

Delta College Foot Race Competitive Rules

The competitive rules are intended to provide for the orderly and consistent administrations of events sanctioned by Delta College and are not designed to establish standards of care for the safety of participants or other persons. Every participant, official, volunteer and spectator should consider all safety issues and make related decisions prudently without reliance upon the Competitive Rules.

Delta College makes no express or implied warranty, guarantee, or representation regarding the degree of safety, which may or may not result from compliance with the Competitive Rules. Examinations or inspections of equipment at sanctioned events are undertaken solely to monitor compliance with the Competitive Rules and do not guarantee or ensure safety from personal injury or property damage. The safety of race equipment is the sole responsibility of each and every participant.

Article I

Purpose and Construction

- 1.1 Purpose. These Rules are designed to set forth a standard set of parameters within which athletes can participate in the Delta College Foot Race and compete in a positive atmosphere of equal opportunity. These Rules are intended:
 - a. To promote and maintain sportsmanship, equal opportunity and fair play;
 - b. To encourage and reward individual performance and initiative;
 - c. To protect the health, safety, and well being of participants;
 - d. To promote the integrity of sport as a positive cultural force in modern day society; and
 - e. To foster the foregoing ideals through the establishment and enforcement of punitive rules.
- 1.2 Construction. These Rules shall be interpreted and construed in a manner consistent with their purpose. Whenever the context so indicates, the masculine or feminine gender, and the singular or plural number, shall be construed to include the other.
- 1.3 Rules Exceptions and Additions. For any particular event, a race director may request from Delta College a specific exception or addition to these Rules. Any such request should be made with the consideration of the participant's safety as the highest priority. All requests for Rules changes must be made in writing. All exceptions or additions to these Rules must be expressly approved in writing by the Executive Director of the Delta College Foot Race and must be announced to all participants prior to the event.

Article II
General Rules of Conduct and Penalties

3.1 Preparation and Training. No person shall participate in a foot race or other multi-sport events unless such person:

- a. is trained adequately for that specific event, as might be expected of a prudent person entering a similar competition, and
- b. is in excellent health, based on recent training, physical examinations, if any, and generally accepted standards of good health.

3.2 Age Group Competition.

- a. All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event.

3.3 General Conduct. At or during an event, or while at the event site, all participants must:

- a. Act in compliance with these competitive Rules;
- b. conduct themselves in a manner that is not offensive in any way to fellow participants, spectators, officials or volunteers and is considered reasonable and acceptable in the community;
- c. Treat all participants, officials, volunteers and spectators with fairness, respect and courtesy;
- d. Refrain from the use of abusive language or conduct; and
- e. After violating any of the Competitive Rules, report such violation to the Head Referee or retire from the event.

3.4 Race Conduct. All participants in The Delta College Foot Race must adhere to the rules in this Section 3.4:

- a. *Entire Course.* Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(1). In the event the Head Referee makes such a determination, the penalty shall be disqualification.
- b. *Unsportsmanlike Conduct.* Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official. Violations of this Section shall result in disqualification of a variable time penalty depending on the severity of the violation as determined in the sole discretion of the Head Referee.
- c. *Obstruction.* Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this Section shall result in a variable time penalty.
- d. *Unauthorized Assistance.* No Participant shall accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, pacing, unless an express exception has been granted and approved, in writing by Delta College. The receipt of information regarding the progress, split times, or location of other competitors Delta College shall not be considered the acceptance of unauthorized assistance. Any violation of this Section shall result in a variable time penalty.

- e. *Re-entry.* Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. Any violation of this Section shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.49(1), in which case the penalty shall be disqualification.
- f. *Race Numbers.* Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, in the transition areas, and on the course. Any violation of this Section shall result in a variable time penalty.
- g. *Unfair Advantage.* No participant shall use his body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants. Any violation of this Section shall result in a variable time penalty.
- h. *Abandoned Equipment.* No Participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in a variable time penalty.
- i. *Glass Containers.* No participant shall utilize any glass bottles or glass containers at any time during the event. Any violation of this Section shall result in a variable time penalty, unless the Head Referee determines that such conduct constituted endangerment under section 3.4(1), in which case the penalty shall be disqualification.
- j. *Unauthorized Equipment.* No participant shall use any equipment which the Head Referee determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. Unless otherwise provided for in these Rules, any violation of this Section shall result in a variable time penalty.
- k. *Endangerment.* No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification.
- l. *Wave Starts.* When the beginning of any event is commenced by starting designated “waves” or groups of participants at different times, all participants shall start in and with proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified. Any participant who starts in an open or elite wave in an event with age group waves shall be ineligible for age group awards and USAT national rankings.
- m. *Indecent Exposure.* Public nudity at any time during the event is prohibited. Any violation of this Section shall result in a variable time penalty.

