

## General

1. All participants must be 18 years old or above. The Organizer has the right to verify age of participants before, during and after the race.
2. The rules and regulations are designed to safeguard the safety of all participants, volunteers and the Organizer as well as to ensure the event runs as smoothly as possible during and after the race day with minimal disruptions. It is the participants' responsibilities to read and understand the set of rules listed below. Failure to adhere to these rules may result in the disqualification of the Participant.
3. The Organizer reserves the right to modify or substitute any of these Rules and Regulations from time to time as they deem fit. If there is ambiguity in any of the provisions, the Organizer shall be the authority to interpret and in doing so, the Organizer will take into account the interests of all the affected Participants. It is the responsibility of the affected Participant to keep abreast with any changes. Please check back regularly for updated Rules and Regulations.
4. Registration for the race is only confirmed upon payment made and upon issuance of a race identification number.
5. The participant agrees to:
  1. provide true, accurate, current and complete information contained in the event's registration form.
  2. Maintain and promptly update the registration data to keep it true, accurate, current and complete. The Organizer may contact the participant from time to time by email and/or mobile device. Any notice sent to the email address and mobile device registered with the Organizer shall be deemed as received by the participant. If the participant provides any information that is untrue, inaccurate, not current or incomplete, the organizer has reasonable grounds to suspect that such information is untrue, inaccurate, not current or incomplete. The organizer may suspend or terminate the participant's registration and refuse participant any and all future use of the event.
6. The Participant is expected to obey and adhere to the instructions of the Organizer and the Organizer's appointed race crews at all times throughout the race event. If any participant is deemed to disobey, disrespect, and failure to cooperate with the

Organizer and the Organizer's appointed race crews, the Organizer reserves the right to withdraw the Participant's entry without compensation.

7. Littering is strictly prohibited at the race event. If any participant is found or seen or reported by anyone at the race event or along the race course, the Organizer reserves the right to penalize the Participant of an additional of 1 hour to the Participant's race time as time penalty. If the Participant's race time exceeds the official cut- off time, the Participant will be automatically disqualified.
8. The Organizer reserves the right to cancel, modify, suspend or delay the event of unforeseen circumstances or in the event of natural disasters or extreme weather for example (but not limited to) heavy rain, thunderstorm, haze, landslide, high winds, bush fires).
9. If the event is cancelled, re-routed or shortened, no refund or transfer to another event will be made.

#### Mandatory Items

1. All participants must adhere to the mandatory items as instructed by The Organizer, throughout the race period of the event.
2. The Organizer or Organizer's appointed race crews have the rights to perform random mandatory items gear check on the participant at any point of time or place throughout the race event.
3. All mandatory items **MUST** be carried at all times by yourself even when not in used.
4. Should the participant to be found with any amount of incomplete item from the mandatory item list, the participant will not be allowed to continue the race course.

#### Cut Off Time

1. All participants must adhere to the cut-off times enforced throughout the race.
2. There is cut-off time enforced in water stations, checkpoints and at the finishing line. Participants must check out from the water station or checkpoints before the enforced cut-off time of that water station or checkpoints. Participants must also cross the official finishing line for the event before the cut-off time to be considered as an event finisher.

3. All decisions by the Organizer are final and non-negotiable.

#### Race Course

1. All participants must follow the marked path by the Organizer along the race course and are expected to stay on the official race course throughout the event.
2. All participants are not allowed to take any shortcuts in attempt or to complete the race course. Shortcuts in race course includes of going off route that is not part of the event race course, getting vehicle aid (hopping into a vehicle for example (not limited to) a car, motor, bus, truck etc.
3. Any participants caught violating this rule by taking a shortcut will be disqualified of their race entry.
4. There will be no road closure for the event unless stated otherwise. All participants must aware and acknowledge that there will be motor vehicles utilizing the road during the event. Please be courteous to the other vehicles and let them pass through before continuing your journey.
5. All participants are expected to always run on the shoulder on the road be careful of the approaching vehicles. Participants are responsible for your own safe-being on the race course.

#### Additional Unofficial Aid

1. All participants are expected to participate and complete the event without getting aid from unauthorized support. This includes but not are not limited to, unauthorized aid stations being set up by anyone along the race course, and unofficial pacers (either in the form of foot or vehicle).
2. Any participants caught with participating the event with unofficial aid, will be disqualified immediately.
3. We welcome supporters to provide moral or additional self-support items to desired participants at the official water stations or starting/finishing line, without disrupting the race event and other participants.
4. The Organizer is not responsible for the safety of the support crews/supporters. The Participant is responsible for the actions of the participant's support crews/supporters. The support crews/support must comply to all the rules and

regulations and instructions from the Organizer and the event officials. The participant may be penalized or disqualified for the actions or breaches of the rules by their support crews/supporters.

