

RULE 9. THE COMPETITOR

R9.1 DRESS AND EQUIPMENT

(Rule 10.1 from the 2002 version of the Rules)

Clothing shall fully cover the torso and legs. In other respects the choice shall be free. Competitors not complying with this Rule shall not be allowed to start. An exception to this rule is that if the competition area contains little or no undergrowth likely to cause leg abrasions, the Controller may give notice that Competitors are not required to wear clothing that fully covers the legs.

The Controller, having regard to the nature of the terrain or weather conditions, may give notice that a weatherproof garment shall be carried throughout the race by all competitors. In such circumstances a competitor not carrying a weatherproof garment shall not be permitted to start the race.

A whistle should always be carried, and shall only be used in an emergency. Controllers having regard to the nature of the terrain or weather conditions may give notice that a whistle shall be carried by all competitors. In such circumstances a Competitor not carrying a whistle shall not be permitted to start the race.

Competitors shall wear any numbers provided, in the position and manner specified by the Organiser. In particular the name of any Sponsor shown on the number shall not be obscured.

During the competition only the map provided by the Organiser shall be used. The use of any navigational aid other than an IOA approved compass is prohibited

R9.2 CONDUCT DURING THE COMPETITION

(Rule 10.4 from the 2002 version of the Rules)

It is the duty of a Competitor to give help to an injured competitor even if this means abandoning the race.

Shouting and calling are prohibited. Competitors shall not deliberately draw attention to themselves.

Competitors shall follow any reasonable instructions given by Race Officials. Competitors shall show their control card to any Official on request. Competitors shall behave in a courteous manner towards such Officials. Any breach of this Rule may lead to disqualification.

Competitors shall follow in its entirety any compulsory route including that leading from the start or to the finish of the course.