

2016 Corporate Timber Challenge Competition Rules and Guidelines*

Section 1: Event and Scoring Overview

1. Minimum team size 5 to compete. Teams with less than 5 score cards/competitors will be disqualified from judging. - Maximum team size 100
2. The top 5 scores from each teams; time, team, skill and luck circuit challenge will be taken into account for judging the winners.
3. Teams with greater than 5 participants will be judged based on the highest scores turned in. Individual competitors do not have to complete every circuit. Circuits that are not completed or no score card is turned in will be scored at a 0.
4. Race times will be ranked as follows; the fastest 100 finishing times will be assigned points 1-10 with a 0.1 rate of change. Any runner who finishes the course behind this pace will be assigned 1 point.
5. All other circuits will be scored at 0-5 depending on the individual challenge criteria and rules. Circuit's rules and details will be released to team captains no later than 30 days prior to the event.
6. Winning teams will be notified within 24 hours of the event by email and phone. Press releases, marketing emails and updates to the CTC website will be made within 48 hours.
7. All teams will have access to their overall and individual scores/times within 7 business days.
8. Donations to the winner's charities of choice will be made on their behalf via bank issued check no less than 14 business days after announcements are made.

Section 2: Eligibility and General Code of Conduct

To compete in the CTC competitive race, athletes must meet the following requirements:

1. Athletes must be at least 15 years of age on the day of the event.
2. Athletes must adhere to World Anti-Doping Agency code for performance enhancing drugs and prohibited substances.
3. Athletes must adhere to all rules set forth by CTC administrators and officials.
4. Competitors are held to the highest standard of conduct throughout the course of the event. This includes; always conducting oneself in a sportsmanlike manner towards fellow competitors, spectators and officials, adhering to all rules of competition, understanding that they are representative of a growing athletic

community and behaving responsibly throughout the event.

Section 3: Time Keeping and Distance

1. All athletes must complete the full race distance and all obstacles for time to be valid for scoring
2. All athletes are required to start in their assigned wave. Athletes are not permitted to start in any other wave under any circumstances. Athletes found to be in violation of this protocol will be disqualified from competition.
3. Athletes will collect their race number and timing chip at pre-registration or on the day of the event. This is required to start the event and **SHOULD NOT BE REMOVED**. Under no circumstances will athletes be permitted to start the event without their identification.
4. Athletes must report to the start line ten (10) minutes before their assigned start time for a mandatory race briefing.

As with all premier endurance races, the starting time for all athletes will be the “gun time” (e.g. if a wave starts at 9:45, each athlete in that wave is assigned the same starting time).

Section 4: Racing, Obstacles and Course

Staying on course

1. It is the responsibility of all athletes to stay on-course and within the boundaries and markings set by race officials. Obstacles are numbered 1, 2, 3, etc. It is your responsibility to ensure you complete all obstacles.
2. In the event that an athlete runs off-course, he/she must return to the original point of deviation to resume competition. Should an athlete need to leave the course for a comfort break, he/she must resume racing at the exact point of exit.
3. Any athlete that gains advantage by circumventing the course (as designed by race officials), whether intentionally or unintentionally, will be disqualified from competition.

Obstacles

4. Completion of all obstacles is **MANDATORY** to be eligible for point submission. There are no alternatives to obstacles such as burpees, push-ups, or other physical penalty.
5. In the event an athlete fails an obstacle, he/she will be permitted two additional attempts, provided he/she is not blocking the path of another athlete who is attempting to complete the obstacle for the first time.
6. If an athlete still fails to complete an obstacle, he/she (or their team) will be assessed a time penalty.

Athletes receiving time penalties are still allowed to continue racing and considered finishers, but are not eligible for prizes/awards. All time penalties are applied after the event (no penalty boxes).

7. Additionally, athletes are required to maintain forward progress on all obstacles and throughout the course (e.g. sitting atop cargo nets or walls is not permitted) and every effort must be made not to obstruct a fellow competitor. Slower athletes are required to yield to approaching athletes.

