

1. Guiding Principles
 - a. Racers should conduct themselves with the highest ethics regarding rules, fellow racers and volunteers.
 - b. Racers should conduct themselves with the highest regard for their and their fellow racers safety.
 - c. Underlying these rules and adventure racing is sportsmanship and the honour system. Remember, you have to live with yourself and the others at the end of the day.
 - d. Have fun!
2. General Rules
 - a. Major injuries and medical emergencies take precedence over all Untamed Adventure rules.
 - b. Rules may be modified or issued during the race by Race Directors only, not volunteers. This may be due to safety issues, weather, daylight or other reasons.
 - c. A Race Director may modify race cut-off time at any time during the course of the race.
 - d. Race day printed materials or verbally issued en masse instructions to racers by a Race Director override this document.
 - e. Members of Untamed Adventure may disqualify and bar from racing any individual that they feel is injured or appears to be in health risk.
 - f. Competitors must inform race officials as soon as possible (i.e., the nearest checkpoint) after withdrawing from the race.
 - g. Obey traffic regulations and instructions from race officials/volunteers.
3. Racers
 - a. Racers are required to be 100% self-sufficient between transition points where any support personnel may provide assistance, equipment, food, water and other such assistance. These transition points are clearly indicated on racing material.
 - b. No assistance is allowed at any point from Untamed Adventure staff and volunteers, media or any other 3rd party including first aid personnel. An exception will be made where a racer receives assistance from a fellow racer.
 - c. Where a line up exists at a race point (e.g.: waiting to register at a checkpoint) your entire team must be present and together prior to lining up; you must remain together or forfeit your place in line.
 - d. All racers must wear their official race bib at all times with the numbers facing out on the front of their torso. This rule includes during kayaking and/or canoeing portions of the event, but the race bib may be worn beneath the competitor's personal flotation device (PFD) at these times.
 - e. While in any personal watercraft or any other time as dictated on race material racers must wear their life jackets (personal flotation devices).
 - f. Race passports must be filled in 100% correctly and be legible to race personnel or the team will be penalized.
 - g. Each team must maintain possession of their race Passport throughout the race. You must surrender your race Passport upon crossing the finish line.
 - h. Loss of your race Passport will disqualify you from the race.
 - i. You may not alter or change the race passport in any way except to mark it as designated by a special task, checkpoint, etc.
 - j. You are required to keep you passport in the best condition possible. It is HIGHLY recommend that you keep it in a waterproof container (ziploc, etc.) during sections of the course that require travel in, on, or through water.
 - k. One set of maps is given per team. This is the only set provided. If you lose your map, a new map will NOT be issued to you.

- l. Team members are to remain together; this generally means staying within 100m of each other at all times, but some special challenges may make this unreasonable.
 - m. Race teams must finish together utilizing the teams' efforts (e.g.: a pack may be carried by another team member, a team member may be carried or assisted by their other Team members).
 - n. All participants compete at their own risk and Untamed Adventure will not accept liability for any personal accident or injury during the event. Liability forms must be completed and signed by all competitors.
4. Equipment
- a. A mandatory equipment list has been provided and must be followed at all times by all racers.
 - b. Any Untamed Adventure personnel may and will conduct random equipment spot checks that may include one or all racers at a given point on the racecourse. Time required for the spot check is counted in the racers' time, no credit is given.
 - c. No electronic navigational aids are permitted (e.g.: GPS).
 - d. No electronic communication devices of any type are allowed (e.g.: cellular phones, two-way radios) EXCEPT for the single cellular phone each team carries FOR EMERGENCY USES ONLY.
 - e. No walkmans or music devices are to be used during the event.
 - f. Oarlock devices, or anything serving as such, are not permitted on personal watercraft.
 - g. Racer driven oars and paddles may only power personal watercraft. No motor or other locomotion aid is allowed.
 - h. Untamed Adventure may specify at any time additional illegal equipment.
5. Course
- a. The course may be modified at any time by the organizers due to bad weather, security or other unforeseen circumstances deemed suitable by Untamed Adventure.
6. Check points
- a. The course is made up of checkpoints that competitors must pass as a team. A checkpoint is usually staffed by event officials, but can also be remote and unstaffed. A transition area is not only a checkpoint, but also an area where teams can meet any support crew, get food and supplies, and exchange gear. Checkpoints are noted on competitors' race passports.
 - b. Teams must check-in and check-out from checkpoints as a cohesive unit. Teams must follow the instructions given by officials responsible for the checkpoints. Some checkpoints may involve special tasks.
 - c. Teams that miss or skip any checkpoints will be ineligible for race prizes and technically categorized as DNF - Did Not Finish.
7. Cut-off times and alternative courses
- a. Untamed Adventure may impose cut-off times on sections of the race, for logistical and safety reasons, at any time.
 - b. An alternative route will be put in place for the teams who haven't made cut off times. This route is set in advance and must be followed. Subsequent cut-off times may also be put in place for that altered course.
 - c. Cut-off times will be announced at the briefing, and notified on the race passports.
8. Withdrawal
- a. In case of withdrawal of a team, the team captain must inform Untamed Adventure by any means available and in the shortest possible time. Failure to do so might result in a search and rescue operation and could lead to the financial responsibility of the team who has not taken the necessary precautions to provide information as to its whereabouts.

- b. Non fulfillment of this clause could also irrevocably disqualify the team from competing in any future Untamed Adventure events. A team who is disqualified, or has withdrawn will not be allowed back on the course. The organization is not responsible for a team who has withdrawn.

9. Penalties

- a. Penalties can be issued for any rule violation by Untamed Adventure staff.
- b. Penalties can include disqualification of a racer or entire team. When a member of a team is disqualified the entire team is disqualified.
- c. Penalties and disqualification can result from support personnel in rule violation.
- d. Following are standard minimum penalties. These penalties will serve as a guideline for items omitted or overlooked.
 - i. Sample 15-Minute Penalties
 - 1. Littering on the race course
 - ii. Sample 15 Minute up to Disqualification Penalties
 - 1. Missing any item from mandatory gear during any check (30 minutes per item).
 - 2. Unsportsmanlike behaviour
 - 3. Intentionally hindering another racers progress in the race
 - 4. Intentional destruction of the environment
 - 5. Skipping places in line (at a special task, checkpoint, etc)
 - 6. Using unauthorized equipment.
 - iii. Automatic Disqualifications
 - 1. Receiving outside assistance that aids in the completion of the course. For example, if a competitor is rescued during the water portion of the event via outside assistance; OR if a competitor accepts transportation of themselves or their equipment from a vehicle.
 - 2. Intentional Littering on the race course.
 - 3. Not wearing a life jacket (personal flotation device) during paddling segments of the event.
 - 4. Not wearing a cycling helmet during cycling segments of the event.
- e. Untamed Adventure is not responsible for the behaviour of competitors or assistants infringing the laws of the area.
- f. Competitors will release the organization of all criminal or civil responsibility in case of personal accident or damage to property during the event. Waivers and pre-race documents will formalize this release.