

## GENERAL RULES for Ace Adventure Challenge V

1. Ace Adventure Challenge (AAC) is a team race of 3 participants in a team; all Men's Team, all Women's Team or a Mixed Team (at least one member must be of the opposite sex).
2. The approximate race distance of is between 60km and 70km.
3. Complete all required obstacle stations and mystery tests (if any) etc, the team which finishes fastest with minimal (or No) time penalty wins the Race.
4. Teams must start and finish the adventure race as a team. Teams must race through all Check Points in the correct sequence. Should the team miss a Check Point, they must back-track to the missed Check Point
5. Teams must travel only on the designated race course, either marked by ribbons, signages, a given map or directed by race officials
6. One Race Passport will be issued to each team. The Race Passport must be signed or punched with the time of arrival at every Check Point. Each team is responsible to waterproof and maintain their Race Passport, in good and readable condition
7. The Race is a team competition and all forms of teamwork, including pulling and carrying team members will be permitted.
8. No outside support is allowed between the start and the finish lines of the race course. Teams must be self-sufficient except for official support offered from official aid stations
9. Teams may be supported by other officially entered teams, provided that the support will not result in unfair advantage or unfair disadvantages to another team or teams
10. The cut-off time for the Race is set at the 8<sup>th</sup> hour after the first flag-off. The race organisers reserve the right to adjust the cut-off time as and when deemed necessary in view of any safety considerations and for the best interests of the participants and the race organization.
11. Time cut-off may be designated at various places on the race course. Teams arriving after the designated time at any cut-off point may be required, at the sole discretion of the race officials, to withdraw from the race or take a shortened route to the finish line
12. All teams must be self-provisioned with the said mandatory equipment required to race (Refer to Race equipment)
13. The use of any equipment other than those stipulated, must be made known to the race organizers, prior to race day and must be pre-approved by the race organisers
14. The race organisers reserve the right to impose penalties or disqualify teams for breach of race rules. Decisions of the organisers are final, and no appeal will be entertained
15. The race organisers have complete discretion in formulating and applying rules and penalties.

---

Organised By:



16. Penalties for breach of rules may include (a) time penalties added to a team's finished time; (b) delay start or stop a team on the race course; (c) requiring the team to repeat a particular segment of the race obstacle
17. The Rules and Regulations may be modified at any time; changes will be made known at the race briefing.

**Team withdrawal during race**

18. Teams must notify race officials at the nearest Check Point upon deciding to withdraw from the Race
19. Teams may make their own way back to the end point or can opt to dismiss from the point of withdrawal
20. In the event that one team member withdraws from the Race, the team may complete the Race as un-ranked team. A single participant may not continue the Race
21. In the event of a medical emergency or other request for help from a race official, police or spectator, the entire team must stop till appropriate and effective assistance arrives at the scene
22. Ambulance evacuation is strictly reserved for the seriously sick and injured
23. The race organisers reserve the right to decide whether a person or a team may continue for health, safety or other reasons (e.g. inadequate time to complete the entire course)

**Race Safety**

24. Every competitor is responsible for his/her involvement in the race. He/she is the sole judge of whether he/she should begin or continue competing or not. The race organisers reserve the right, with consultation of a doctor, to prohibit a competitor from starting or continuing the race.
25. Participants who are unclear about their health condition to participate in this race are advised to consult their family doctors prior to participation.
26. Participants should ensure that they are well-rested prior to race day and are well-hydrated throughout the duration of the race.
27. If a participant feels unwell during the race, they should stop and seek immediate attention from the race officials along the race route.
28. The race organisers will provide First Aid service during the race. There will be designated first aid posts and ambulances stationed along the race route. There will also be mobile support crews along the race route to provide first aid assistance.
29. Water points will be made available at designated check points for teams to refill their water

---

Organised By:



## Team Attire

30. Teams are required to wear at all times, the provided race bibs. Race bibs must be worn as the outer garment. Teams cannot place any branding on the bibs.
31. No cleats shoes are allowed for the biking segment.
32. Race numbers and bibs may not be altered, defaced or modified in anyway.

