



RULES

1. The race organizer

1. The race is organized by a registered sport association Arctic Circle Adventure

2. The Race

1. ArcticCircle24 is an adventure sport competition for teams of three members. The race consists of 3 separate categories: 24 Non-stop open, 24 Non-stop women and 24 Stage. To qualify for 24 Non-stop women category, teams must consist of 3 women.
2. Teams with at least one member being of the opposite sex are entitled to the prize of the best mixed team.
3. If the winner of 24 Non-stop open category is a mixed team, they will get the prize for the winner of that category and the prize for the best mixed team.
4. All members of a team are on the race course at the same time during the race
5. The supporters are allowed to assist the competitors only at the Assistance Points (AP)
6. In the 24 Non-Stop categories the time spent at the Assistance Points is also included in the total race time
7. The 24 Stage race consists of a few separate stages and the time between those is not included in the total race time. Every stage has a start and a finish and the total time of a team is the stage times added together. If there are Assistance Points during the stages the time spent on those is counted in the total race time.
8. Using any doping is prohibited. The list of illegal substances can be found on the website of Finnish Antidoping Agency (www.antidoping.fi).
9. Photo and video material will be produced by the organizer during the race. Competitors accept that photos and video material taken from them will be used in media and advertising.

3. The team

1. A team consists of three members who go through the race course together if there are no other directions in the road book
2. Every team member must be able to swim
3. The team nominates one of the members as a captain who represents the team to

- the organizer and the jury.
4. The team has an optional name, which must represent a good taste
 5. The organizer has a right not to accept the team name without explaining the decision

4. Support

1. No support crew is needed for the team
2. The team is allowed to have a free amount of support crew
3. Support is allowed only at the marked points (AP)

5. The instructions for the race course

1. The maps used in the race are terrain maps, orienteering maps or other special maps. The scales are between 1:1000 and 1:50000. The maps are not plastic covered.
2. The race course goes from the start to the finish through control points
3. Control points are marked on the map with control circles and control numbers
4. Control points are marked in the terrain with special control point flags
5. The emit card must be punched at the every control point
6. Teams get a road book, which may have more accurate information about the control points and the tasks. The road book may also have recommendations or orders for the course. The directions in the road book must be followed.
7. Teams are responsible for their choice of the course unless the road book tells otherwise
8. Team members must have visual communication all the time and not be more than 100 m away from each other
9. Going through yards and fields is prohibited unless the road book tells otherwise
10. The race course goes on public roads. The competition area is not closed from general users. Traffic rules must be followed and consideration for other people must be shown.
11. The control points must be visited in numerical order unless the road book tells otherwise
12. The crew at the control points may give additional directions to the rules and road book
13. Directions given by the crew must be obeyed
14. The assistance points (support area) are marked on the map with a rectangle and letters 'AP'
15. When arriving at the assistance point teams must make sure the crew has noticed them. This happens by telling their team number loudly to the crew.
16. When the teams arrive at the assistance point they have to punch the emit card before getting help from the support crew
17. The organizer is allowed to change the race course and the schedule during the race
18. The organizer is allowed to ask the team to show their mandatory equipment during the race. The time used for that will be included in the race time and will not be compensated.

6. Timing

1. The total race time is the time used between the start and the finish line.
2. Emit punching and timing system will be used in the race.
3. The mandatory resting time and penalties will be counted in the total race time.
4. In the 24 Stage race the total race time consists of each stage time counted together.
5. Some stages may have a closing time determined in the road book. After that time it is not possible to enter that stage. In this case teams must follow the instructions in the road book or given by the crew.

7. Material

1. Material will be given before and during the race
2. The material includes emit card, bibs, maps, road book and special directions and material for the tasks
3. The teams themselves are responsible for getting all the material. There is a list of all things at the point where the material is given. The teams must immediately notify about the defects. It is not possible to get new material replacing broken or lost ones during the race.
4. Only maps given by the organizer are allowed in the race
5. Bibs of all team members must be visible through the race. Bibs are not allowed to be folded in a way that possible advertisements will be hidden.

8. Disciplines

1. Orienteering:
 - Team members will orienteer themselves through the whole race regardless of the discipline
 - The race course may also include separate orienteering tasks with separate maps
2. Running:
 - Proceeding on foot
3. Mountainbiking:
 - Proceeding by mountain bike or on foot carrying the bike
 - Using a biking helmet is mandatory when proceeding by bike
4. Paddling:
 - The race canoes are open or covered Indian canoes (not kayaks) with one-bladed paddles
 - Using a life vest is mandatory
 - The organizer provides the canoe and other paddling equipment. The canoes can vary a bit. The first teams arriving to the paddling point can choose the canoes they prefer.
 - The paddling takes place in running water
 - Canoe carts are prohibited
 - The canoes are mainly two-seated. Teams can deliver an extra seat which the organizer transports to the paddling point. The seat must be delivered to a place

shown by the organizer by a time appointed later on.

