 2, 3.... All team members must pass through each checkpoint together. Each team will be electronically "checked-in" at each checkpoint.

If teams do not reach a pre-determined check point cutoff time, they may be routed on a shorter course, or at the discretion of race officials, they will be not be permitted to proceed further. This is both for the safety of the participants, officials, medical and rescue personnel. All competitors will need to be on a pace to complete the course by the 4:00 pm stop time each day.

## RACE TIME

Organizers will record the official race time at the beginning of the race and record the time for each team at each checkpoint as well as the finish each day. Time will be recorded in hours, minutes and seconds. The team's final time will be that of the time that ALL three team members cross the finish line together, plus any extra time added for penalties. If you don't want penalty time added, follow the rules, everybody wins!

## PENALTIES/DISQUALIFICATION

In the event a team is penalized and given extra time in accordance with the rules, this time will be added on at the end of the race.

Teams may be penalized or disqualified if:

- A member of the team abandons the race for any reason whatsoever.
- You leave a checkpoint without all three members of your team.
- Failing to wear the official race bib as the outermost piece of clothing.
- The team uses, or is in possession of, any illegal substance.
- A member of the team behaves in an un-sportsman like manner, is aggressive or verbally abusive towards members of his own team, other teams, the organizers and officials, or third parties.
- The team makes a fire (except in cases of extreme emergency).
- The team leaves any materials or garbage along the course.
- Team members smoke on the course - no e-cigarettes or other tobacco products permitted.
- A team does not properly handle human waste.
- The team does not have the mandatory equipment.
- The team does not assist another team in distress.
- The team does not follow the instructions indicated in any of the official race documents.
- Any member of a team acts against the spirit of the event.
- Penalty for losing a timing chip device will be the cost of replacement of the device plus a standard penalty as stated above.
- Penalty for losing a tracking device will be the cost of replacement of the device.

## CLASSIFICATION AND RANKING

Team rankings will be based on course finish times, philanthropy dollars raised, and a combination of the two. Race results will be posted at the end of the first day of competition and at the final Awards Dinner.

## ASSISTING OTHER TEAMS

Teams must, at all times, assist any other team in need of help. The assisting team, according to the delay suffered, can request time bonuses and will receive good karma that can't be measured.

## SAFETY EQUIPMENT

Individual competitors and teams must carry mandatory gear at all times, which includes safety equipment. Competitors must wear safety equipment provided during the water element (i.e., Personal Flotation Device or “PFD” commonly called a life jacket, etc).

## CHANGES TO THE RACE COURSE

The organizers have the right to suspend sections of the race or modify the route at any given moment for safety reasons.

## WASTE DISPOSAL (GARBAGE)

It is forbidden to litter or leave any equipment, articles of clothing, etc. on the race route. All garbage needs to stay with you and be carried off the mountain. Do not throw ANYTHING into the water or the woods, even if you think it is “bio-degradable.” What you carry in, you must carry out.

## HUMAN WASTE

You must be a minimum of 200 ft off of any trail and away from any stream or body of water to relieve yourself (solid or liquid). Use a minimal amount of toilet paper and bury any toilet paper or waste 6-8 inches deep.

## COMPLAINTS

Everyone is taking part in the Challenge for fun and the benefit of the Seamen’s Church Institute, how can we complain? We could be at our desks! Team captains may protest any decisions made or procedures followed by organizers of the race. Protests should be in written-form, and can be presented up to one hour after the official finish time of the race. The race organizers will review all protests and have the final say. Constructive feedback is always welcome. Competitors will be sent an evaluation after the event concludes. We encourage all participants to complete this since all suggestions and feedback are considered when planning the next event.

## PHOTOGRAPHY

Upon registering, competitors accept that any photos taken or filming done during the race may be used for commercial, promotional or advertising purposes in all types of media.

## REFUND POLICY

If for any reason a team cancels its participation in the Mountain Challenge prior to June 30, 2019, 50% of the team Registration fee will be refunded. If cancellation occurs between July 1 and July 31, 25% of the team registration fee will be refunded. Any cancellation after July 31, 2019 will not be refunded. Of course, you may provide your race entry as a donation to SCI, and you will be issued a tax letter reflecting the status of your donation.

## INSURANCE

All competitors must have current health insurance and indicate such on the Participant Registration Form.