## The Race Course

33. In the absence of race officials, teams are to look out for signs, arrows, red ribbons and other markers. Teams are responsible for (a) staying on the course; (b) slowing down to pay attention to course markings or the absence of course markings.
34. Teams must stay on the designated course. Teams intentionally leaving the marked course will be time penalized or disqualified.
35. Teams must use their best efforts to dispose all trash into the waste dustbin.
36. Any team or member of a team may elect not to participate in any technical skill section of the race course such as abseil or ropes ascending. Such decision will not entitle the team to win prizes. Any team or member of a team electing not to participate in technical sections must report to a race official at the technical section to state his\their intention and receive instructions as to the appropriate by-pass\route around the technical section. In the event that a technical skill requires two or three persons, teams with fewer than the required number will not be able to engage in that technical section.

## Foul Weather

37. In the event of bad weather, the organisers reserve the right to delay the race. Should bad weather persist, the organisers reserve the right to cancel the race without any refund of fees paid

## Protests / Appeal

38. Any form of protest or appeal must be filed within 30 minutes of incident at any stage of the Race. Teams can approach the nearest race officials to direct the issue to the Race Director
39. There shall be no appeal by racers/teams for bottleneck, time taken to dispatch racers, speed of the abseil restricted by the belay line

---

Organised By:



## Rules of Individual Race Disciplines

### 1.1 **Abseiling**

Safety harness must be worn for the abseil. Abseil device - only a Figure 8 descender can be used. GRI-GRI, STOP, RACK or other devices are not permitted.

Fingered gloves (both hands) must be worn during the abseil. Climbing or Biking helmet must be worn during the abseil. Helmets must be properly strap, failure to do so will result in penalties or disqualification.

Teams will abseil on the next available lanes assigned by the race officials. No choosing of lanes is allowed. All members of a team will descend on the same rope/lane, even if there were to be another available lane. Ropes will be made available to teams on a first come first served basis.

### 1.2 **Cycling**

Teams may ride, push, pull or carry the bikes during the biking course. Each team member must wear a helmet at all times during the biking course. Shoes with cleats are not permitted.

Mountain bike tires (and wheels) must be 26 inch (660mm) diameter with a minimum width of 1.8 inches (46mm). Road bikes, time trial bikes, cyclo-cross and tandem bikes are not permitted.

### 1.3 **Navigation**

Only the used of base plate compass are permitted. Other electronic devices like GPS are not allowed. Racers shall have sufficient knowledge on reading and using a base plate compass.

### 1.4 **Kayaking (No Kayak activities for AAC5)**

Each team member must wear a life vest, and ensure that the vest is appropriately secured to the body. Life vest will be issued to teams at transition station. Helmets must be worn during the kayaking segment.

In the event of a capsized, team members are to conduct self rescue. Teams can be assisted by another officially entered team. Race officials may intervene in the rescue, if recovery cannot be established, race officials shall, at their discretion, tow the capsized team to the nearest shore for recovery, and it may mean towing teams back to the start of the kayaking segment. Teams shall continue in the race if teams are willing and are physically fit to proceed, subject to time and weather permitting.

### 1.5 **Ropes Ascending**

Safety harness must be worn for the ropes ascending segment. Teams will be provided with a set of ascending device.

Climbing or Biking helmet must be worn during the ascent. Helmets must be properly strap, failure to do so will result in penalties or disqualification.

Teams will ascend on the next available lanes assigned by the race officials. No choosing of lanes is allowed. All members of a team will ascend on the same rope/lane, even if there were to be another available lane. Ropes will be made available to teams on a first come first served basis.

---

Organised By:



**1.6 Running**

Teams may run, walk or crawl.

**1.7 Swimming**

Each team member must wear a life vest to swim. Life vest will be issued to teams at transition station. Teams must swim together (within 5 meters) at all times.

**1.8 Team Biathlon**

Each team must travel the Team Biathlon course with all three members and one mountain bike. Only one member at a time may ride on a bicycle. Each team may exchange between runners and bike rider as many times as it chooses and at any interval. Teams can choose to ride, push or carry the bicycle when on the Team Biathlon course. Team members must travel together (within 20 meters) at all times.

The use of helmet is compulsory by the rider during the Team Biathlon section.

**1.9 Team Challenge Obstacles**

These are adhoc problem-solving activities which will surface along the race course. Teams can opt not to take part in the obstacles and still continue on the race course, if so, the team will not qualify for prize winning.

~ END ~