8. Athletes found to be excessively infringing (blocking) on another athlete's ability to progress may be subject to penalty or disqualification by race officials

9. During the race or with the exception of medical emergency, athletes may not receive outside assistance (including receiving nutrition or equipment) from any other source. This does not include verbal instruction or support from coaches or supporters. Slower and faster athletes must demonstrate mutual respect during closely spaced/single-track areas of the course. Faster athletes are encouraged to call out "Passing" (or similar) when approaching slower athletes. The athlete being passed must permit enough space to allow the approaching athlete to safely pass. Additional restrictions may be announced at pre-race briefings.

Section 5: Gear, Apparel & Nutrition

Athletes are encouraged to express their individuality, sport team/country apparel while being appropriately dressed for an endurance racing events.

Please note the following:

1. Glasses are allowed but discouraged for safety reasons.

2. Hydration packs are allowed.

3. Beyond shoes and gloves or protective gear (i.e. elbow pads or knee pads), clothing/personal equipment may not be used in to assist the completion of an obstacle.

4. Alcohol, weapons, and other dangerous objects are not permitted on the course.

5. Additionally, all athletes must exit the course with all items they brought in. Littering or the discarding of personal property during the race may result in disqualification from competition.

Section 6: Penalties

1. The application of any penalties, including but not limited to time penalties and disqualification, are administered solely by CTC Race Officials. ANY team member found to be intentionally cheating on any section of this competition will immediately be disqualified along with their entire team. Disqualified teams may finish the event but will not be eligible for scoring.

2. When a violation has been identified, the offending athlete will be immediately informed of the penalty by race staff as soon as practicable.

3. Athletes will be penalized for infringements such as; failure to complete an obstacle, not starting at his/her starting time, intentionally or unintentionally going off-course, engaging in unsportsmanlike conduct, including but not limited to; the use of performance-enhancing drugs, making unnecessary contact with or hindering a competitor, verbal/physical abuse of race officials or volunteers, modifying course markings, using offensive or derogatory language, receiving outside assistance, littering on the course, blocking (failure to yield to) other competitors, or failing to follow the direction of race officials.

8. Any athlete assessed a penalty may be appealed. Athletes wishing to appeal a penalty must submit their appeal to race officials via email (info@kctimberchallenge.com) within 24 hours of the event. Appeals are not accepted after 24 hours of the event. In the event of an appeal, race officials will conduct a thorough review of the infringement and penalty, and issue its findings within 72 hours.

Section 7: Safety and Emergencies

1. The safety of all athletes, spectators, and staff is paramount. In the event of an emergency, all parties should follow the explicit instruction of event staff.

2. Athletes that assist in an emergency may be permitted to begin the race again at the sole discretion of CTC officials.

Section 8: Event Terms and Conditions

4. Sasquatch Adventures LLC reserves the right to postpone and or cancel the event in regard to safety concerns. No refunds will be given if the event is cancelled; however every effort will be made to schedule a makeup date.

5. Challengers are ultimately responsible for their own safety. By entering this event you certify that you have no known medical conditions that preclude you from strenuous physical activity including but not limited to running, jumping, crawling, climbing, stooping etc.

6. If you feel dizzy, faint or are sick or injured you agree to notify a staff member and immediately seek medical attention.

7. You acknowledge that there are hazards along the course which bring the risk of injury, illness and voluntarily assume all risks including bodily injury, illness, property damage, death however caused including the negligence of others.

9. Absolutely no alcohol, drugs, firearms, fireworks, pets (except service animals) or outside merchandise for

sale will be allowed on the grounds of the event. We reserve the right to search your person and exclude you from entry if search is refused.

10. You agree to indemnify Sasquatch Adventures LLC, staff, volunteer's, contract labor and event sponsors from any claims caused in part or wholly caused by your actions whether intentional, negligent or by omission.

11. You are solely responsible for any and all personal property damaged or stolen at the event.

12. You agree to have your images recorded thru the use of photography and video during the event and assign all rights to these images to Sasquatch Adventures LLC for the use of marketing, advertising and promotion.

*Subject to change up to 30 days prior to event date.