3.5 Unregistered Participants.

- a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from Delta College Foot Race from participation in any sanctioned event for a period of up to one year.
- b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from Delta College Foot Race participation in any sanctioned event for a period of up to one year.

Any Second violation of this Section shall result in a lifetime suspension or ban from the Delta College Foot Race.

3.6 Penalties and Prohibited Conduct. Penalties, including disqualification and suspension, may be imposed upon race participants who violate any of these Competitive Rules or who solicit, encourage, or assist an violation of these Rules. Except as otherwise provided in these Rules, the specific penalty to be

imposed in any given case shall depend on the nature and severity of the violation as determined by the head Referee or Delta College. The following penalties may be imposed for a violation of these Rules:

- a. Assessment of a Time Penalty
- b. Disqualification
- c. Written reprimand or censure
- d. Monetary fines
- e. Suspension from Delta College Foot Race
- f. Permanent Expulsion from the Delta College Foot Race

3.7 Acts Warranting Suspension. In addition to other penalties which may be imposed at the discretion of Delta College, the following acts may be grounds for suspension for a period of times designated by the Delta College Foot Race:

- a. A flagrant or willful violation of the competitive Rules;
- b. Gross or continued unsportsmanlike conduct;
- c. Physical violence directed toward a race official, participant, volunteer, spectator, or other person;
- d. Any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to the Delta College Foot Race, the Board of Hearings and Appeals, or race officials;
- e. Intentionally participating in an event despite failure to register;
- f. Repetitive or recurring violations of the Competitive Rules;
- g. Failure to notify a race official after withdrawing from a race;
- h. Violation of the Medical Control Rules as set forth in Article VII
- i. Refusal to abide by the final determination of Delta College of any matter relating to these Rules of the sport of a foot race; and
- j. Any act which disgraces or brings discredit to the sport or foot race.

3.8 Effect of Suspension. Any person suspended from the Delta College Foot Race shall be ineligible to participate in any Delta College Foot Race events and shall be disqualified from any Delta College Foot Race event during the suspension period and until such time as that person has applied for and received written notice of reinstatement from the Delta College Foot Race.

3.9 Reinstatement. Any person who has been suspended must apply in writing to Delta College for reinstatement after or immediately preceding expiration of the suspension period.

3.10 Notice of Disciplinary Actions. Any person reprimanded, censured, suspended, or expelled from Delta College Foot Race shall be entitled to receive reasonable notice of such disciplinary action.

3.11 Acts of Agents. The conduct of any agent acting with apparent authority on behalf of a participant shall constitute grounds for penalizing such participant if such agent's conduct violates any of these Rules.

Article III

Running Conduct

4.1 Permitted Conduct. A participant must run or walk the entire portion of the run course. Except for reasons of safety and when no advantage is gained, all runners shall follow and remain within the

prescribed course. A participant who gains forward progress by crawling or otherwise violates this section shall be disqualified.

4.2 Knowledge of the Course. The responsibility of knowing and following the prescribed course rests with each participant.

4.3 Permitted and Illegal Equipment. A participant may carry a water bottle on the run portion of the course, provided that such container is not made of glass. Glass containers are prohibited.

Article IV

Doping Control Rules

5.1 Policy. Delta College Foot Race condemns the use of substances or methods on the International triathlon Union list of classes of prohibited substances and methods. Additionally, Delta College Foot Race condemns the use of substances or methods aimed at artificially enhancing athletic performance. The use of prohibited substances or methods or the use of substances or methods aimed at artificially enhancing performance, frequently referred to as “doping”, contravene the ethics of both sport and medical science, threaten the integrity and dignity of Olympic sport, erode public confidence in the Olympic Movement and jeopardize the well being of athletes. Additionally, the use of substances on the ITU prohibited substance list of the practice of artificially enhancing performance is inimical to the concept of sportsmanship and frustrates the desire to conduct fair athletic competitions.

Article V

Race Officiation

6.1 Race Officials. The race officials at all events shall consist of a Head Referee, Marshals, Judges, and a Head Timer. The race officials shall conduct each event accordance with these Competitive Rules and shall uphold and enforce these Rules and any other regulations or policies of the Delta College Foot Race in an impartial manner.

6.2 Head Referee. Beginning with the start of the event and until all scores are finalized, the decisions of the Head Referee are final and binding with respect to all competition matters pertaining to the event, with the exception of decisions by the Protest Committee.

