

RACE RULES

Article 1 - Presentation

- 1.1 Estoril Portugal eXPeDition Race 2008, hereinafter referred to as Estoril XPD, is part of the Adventure Racing World Series and it qualifies for the Adventure Racing World Championship. It also scores for the Portuguese Cup of Adventure Racing.
- 1.2 Simultaneously the APCA Trophy shall be run exclusively for male teams scoring also for the Portuguese Cup of Adventure Racing.
- 1.3 The athletes, regardless of any of the participation forms, shall subscribe to the current regulation.
- 1.4 All the information relating to the event is published on the respective webpage: <http://www.portugalxpdrace.com/estoril08/>

Article 2 - Description

- 2.1 Estoril XPD is an adventure race that will be run in autonomy and non-stop, with a maximum duration of 100 hours, an overall estimated distance of 720 kms and it will be divided into four stages with the respective sections.
- 2.2 The route of Estoril XPD is determined by a certain number of checkpoints (CPs), which can be mandatory checkpoints (CPO) or Optional checkpoints (CPF). The order to control these checkpoints is the teams' choice, except where clearly indicated in the Raid-book.
- 2.3 The route and the respective progression conditions are shown on the maps and on the raid-book provided by the organization.
- 2.4 The Raid-book is binding; the equipment, means of progression, schedules and other specific remarks are defined in this document.
- 2.5 Other additional pieces of information or changes to the documentation previously distributed by the organization shall be duly disclosed during the competition by means of releases.

Article 3 - Teams

- 3.1 Teams shall be formed by four members (at least one female member).
- 3.2 The minimum age for participation is 18 years old.
- 3.3 The teams must appoint a team Captain who shall be responsible for all the contacts with the organization, for the info provided by the team and for the acts of the athletes and supporters of his team.

- 3.4 It is participants' exclusive responsibility to judge their own physical and technical abilities in order to fulfil the race. The organization advises all participants in the Estoril XPD to go through a medical examination focused on sports.
- 3.5 Before the start, participants shall hand in a Term of Responsibility stating they can swim and that they have no health problem that might hinder the practice of sport, disclaiming the organization for any moral or material damages caused to themselves or to third parties and releasing the organization in advance of any criminal or civil liability in the event of personal accidents.
- 3.6 All participants duly registered are covered by an insurance policy of personal accidents in the sports activities planned for the Estoril XPD, with the following coverages:
- ❑ Death and permanent invalidity: 22 185,96 Eur;
 - ❑ Treatment expenses: 3 697,66 Eur.
- 3.7 If a team's member abandons the competition, his/her replacement for another one shall not be allowed. The team may continue on an extra-competition basis, if the organization allows it,
- 3.8 The teams shall be identified by their name and back number assigned by the organization, which they shall place on their equipments, boxes and/or packs for a quick ID.
- 3.9 The teams can have support members and vehicles to carry the equipments from the assistance areas or to transport the material of the team. All members and vehicles have to be authorised by the organisation. The support is only authorized in the zones/areas specifically identified by the organization for that purpose.

Article 4 – Starts and finishes, transition zone and assistance area

- 4.1 The provided maps shall indicate the start and finish CPs, the CPOs and the CPFs, with the respective symbols. Mandatory or prohibited progression zones might also be marked.
- 4.2 There might be CPs (namely activities) and sections with a specific time frame.
- 4.3 In some specific spots there might be CPs that, in the whole, might give the right to one CP for classification. These situations shall be clearly indicated in the raid-book and identified on the map with the same control number and a different letter to distinguish them.
- 4.4 The start and finish checkpoints in each section shall be mandatory to validate them.
- 4.5 Transition zones are considered to be the starts/finishes of a section, where the means of progression changes.

- 4.6 Assistance areas are considered to be the starts/finishes where teams have access to their equipments/boxes, as well as the start and finish of each stage.

