

# 4 - RUNNERS RULES ~ 2011

---

## GENERAL INFORMATION

---

The Challenge Cup Relay Rules will be strictly enforced and if violated, could cause a Team to be penalized or disqualified from the race.

- ❖ It is suggested that the Team Captain duplicate Chapters 3 & 4 and give a copy to each Team Member and support personnel.
- ❖ All rule violations and warnings will be reviewed by the Race Rules Committee for appropriate action.

---

## PENALTIES

---

### **1. STAGE CHECK IN**

All Runners shall check in, with the RV Support Officials, at their assigned stage to obtain their bib numbers and fill out their medical information. **Leg 1 Runners shall check in at least 30 minutes prior to their Start Time.**

- a. The Runner shall present a photo ID card {or photo copy} to obtain their Bib Numbers.
- b. They shall fill in the required medical information on the front bib only.

***Pt(5) Penalty for failure to check in or not filling out medical info.***

### **2. ALTERNATE RUNNER SUBSTITUTION**

If a Scheduled Runner fails to appear for their scheduled leg, an Alternate Runner may substitute *without penalty*. The Scheduled (No Show) Runner may be re-assigned to the Alternate Pool. The alternate runner shall check in with the RV Support Officials & obtain a WHITE bib number PRIOR to taking the handoff {See Rule 4.1 – Stage Check In}.

### **3. DOWNED RUNNER REPLACEMENT**

If a Runner cannot complete their assigned leg, then an Alternate Runner (wearing a YELLOW bib) may pick up the baton and complete the leg. **(REFER TO RULE 4.5 – BIB NUMBER DISPLAY)** The Replacement Runner is NOT required to sign the Stage Roster at the completion of the leg. The Replacement Runner shall NOT run any other leg in the race.

- The Follow Vehicle Observer shall Print the Name of the Replacement Runner in the “Substitute Runner” column of the Official Log Sheet and print a **DR** above the downed runner’s name. **(REFER TO RULE 5.13.B– FAILURE OF FV OBSERVER TO RECORD A DOWNED RUNNER. 10 MINUTE PENALTY)**

***Pt(10) Penalty for a downed runner. Team remains official.***

### **4. RUNNING MULTIPLE LEGS**

No Runner, Scheduled or Alternate, shall run more than one leg in this race.

***Pt(UO) For running more than one leg.***

## 4 - RUNNERS RULES ~ 2011

---

### **5. BIB NUMBER DISPLAY**

**Assigned and Alternate Runners** shall obtain their bib numbers from the RV Support Officials at their assigned Stage. (Refer to rule 4.1 – Stage Check-In )

**Downed Runner Alternates** will obtain their YELLOW bib numbers from their Team Captain.

- a. The Medical information shall be filled out on front bib only.
- b. Bib numbers shall be worn on the front chest area and middle of the back. Any other location is an infraction.
- c. If the Runner covers up due to cold or inclement weather, the number shall be moved to the front and back of the outer garment.
- d. Do **NOT** fold, trim, or alter the bib numbers in any fashion.

**Pt(5)                      Penalty for each infraction of improper display.**

### **6. RUNNERS CLOTHING**

All runners shall wear upper body cover (T-shirt or singlet). When the temperature exceeds 79°f, ,all runners shall wear only approved head covers { White hats or open head visors }.

No one shall wear sweat pants or tights. (OK when temperature is less than 79° f.)

**Pt(UO)                      Penalty for any infraction**

### **7. BATON**

Each runner must use the Official Timing Baton provided at the Start Line. *When entering the chute, hold the baton over the mat about 2 inches above for the length of the mat. Do NOT tap the mat.* The Runners shall carry the baton in their hand at all times. The baton may NOT be tucked into a sleeve, sweatband, belt or pocket. No person, other than the designated runner, may possess the baton at any time.

- a. **Pt(5)                      Penalty for failure to hand carry .**
- b. **Pt(DQ)                      For Unauthorized possession by others.**

### **8. BATON HAND OFF (DELETED 2010)**

### **9. WARM UP**

All Runners warming up on the highway, during the hours of darkness, shall be required to wear reflective clothing per Rule 4.16 and have a lighted flashlight in their possession.

**Pt(5)                      Penalty for each infraction.**

### **10. UNAUTHORIZED RUNNER ASSISTANCE**

No Runner will be physically assisted in forward movement in any manner by any means.

- a. This includes a pacer preceding, following or running with the Runner.
- b. No animals are allowed to run with relay member.

**Pt(DQ)                      For any infraction.**

## 4 - RUNNERS RULES ~ 2011

---

### **11. RUNNERS PATH**

All runners shall use the extreme right portion of the roadway, remaining as close to the right hand pavement edge as is practical.

- a. The runner may use the unpaved shoulder if desired.
- b. When designated the runner shall use the sidewalk or dirt shoulder.

***Pt(5) For each infraction of not running in the stated fashion.***

### **12. RUNNER DELAY**

Runners delayed by an unusual event, such as an Emergency Services Delay or an Official Delay, will have their time adjusted by the length of the delay.

- ❖ The Follow Vehicle Observer shall make a notation of the LEG # and the actual minutes and seconds of delay on the bottom of the Official Log Sheet.
- ❖ Team time and Runner time will be adjusted for the delays.

### **13. FRIENDLY ADVICE TO RUNNERS**

Drink plenty of water. When you run in the desert, the sweat evaporates faster than normal, so you don't realize that you are losing so much water.

- ❖ Don't just pour it on your head!
- ❖ It's better to Drink it instead of having the Medics pump it into your arm!
- ❖ Stoke up on water Before you run.

### **14. REFLECTIVE CLOTHING - 2010-M2**

All night time runners will wear an approved Flashing Reflective Vest. Vests may be purchased from LAPRRAC.

***Pt(5) For each infraction.***