

# SUFFERFEST

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## - GENERAL RULES AND REGULATIONS -

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### TERMINOLOGY

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|---------------|---------------------|-------------------|-------------------------|
| - <b>SF</b>   | : SufferFest™       | - <b>Bib</b>      | : Race Number Card      |
| - <b>DNS</b>  | : Did Not Start     | - <b>Event</b>    | : A Registered Activity |
| - <b>DNF</b>  | : Did Not Finish    | - <b>Cut-off</b>  | : Time Limit Reached    |
| - <b>DQ</b>   | : Disqualified      | - <b>Time-Cap</b> | : Total Available Time  |
| - <b>SFUS</b> | : Ultimate Sufferer |                   |                         |
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## RULES AND REGULATIONS

### 1. General

- 1.1. The participants must become familiar with all race rules related to SF and individual Event(s)
- 1.2. The participants shall respect other participants, organization, spectators and the people living in the race area
- 1.3. The participants are not allowed to use unfair methods to get advantages
- 1.4. The participants are participating at their own risk and cannot hold the organization responsible for any accident during the race
- 1.5. The participants must visibly wear BIB numbers and race markers provided
- 1.6. Participants must be prepared and wear all requirement equipment(s) as specified per each individual Event
- 1.7. Finisher medals will be awarded to the participants who finish the race at their respective cut off time
- 1.8. Registered BIB Number are non-transferable in any circumstances and has to be worn in front of running t-shirt
- 1.9. The organizer reserves the right to deny or disqualify any participant from taking part in any race or event
- 1.10. Misrepresentation of oneself results to an automatic disqualification of the participant
- 1.11. Your application is final. No entry fee will be reimbursed by any Race partner or constituent
- 1.12. Littering is a zero-tolerance policy. Participants that throw trash outside of designated trash disposal bins will get disqualified and Blacklisted from future events for up to 2 consecutive years
- 1.13. No pets or animals are permitted on the course
- 1.14. No drugs or alcohol are permitted on the course
- 1.15. Stay Hydrated

### 2. Medical

- 2.1. The participants are advised to solicit medical advice from medical practitioners prior to register for and taking part in the race
- 2.2. The participants should have adequate preparation to ensure that they are physically fit to compete in and complete the race category they have entered
- 2.3. By submitting application and subsequently taking part in the race, participant warrants and confirms to the Organizer that you are physically fit to take part in and complete the race
- 2.4. There will be several medical points where participants can get help if needed
- 2.5. There will be medical staff and equipment on boats and on land
- 2.6. Participants are obliged to volunteer their assistance in an emergency situation if the Organizer requests it.
- 2.7. Doping involves the use of steroids and is strictly prohibited, and embarrassing. You should be ashamed.

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## 3. Injury Policy

- 3.1. Any athlete (individual or team) who is unable to finish an event due to injury, or who requires medical attention following the completion of an event, must receive clearance from the Medical Staff or Organizer before returning to competition. The Organizer will have the authority to disqualify the athlete from the competition based on the severity of the injury, likelihood of further injury and other factors
- 3.2. If an individual or team athlete misses their heat for an event due to injury or while undergoing medical treatment or assessment, the athlete will be disqualified from the competition

## 4. Timing

- 4.1. Times are recorded from the time a participant crosses the starting line until they cross the finish line
- 4.2. Participants must have been successfully recorded at all timing checkpoints and the finish line when applicable.

## 5. Cut Offs and Time Capacities

- 5.1. Courses may contain timing checkpoints that may also contain time-caps per check point.
- 5.2. If a participant fails to make a checkpoint time-cap, the participants will be recorded as DNF
- 5.3. Information about the cut off times will be given the day before the start
- 5.4. All events contain maximum time capacities called "time-cap(s)" Participants must finish their Event within the time-cap(s) to be considered a finisher
- 5.5. Participants that do not finish within the provided time-cap(s) of their event will be labeled DNF

## 6. Disqualification - DQ

- 6.1. The Organizers will act as the competitions jury to determine a disqualification, outcomes of protests and any route and regulatory changes. The jury's decision is final.
- 6.2. The Participants and Spectators must respect fellow competitors and spectators, organizers and residents in the area. Even animal and plant life must be respected all along the course
- 6.3. A Spectator, in relationship to a Participant, that fails to abide by 5.2. may result in DQ of the Participant in which they are related.
- 6.4. Participants will be disqualified at the following:
  - 6.4.1. Deviating from the designated path in order to shorten the distance
  - 6.4.2. Getting help of a vehicle or people outside the organization
  - 6.4.3. Lacking obligatory safety equipment and / or relinquishes it along the path
  - 6.4.4. Failure to abide by any of the Rules and Regulation set forth in this document
  - 6.4.5. Injured and deemed unsafe to continue by medical practitioners or the Organizer



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