5. Climbing:
 - Jumaring, abseiling, moving on a horizontal rope or climbing
 - Using the helmet is mandatory
 - Climbing equipment is provided by the organizer
6. Coastaleering
 - Orienteering with crossing the waterway
 - Using a life vest is mandatory
7. Roller-skating
 - Proceeding by roller-skates
 - Using the helmet is mandatory
 - Using poles is allowed
 - Running through the roller-skating stage is allowed
8. Quest
 - Specific directions are given by the organizer

Life vest must be worn always when moving in water where water reaches above waistline, regardless of discipline.

9. Equipment

1. The list of mandatory equipment can be found on the race website <http://www.arcticcircle24.com>
2. Mandatory equipment for each part of the race is given in the road book
3. Prohibited equipment:
 - GPS and other electronic locating devices excluding the one given by the organizer
 - Own maps

10. Penalties

1. If a team or one of its members breaks the rules it can be punished with the following ways:
 - Disqualifying: The team will be disqualified and left without a result
 - Disqualifying one section: The team is allowed to continue the race but in final results this part will be disqualified. The time for the disqualified part will be the slowest time of the category increased with 1 hour.
 - Time penalty: An extra time will be added in the total race time or the time penalty will be served somewhere during the race.
2. The table below contains the different violations and the penalties:

| Violation | Disqualifying | Disqualifying one section | Time penalty | Other penalty |
|---------------------------|---------------|---------------------------|--------------|---------------|
| Doping | x | | | |
| Unsportsmanlike behaviour | | | | |

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|---|---|-------|-----------------|-----|
| Losing the Emit card | x | | | 50€ |
| One team member stopping | x (Other members may continue outside the competition) | | | |
| Missed control point | | x | | |
| Receiving external help | | x | | |
| Littering | | | 15 min / litter | |
| Unvisible bib | | | 15 min / no | |
| Losing a bib | | | 30 min / no | |
| Over 100m between team members | | | 15 min | |
| Drawing a canoe on land | | | 15 min | |
| Not using a mandatory course | | | 30 min | |
| Using prohibited course | x | | | |
| Damaging race course marks | | | 30 min | |
| Lack of a mandatory equipment | | | 30 min | |
| A mandatory equipment does not work | | | 15 min | |
| Not using a mandatory equipment | | x (*) | 15 min | |
| *) a disqualifying one section and stopping this section, if the equipment is | | | | |
| <ul style="list-style-type: none"> • biking helmet (on biking, roller-skating and climbing stages) • life vest (on paddling stages) | | | | |
| | | | | |

3. If a team damages or loses the paddling equipment it has to compensate the broken or lost ones
4. A lost or damaged Emit card costs 50 euros
5. Losing or damaging a locating device given by the organizer costs 400€
6. If a team stops or is disqualified it has no right to demand the entry fee back

11. The jury and protests

1. The jury of the race consists of four members, two representatives of the organizer (the race director and someone else) and two competitors
2. The tasks of the jury of the race are:
 - seeing the rules are followed
 - processing protests
 - deciding about penalties
 - applying the rules in practice
3. Three members are enough to make the jury competent
4. The resolutions made by the jury are final
5. The protest has to be made in written form and it has to include:
 - contact information, date and signature
 - the name the captain of the team which is making the protest, date and signature
 - the object of the protest
 - the reason for the protest
 - names and addresses of the possible witnesses with date and signatures
6. Making a protest costs 50€ in cash. The fee will be returned if the protest is accepted.
7. The protests have to be made 30 minutes after crossing the finish line at the latest
8. Incomplete protests will be dismissed
9. Protests concerning the conditions or environment of the race will not be accepted (like weather, terrain, traffic, transport etc.)

12. Assurances and the organizer's discharge from liability

1. The competitors enter the race entirely at their own risk
2. The organizer has not insured the competitors in any way. Competitors are encouraged to get comprehensive insurance coverage
3. The following forms have to be signed by the competitors after they have gone through the race material:
 - The rule form
By filling in this form competitors accept the rules and promise to follow them through the race.
 - The health and swimming form
By filling in this form competitors assure that they are healthy enough to enter the race and that they have the skills needed in swimming stages.
 - The liability form
By filling in this form competitors assure that they realize and understand the nature of the race and that by entering the race they voluntary and consciously expose themselves to the natural and unforeseeable risks. Competitors confirm that they take part in the race entirely at their own risk. They releave the whole organizing committee from all responsibility.
4. Competitors are allowed to enter the race only if they have signed and returned all the forms mentioned above to the organizer at least 30 minutes before the start.

13. Safety

1. If a competitor has to stop the race because of an injury needing treatment, he/she must not be left alone to wait for help
2. The organizer has a right to stop a competitor if continuing will be too dangerous for his/her health and safety. Proceeding on the course is still always at competitor's own responsibility.
3. In a case of an accident every competitor is responsible to help, even it would mean diverging the own course
4. Action in emergency:
 1. Help the competitors needing help
 2. Alert help from 112
 3. Call the race organizer and wait for instructions
 4. Follow the instructions given by the organizer

14. Changing and completing the rules

1. The organizer may change or complete the rules whenever before or during the race
2. If the rules are changed, all teams will be informed equally
3. The rules can be completed in the road book, with special written directions, before the race on the website (<http://www.arcticcircle24.com>) and during the race with verbal instructions.