



RULES 2010

1. Organisation

1.1. Race organisation

Ö TILL Ö is organised by HL Races

The address to the race organisation is:

HL Sports

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2. Entry pre-requisite

To be able to participate in Ö TILL Ö you have to be at least 18 years old and able to swim.

3. Race course

3.1. Race course

3.1.1. The race course is marked

3.1.2. The participants must follow the marked course

3.1.3. The participants that do not follow the marked course will be disqualified

3.2. Water checkpoints

3.2.1. There will be several water / food checkpoints throughout the course

3.3. Medical points

3.3.1. There will be several medical points where participants can get help if needed

3.3.2. There will be medical staff and equipment on boats.

4. Equipment

4.1. General about Equipment

4.1.1. All teams need to bring all their equipment from start to finish, if a team fail to bring all their equipment to the finish line they will be disqualified.



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4.2. **Mandatory equipment**

- 1 First aid (pressure bandage) packed waterproof
- 2 Wetsuits suitable for water temperature of 10 degrees Celsius
- 1 Compass
- 1 Waterproof map holder
- 2 Whistles
- 1 backpack or hip pack for the mandatory equipment (GPS transmitter & First Aid)

4.3. **Equipment that the organisation will supply**

- Race bibs
- Maps
- GPS transmitter

4.4. **Recommended equipment**

- Water bladder

4.5. **Equipment check before the race**

Before the race there will be a mandatory gear check.

4.6. **Equipment that is NOT allowed**

- Floatation help that is bigger than 100 cm x 60 cm.

5. **Timing**

5.1. **Timing**

- 5.1.1. The time is from the start until the last of the two team members have passed the finish line

5.2. **Cut offs**

- 5.2.1. Throughout the course there will be cut offs where the teams need to pass by a certain time to be able to continue racing.
- 5.2.2. Information about the cut off times will be given the day before the start

6. **Racers responsibility**

6.1. **General**

- 6.1.1. The participants must know the rules and follow these
- 6.1.2. The participants shall respect other participants, organisation, spectators and the people living in the race area.



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- 6.1.3. The participants are not allowed to use unfair methods to get advantages
- 6.1.4. Doping according to Swedish RF rules chapter 13 are forbidden.
- 6.1.5. The participants are obliged to help in case of emergency if the organisation is asking for it.

6.2. Before the race

- 6.2.1. The participants can train and scout the course prior to the race but have to respect the residents in the area and behave according to the Swedish "Allemansrätten".

6.3. During the race

- 6.3.1. The participants are participating at their own risk
- 6.3.2. The teams are obliged at their best ability to help another team that have been injured or being sick.
- 6.3.3. A team that has abandoned the race shall report it as soon as possible to the organisation.
- 6.3.4. The participants are not allowed to throw trash in the nature. If a team is doing so they will get disqualified.

7. Rules

7.1. Race jury

- 7.1.1. Race jury is the race director and two persons from the race organisation.
- 7.1.2. The race jury is
 - Enforcing the rules
 - Decide the outcome of a protest
 - Decide about disqualification
 - Decide about course changes and changes in the rules
- 7.1.3. At least two members of the jury is needed to be able to take a race jury decision.
- 7.1.4. The race jury has the right to use "common sense" to take a decision about arisen situation if it is not clear in the rules
- 7.1.5. The decision of the race jury is definitive.

7.2. Protests

- 7.2.1. A protest must be given in written to the race organisation within an hour after finishing the race.
- 7.2.2. A protest must include:



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- Time and location
- Team number and signatures of the team members
- Team number or team name of the team that the protest is against
- The reason for the protest
- If possible include witness with name or team number

7.2.3. A protest that does not fill the criteria of point 7.2.2 is being ignored.

7.2.4. A decision from the race jury will be communicated with to those involved as soon as possible.

7.3. Disqualifications

Offence against the rules leads to disqualification.

7.4. External assistance

It is not allowed to receive assistance from other people than the race organisation. Each team has to make their own way from start to finish.

8. Safety

8.1. General safety rules

8.1.1. The two members of each team has to stay together at all time and can not be more than 100 metres apart on land and not more than 10 metres during swimming.

8.1.2. The race organisation can refuse a team to continue if they judge them not capable caused by fatigue or being in such bad physical condition.

9. Media and sponsor exposure

9.1. Sponsor markings

The teams are allowed to have sponsors marked on their race gear.

9.2. Race bibs

The race bibs can not be modified in any way

9.3. Pictures and film free rights

The participants gives the race organisation the right to use pictures and film material taken during the race to be used free of rights in marketing, press material, internet, television and movie.



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10. Prize money

- Total Prize money: 60 000 SEK
- The fastest finishing time will be awarded 25 000 SEK
- The fastest Mens team 10 000 SEK
- The fastest Womens team 10 000 SEK
- The fastest Mixed team 10 000 SEK
- The Red Bull Sprint Prize of 2 500 SEK will go to the fastest team to Runmarö Krog
- The Red Bull Section prize of 2 500 SEK will go to the fastest team to run over Ornö

11. Accepting the rules

By paying the entry fee and starting the race each team member agrees to following the rules