Article 5- CPs control

- 5.1 The registration of the CPs and time keeping of the competition shall be done by means of the SportIdent control system.
- 5.2 The valid time for classification purposes shall be the start/finish time of the last of the 4 team members.
- 5.3 Each participant shall carry a SportIdent card (SIcard), stuck to his/her wrist with an inviolable bracelet.
- 5.4 It is team's responsibility to control the CPs correctly. For this purpose all the team members must introduce their SIcards in the hole of the control unit and wait for the respective light and acoustic signs.
- 5.5 One or more control cards shall be provided to the teams so that, in case of a failure in the electronic system or in checkpoints where the latter does not exist, teams can punch the respective square. Only the CPs punched in the corresponding square on the card shall be accepted, or alternatively in case of a mistake, in one of the three reserve squares.
- 5.6 If the set consisted by control marker and control unit is inexistent at the CP and none of the two ways of controlling the CP is possible, the team should report it both orally and in writing to the identified organization staff, upon arrival at the next transition/assistance zone/area.
- 5.7 Losing the control system (paper or SI card) during the stage implies losing all the CPs registered therein. The team should then request the organization for a new control system.
- 5.8 In case of neutralization, time control shall be kept electronically and to the second if a SportIdent unit exists, or manually and to the minute by onsite controllers.
- 5.9 The 4 team members shall present their SI cards and the team's tracker for download the information on the spots appointed and in accordance to the organization's instructions.

Article 6 - Equipment

- 6.1 The list of equipment is published in the information section on the competition's webpage.
- 6.2 The raid-book prescribes the mandatory and the specific activity equipment for each section.

- 6.3 The organization supplies the minimum equipments necessary for the execution of the following sections:
- Paddling (sit-on-top, paddles and life vests)
 - Trikke
- 6.4 Teams can replace the paddles and life vests supplied by the organisation by their own equivalent equipments. These equipments must be identified and handed in to the organization at the time indicated for that purpose.
- 6.5 The organization shall collect a deposit for the lending of some equipment (for example, SI cards). If the equipments are damaged, the organization might deduct the corresponding amounts for repairs and/or replacement.
- 6.6 The teams who do not possess the mandatory equipment or the latter is defective, shall not be allowed to participate in the activities in which the mentioned equipment is required.

Article 7 - Navigation and communication means

- 7.1 All radio or satellite navigation (Ex: GPS) not provided by the organization shall be strictly forbidden. Its possession and/or use shall imply the team's disqualification.
- 7.2 The use of mobile phones can only occur in emergency situations and to the phone numbers provided by the organization. For this purpose, the teams must present an emergency mobile phone with full battery and disconnected that should be kept in a waterproof case during the entire race. Its use, except in a clear emergency situation, shall imply the team's disqualification from the race.

Article 8 – Bonuses and penalties

- 8.1 The organization can grant bonuses or penalties to the teams. The reasons for such shall be disclosed and duly justified.
- 8.2 Penalties can range from the invalidation of CPs in the classification, to the addition of time to the overall racing time and the disqualification from the section, the stage or the competition. examples of penalties:
- Disrespect for the instruction given by the organization
 - Not using the safety equipment (MTB helmet, life vest, etc) or others included on the mandatory equipment list
 - Disrespect for the circulation rules for pedestrians and/or bicycles in the public ways open to traffic
 - Disrespect for private property
 - Not progressing in group (regrouping of the 4 members is mandatory)

- Being assisted by the supporters in areas where they are not specific allowed
- Assistance members cannot walk through not allowed areas
- Moving in motorized vehicles, except in an emergency situation in order to help the athlete in need
- Using maps other than those provided by the organization
- Other situations clearly indicated in the Raid-Book.

Article 9 - Classification

- 9.1 The final classification of the Estoril XPD shall be calculated in the following way:
- 1 – Number of CPOs
 - 2 – Sum of CPs
 - 3 – Overall racing time
- 9.2 The racing time shall count from the start time until the time the team finishes the competition. During the competition some neutralization periods may be implemented by the organization, which shall be duly indicated (in the Raid-Book and/or other means). The neutralization time shall be deducted from the racing time. Nonetheless, these neutralization periods shall not be counted and shall not modify the time limits provided for in the raid-book either.

