



RULES OF ENGAGEMENT

Competition Rules as at October 2017



This is the one that will push you to your physical and mental limits!

No common garden-variety Obstacle Race, where the only real challenge is the physical demand of the course itself, Battle Cup is the ultimate head-to-head, team versus team competitive knock-out test of strength, speed, and strategy.

Will you make it through the first round? Do you have what it takes to knock off the challengers and take out the title?

There will be 3 days of racing – Day 1 **University Challenge**, Day 2 **Battlers** (Beginner) and **Warriors** (Intermediate) and Day 3, the **Commanders** (Advanced). This is an adults-only competition. All competitors must be 18 years or over on the day of the Event – no exceptions.

Everyone gets to battle it out in Round 1 to test the course, but the second round is when it gets serious... one false move, and you're out! And your team will join the body count... there will only be one triumphant team per category. Will your team be the Battle Cup Challengers...or Champions?

We are really looking forward to being able to provide a thoroughly unique and challenging outdoors experience for you, no matter your level of skill or ability!

1. **Location**

The 2018 Battle Cup Obstacle Challenge will be delivered at the Raymond Laurie Sports Centre, 78 Angourie Road, YAMBA NSW 2464.

2. **Number of participants**

i. **GENERAL POPULATION (Non-University)**

Each team will be comprised of four (4) members only, of any mix of gender, in one of three categories:

1. **Battlers - Beginner**

CLUE: You're not really sure how you'd go. Your fitness levels are pretty good, you train regularly, but you're no elite athlete. Your power lies in your dogged determination to 'have a go' and never give up!

2. **Warriors - Intermediate**

CLUE: You're an experienced trainee, and your fitness levels are pretty handy... you train hard, and can hold your own with most people you know. Your power lies in your experience and understanding.

3. **Commanders - Advanced**

CLUE: You are definitely a cut above the rest when it comes to this kind of challenge. Your power lies in the fact that you know who you are, you know what you are capable of, and you know you can do this! If there was a Battle Cup TV show, you'd be first in line to sign up.

THE FAIR GO POLICY: *Please choose your category carefully. If, on the day of the event, you are entered in the Beginner category, but your skill levels are clearly demonstrated to be that of Intermediate or Advanced, the Event Director WILL bump your team up to the next appropriate skill level race. i.e. Beginner to Intermediate, Intermediate to Advanced, Beginner to Advanced.*

Teams who are deemed to have deliberately entered a sub-skill level category in order to gain unfair advantage may be disqualified from the event by the Event Director.

The Event Director's decision shall be final.

ii. **UNIVERSITY CHALLENGE**

There are no separate categories in the University Challenge. Each team will be comprised of four (4) members only, of any gender mix, or mix of students and teachers.

All competitors must be 18 years or over on the day of the Event – no exceptions.

2. **Age Restrictions – no exceptions**

The Battle Cup Challenge is an ADULTS ONLY competition. All participants MUST be aged 18 years or over on the day of the Event.

3. **Race Times**

UNIVERSITY TEAMS – Friday, 10th August 2018

- Sign-in will commence at 12:00 pm, where all confirmation emails with QR Code & ID, and signed Waivers must be handed in, and 2 Wrist Bands will be placed on your wrist Yellow & Grey.
- A pre-race briefing will be held at 12:30 pm.
- First race wave will commence at 1:00 pm sharp.

BEGINNERS - Saturday, 11th August 2018

- Sign-in will commence at 6:00 am, where all confirmation emails with QR Code & ID, and signed Waivers must be handed in, and 2 Wrist Bands will be placed on your wrist Yellow & Grey.
- A pre-race briefing will be held at 7:30 am.
- First race wave will commence at 8:00 am sharp.

INTERMEDIATE – Saturday, 11th August 2018

- Sign-in will commence at 10:30 am, where all confirmation emails with QR Code & ID, and signed Waivers must be handed in, and 2 Wrist Bands will be placed on your wrist Yellow & Grey.
- A pre-race briefing will be held at 12:00 pm.
- First race wave will commence at 12:30 pm provided the Beginner challenge has been completed, and all Beginner participants have vacated the course proper.

ADVANCED - Sunday, 12th August 2018

- Sign-in will commence at 8:00 am, where all confirmation emails with QR Code & ID, and signed Waivers must be handed in, and 2 Wrist Bands will be placed on your wrist Yellow & Grey.
- A pre-race briefing will be held at 9:30 am.
- First race wave will commence at 10:00 am sharp.

4. **The Race**

- i. Teams of 4 (either all University, all Beginner, all Intermediate or all Advanced – gender make-up is unrestricted), aged 18+ years.
- ii. The Battle Cup Challenge is made up of three (3) identical parallel 'Gauntlets', each of which includes four identical sets of four in-line obstacles.

- a. Team member 1 shall complete the Loki set of Obstacles
 - b. Team member 2 shall complete the Thor set of Obstacles
 - c. Team member 3 shall complete the Odin set of Obstacles
 - d. Team member 4 shall complete the Magni set of Obstacles
- iii. There will be graduating levels of difficulty from set 1 to set 4 of the Obstacles.
 - iv. Relay race style (i.e. physical tag from team member to team member).
 - v. Knock-out rounds (after Round 1 – all teams will move onto Round 2).
 - vi. One overall winning team in each category.

Round 1: all teams in each category will 'run the gauntlet' - 2 teams per in-line obstacle run - 4 obstacles x 4 sets of obstacles (6 teams running at once), until all teams have run the gauntlet.

Round 2: Knock-out: all teams in each category will 'run the gauntlet' - 2 teams per in-line gauntlet run - the fastest team per gauntlet (3 teams) will qualify for the next round - the losing team from each gauntlet is out of the competition (see "Winning the Battle Cup Obstacle Challenge").