#### Race Bib

1. Participants must ensure that their race bib must be worn and visible from the front view.
2. Participants are not allowed to manual edit the race bib in any way, for example ( but not limited to ) obscuring / handwritten editing of participant info / removing sponsor's identification ) will result in your disqualification.
3. Participants without race bibs on the event day will not be allowed to start the event.
4. The Organizer do not condone and allow unofficial bib exchange or bib transfer. Whoever found to be running with another person's race bib other than his/her own will be subjected to disqualification, and possible banned from the event for a period of time.
5. The Organizer is against the unlawful transfer of bib. The Organizer will bear no responsibilities and insurance coverage for any participant with illegal bib for the event. Any transfer must be made known and be authorized by the Organizer. This is to ensure that should there be any incidents, the right person is contacted and the right treatment to be administered in some cases.

#### Medical assistance & Insurance coverage

1. There will be several medical stations along the route and at the event race site. All participants are covered by the insurance bought by the Organizer for the event. Further details of each event's insurance details will be sent out to participants via each event's race briefing information document. It is strongly recommended that participants have obtained an adequate personal medical insurance coverage.
2. It is the Participant's responsibility to inform the Organizer during your event registration, of any pre-existing medical illness from which you suffer that may affect your performance. In addition, you agree to inform the Organizer of all medications that you are currently taking or you will be taking while you are participating in any event. The Organizer reserves the rights to review your medical condition and decides to reject your application if you deemed unfit to participate for the event.

3. If any participant suffers from any sickness for example (but not limited to) fever, flu, cough, diarrhea, vomiting on the event period, the Organizer does not recommend the Participant to participate in the event. The Participant agrees to be responsible for his/her own risk should the Participant proceeds to participate in the event.
4. If you need any First Aid assistance on the race course, you must contact the emergency number printed on the race bib. You will be in contact of the Organizer team to assist you on your situation.
5. Participant is required to identify himself/herself with bib number, along with the current location and situation to the Organizer during the emergency call.
6. If necessary, and in the interests of the person being rescued, at the exclusive discretion of the organizers, the official medical rescue services may be called upon to take over operations, using any means they consider appropriate, including an ambulance. Any costs deriving from such exceptional transport will be charged to the person who has been rescued.
7. Participants are not to misuse this emergency number with general enquires or requests on personal benefits. The Organizer reserves the right to ignore or close the call if it is not an emergency call for medical assistance.
8. Depending on your condition, an emergency evacuation may be required. This evacuation will be at the expense of the person being rescued. For overseas racers, it is strongly recommended that you obtain adequate travel insurance coverage.

#### Bag Deposit / Drop Bag

1. The definition of the Organizer for Bag Deposit is the bag that Participant wish to place at the start/finish line during the event period.
2. The definition of the Organizer for Drop Bag is the bag that Participant wish to place at the selected water station or check point during the event period.
3. It is participant's responsibility to be aware from the event's website or race briefing information documents if the event provides bag deposit or drop bag services.
4. It is also participant's responsibility to self-register the bags at the event's bag deposit/drop bag counter with the event officials. The Organizer will transport your registered drop bag to the designated water station or check point of the event, and transport it back to the start/finish line after the event.

5. As there will be no bags supplied by the Organizer, participants are welcome to use your own bag in any form, but not larger than 12"x18".
6. As the Organizer will not check or control the items in the bag, it is strongly advised not to leave any valuable items or cash in the bag. The Organizer shall not be responsible for the loss of any bag and any spoilage.
7. All participants are encouraged to retrieve their bags at the start/finish line, no later than 1 hour after the end of the race. The bags can be retrieved by either the participant, or a family member or friend, by showcasing the Participant's race bib.
8. Any uncollected bag from the event will be disposed by the Organizer after 48hours from the event.
9. If the Participant wishes to collect the uncollected bag from the event, the participant must come, in person to retrieve their bag at their own cost.

#### Participant's Responsibilities

1. All participants are to understand the unique nature and requirements of competing in an ultra-long distance running race. Participants will be running all day and have undertaken the necessary training to compete in such a race.
2. Participant will be responsible for yourself and have the ability to deal with any problems that may encountered during the race.
3. Participant are able to deal with, on your own without assistance, deteriorating weather conditions for example (but not limited to) raining, strong winds and other troubles when running in the event.
4. Participant will be able to deal with extreme fatigue, internal organ and digestive problems, muscle pain, mild physical injuries and psychological problems on your own.
5. Participant is fully aware that when participating in an outdoor activity such as this event, your safety depends on your own skills and abilities.

#### Participants classification

1. Participants who dropped out from the race: Did Not Finish (DNF)

2. Participants who missed the cut-off time in checkpoints or finishing line: Did Not Finish (DNF)
3. Participants who registered and not start the race: Did Not Start (DNS)
4. Participants who ran without a bib or mismatched bib information: Disqualified (DQ)
5. Participants who did not have the complete mandatory items: Disqualified (DQ)
6. Participants who took a shortcut or did not pass the checkpoint: Disqualified (DQ)
7. Participants who received assistance or support from non-official pacers: Disqualified (DQ)