Article 10 – General classification of the competition

- 10.1 The general provisional classification shall be prepared by the organization and shall be approved by the Technical Jury who shall meet after the closure of the competition and before the awards ceremony. This classification shall be used for the symbolic awarding of the prizes and shall be affixed on-site.
- 10.2 The general classification shall be final after the consideration of all the protests, pursuant to Article 11, and the publication of the minutes with the jury's decision. The prizes shall be definitively awarded at that time.

Article 11 - Protests

- 11.1 If teams wish to file a protest concerning the evolution of the competition, they should write it after the section which it relates to and deliver it to the identified on-site marshal(s).
- 11.2 The protests shall be forwarded to the Technical Jury.

- 11.3 Teams may also protest against the provisional general classification within the three days that follow the publication of the results, and in that case they shall do it in writing, through fax or e-mail.

Article 12 - Technical Jury

- 12.1 The constitution of the Technical Jury shall be defined and published prior to the beginning of the competition.
- 12.2 The Technical Jury shall consist of 4 members:
- ❑ Race Adviser appointed by the FPO – Portuguese Orienteering Federation, with no voting right;
 - ❑ Three athletes – with acknowledged experience and from different teams.

The athletes chosen to integrate the Technical Jury shall only refuse it on grounds of force majeure.

- 12.3 Two reserve athletes shall be appointed to integrate the Technical Jury in the event of decisions implicating and/or favouring the teams of the jury's members.
- 12.4 The appeals lodged by the teams shall be addressed to the Arbitration Council of the FPO.

Article 13 - Prizes

- 13.1 Trophies shall be awarded to:
- ❑ the first five mixed teams competing to qualify for the ARWS
 - ❑ the first team competing for the APCA Trophy
- 13.2 Prizes moneys shall be awarded to:
- ❑ the first five mixed teams competing to qualify for the ARWS
- 13.3 The first three teams of the ARWS qualification shall also be awarded with a free registration for the ARWC 2009 in Portugal.
- 13.4 Souvenirs, both local and relating to the race, shall be distributed to all the participants.

Article 14 - Sponsors

- 14.1 The team's name and the associated sponsors shall not exceed 40 characters, for purposes of presentation in the classification list. The organization reserves the right to refuse a team designation, logo or sponsor should it be considered as inappropriate or disrespectful of the Estoril XPD's spirit.

- 14.2 The participating teams shall wear the race bibs and the MTB and Trikke plates supplied by the organization, which must be visible and worn during all the stages. Outside this area, the teams may advertise their sponsors on all the personal equipment they wear in the competition (ex: caps, backpacks, shorts, MTBs, etc.)
- 14.3 During the race or during any related public act, teams shall not distribute, affix or cast any type of advertising information without prior consent of the organization.

Article 15 - Media

- 15.1 All image capture, edition and dissemination rights of the Estoril XPD are reserved. The organizers reserve the right to use and distribute these contents in a commercial, promotional and/or computer-based way. Participating teams shall be allowed to pick photographs and images of the race exclusively for private use and/or publication on the teams' websites. The distribution of media material for news and/or press reports from the part of teams, shall previously be coordinated with the Associação Portuguesa de Corridas de Aventura.

Article 16 - Anti-doping control

- 16.1 The team sanctions provided for in the IOF "Anti-doping Regulations" shall apply to the teams participating in the Estoril XPD.
- 16.2 The list of forbidden substances and methods for this year is the one indicated in the "World anti-doping Code", disseminated by the Anti-doping National Committee (CNAD).

Article 17 - Omissions

- 17.1 Any omissions in the current regulation concerning any sport disciplines involved therein, shall be ruled by the respective regulations in force.
- 17.2 Where no regulations exist, the omissions shall be solved by the Technical Jury.

Article 18 - Validity of the Regulation

- 18.1 The current regulation shall be valid for the competition referred to in Article 1. It may be updated or amended, as long as it is duly published in the race's website and clearly reported to the teams.