Rounds 3 & onwards: Round 2 will be repeated until only one team in that category is left – this will be the Champion of that category (see "Winning the Battle Cup Obstacle Challenge").

5. **Winning the Battle Cup Obstacle Challenge**

- i. The race must be run according to the Event Director's interpretation of the rules. It is the team captain's/coordinator's responsibility to make sure that their participants know the rules.
- ii. There are three race categories:
 - a. All University (Friday only)
 - b. All Beginner (Saturday)
 - c. All Intermediate (Saturday)
 - d. All Advanced (Sunday)
- iii. There will be four winning teams – one per category as described above.
- iv. Teams comprising less than or more than four (4) members will not be eligible.
- v. Each members of the team MUST complete his/her designated obstacle. If there is a failure to complete the designated obstacle:
 - a. The competitor may have a second attempt at the obstacle, and if they fail the second attempt they will incur a 5 x burpee penalty before moving on;
 - b. Should the competitor not be able to complete the obstacle after a restart, the team shall be deemed as having lost that race;

- c. Should a competitor become injured during their race, and their team is a winning team of the round, they may substitute with another competitor who has a bone fide paid registration, QR Code, ID and race waiver for the following round – substitutions cannot be made during a race.
- d. Providing all rules herein have been adhered to, the substitute participant will be considered to be a part of a winning team if relevant.
- vi. Only the four (4) final winning runners in a team shall be eligible for a Champion's medal.
- vii. Each competitor, after completing their obstacle, MUST physically tag the next competitor in their team before that person can progress to the next obstacle – failure to tag will result in the next competitor being sent back to accept the tag;
- viii. The Event Director's decision is final.

6. Prizes and Trophies

- i. *Prizes will be awarded in accordance with the provisions of Rule 5 of these rules.*
- ii. *Each member of each final winning team in each race category shall be awarded a Battle Cup Champion medal.*
- iii. *There are no other prizes awarded for this event.*

7. Responsibility of participants

All participants are responsible for reading and understanding the rules contained herein. If there are any rules that are not clear, please discuss these with the Event Director prior to the day of the race. Due to time constraints, the Event Director will not discuss rules or rulings during the race.

8. Responsibilities of the Officials/Event Director

The Event Director is directly responsible for the race and ensuring the described rules are adhered to. They are responsible for the safety of the participants and the timing and conduct of the race. They have a duty to be respectful and considerate to teams, act in an unbiased manner, and ensure the race remains social and enjoyable for all involved.

The Event Director is responsible for the management of the race, teams, venue, equipment and administration. They will be present at the race to ensure First Aid is administered, information is provided, and that all participants and officials are conducting themselves in an appropriate manner.

9. Conduct of Participants

It is the responsibility of all participants to conduct themselves in a way that is respectful and considerate to team members, community officials, opposing teams, the Event Director, other event co-ordination staff and

volunteers, and any other people concerned. Any behaviour, act, or language that is considered inappropriate by the officials (Event Director and/or officials) will not be tolerated.

Poor conduct either on or off the course will be determined by the officials and action will be taken based upon the offence. This can include the disqualification or removal of a participant, or team, from the competition, should they be deemed dangerous or offensive to participants or officials.

The consumption of alcohol or any prohibited or mind-altering substances WILL NOT BE TOLERATED and any such behaviour will result in immediate disqualification and removal from the course.

10. *Personal Belongings*

There will not be a 'bag drop' facility available, and it is highly recommended that all personal belongings are kept in vehicles or with non-participating family/friends.

Centaur Outdoor Events takes no responsibility for the damage to or loss of personal property.

11. *Risk Assessment, Insurance and Waivers*

- i. Centaur Outdoor Events Pty Ltd has carried out a Risk Assessment of the event. A copy of the Risk Assessment is available if required.
- ii. Centaur Outdoor Events Pty Ltd carries Public & Products Liability Insurance, which has been specifically taken to cover this event. A copy of the Certificate of Currency is available if required.
- iii. All participants MUST present a completed and signed Adult Waiver.
- iv. No Waiver, no race, NO EXCEPTIONS.

12. *Injury and Illness*

Medical support will be in attendance during the event.

Any participant who comes across a seriously injured or suddenly ill fellow racer should have someone contact a Race Marshall, stay calm and please wait until a volunteer or safety officer arrives.

13. *Suitable Attire*

- i. As a teams event, participants may, and are encouraged to, create and wear appropriate costumes or team colours.
- ii. Enclosed shoes MUST be worn at all times.
- iii. Metal or other sprigs are STRICTLY FORBIDDEN on course.
- iv. Bare feet are STRICTLY FORBIDDEN on course.

- v. It is recommended that a hat and sunscreen are worn during the course of the day, as it may be warm and the course is exposed, or wet weather protection if raining.

14. *Grievance and Disciplinary Procedures*

- i. Should any participant, team or official conduct themselves in a manner that is deemed inappropriate, discriminatory, disrespectful or dangerous, then action will be taken by Centaur Outdoor Events Officials and Management.
- ii. If you feel that a participant, team or official has conducted themselves in such a manner, you may lodge a formal Grievance in order to report the incident.
- iii. Disciplinary Procedures are in place to ensure that action is taken against any participant, team or official who has acted in an inappropriate manner.
- iv. Any action(s) taken will be at the sole discretion of Centaur Outdoor Events Officials and Management.
- v. Depending on the severity of the conduct, disciplinary action may result in a winning team being stripped of their title and other rights, which will result in a new winning team being announced and awarded accordingly.

WHAT'S YOUR STRATEGY? DOES YOUR TEAM HAVE WHAT IT TAKES TO WIN... OR WILL YOUR TEAM BE JOINING THE BODY COUNT?