6.3 Powers of the Head Referee. The Head Referee shall be empowered:

- (a) To interpret and enforce these Competitive Rules and any other regulations or policies of the Delta College Foot Race.
- (b) To supervise and control the general conduct of all participants, to require that a participant withdraw from an event, and to intercede during a competition at any stage to ensure that the Competitive Rules are observed;
- (c) To invoke and impose penalties for violations of these Rules and to prominently post a list of all violations and penalized participants designated by race number at a site located near the finish of the event;
- (d) To make decisions on any point not specifically covered in these Rules;
- (e) To instruct, direct, assign duties to, and delegate authority to all other race officials;

- (f) To overrule any Judge, Marshal, or other race official on any point of interpretation of these Rules, and to resolve differences of opinion between or among Marshals, Judges or other officials;
- (g) To examine the equipment of other items of any participant at any time to check compliance with these Rules, and to make the final and binding decision as to whether any equipment or other item is improper or unauthorized;
- (h) To establish all aspects of protest procedure, including the time and place of hearing, to impose sanctions for noncompliance with established procedure, and to assess penalties in accordance with the resolution of any protests; and
- (i) To prepare a report of actions taken and decisions rendered by the Protest Committee and to make recommendations on improving race operations.

6.4 Duties of the Head Referee. The Head Referee shall have the following duties and responsibilities:

- (a) The Head Referee shall wear distinctive clothing or other means of identification;
- (b) The Head Referee shall establish an officials' headquarters located near the finish of the event;
- (c) The Head Referee shall use and maintain a violation posting board erected by race management;
- (d) The Head Referee shall process violations reported by Marshals diligently and as soon as possible and shall review every violation with the appropriate reporting Marshal;
- (e) The Head Referee shall determine the relative severity of any offense or violation;
- (f) The Head Referee shall assess an appropriate penalty;
- (g) The Head Referee shall retain the results of reported violations and decisions and shall review the information in connections with all protests; and
- (h) The Head Referee shall submit all appropriate data which affects final results to the Head Timer for incorporation into final race results.

6.5 Official Race Results. Final results will be reflect all decisions made by the Head Referee and the Protest Committee. Results are subject to review by the Head Referee at or after the event. Any changes made by the Head Referee shall be reported to the competitor, the Race Director, and the Executive Director of the Delta College Footrace in writhing no later than 10 days after the event, at which time the results will be deemed final, subject to any appeal filed by a competitor, including anyone affected by the change in results.

6.6 Race Marshals. Race Marshals will be assigned to run portions of the event and will follow all instructions of the Head Referee. Race Marshals shall have jurisdiction over all persons in their respective areas of assignments. Race Marshals shall enforce these Competitive Rules by reporting violations to the Head Referee in writing. The Head Referee, and not the Race Marshal, shall assess penalties.

6.7 Judges. Judges shall hear and rule on all protests as members of the Protest Committee. Judges shall also assist other race officials as instructed by the Head Referee.

6.8 Head Timer. The Head timer is responsible for collecting and processing all data relevant to the calculation and determination of official race results.

Protests

7.1 Proper Subject of Protest. No protest may be filed with respect to matters which were observed by or previously ruled upon a race official. No person may file a protest which requires a "judgement call," as used in these Rules, means the resolution of a dispute involving one or more material facts which cannot be determined with certainty solely through the production of tangible physical evidence. The term "judgment call" shall include but shall not be limited to a resolution of:

- (a) allegations of blocking, obstruction, or interference; or
- (b) allegations of unsportsmanlike conduct.

Any protest filed in contravention of this Section shall be summarily dismissed under Section 7.4

7.2 Protest Involving Eligibility. Protests contesting the eligibility of any participant to compete or to represent an organization in an event shall be made in writing to The Delta College Footrace or to the Head Referee before the event begins. A participant may be allowed to compete under protest if the Head Referee deems appropriate.

7.3 Standing to File a Protest. Protest may be filed by participants who directly observed the subject of the protest, who were directly and personally, involved in any incident relevant to the protest, and who possess direct, detailed, and personal knowledge of the subject of the protest.

7.4 Summary Dismissal of Protest. With respect to each protest filed, the Head Referee shall make an initial determination as to whether the protest complies with all of the provisions of the Article and whether the protest is improper factually sufficient to support a ruling by the Protest Committee. If the protest is improper or deficient in any respect, the Head Referee shall summarily reject and dismiss the protest and shall not be required to submit the matter to the Protest Committee. If the defect is curable in the opinion of the Head Referee, the Head Referee may allow the protest to be resubmitted within a reasonable time, even if the time period had expired.

7.5 Time for Filing Protests. All protests must be filed in writing and submitted to the Head Referee within sixty minutes after the person filing the protest has completed the event.

7.6 Contents of Protest. All protests must be factually sufficient to support a just ruling by the Protest Committee and must contain the following:

- (a) The specific Competitive Rule or Rules alleged to have been violated;
- (b) The location and approximate time of the incident
- (c) The person or persons involved in the incident;
- (d) A detailed statement of the specific facts, including a diagram if necessary or appropriate;
and
- (e) The signature of the person filing the protest, which shall constitute an affirmation that the facts stated therein are true.

Failure to comply with any of the Section shall subject the protest to summary dismissal.

7.7 Notice of Protest. All persons involved in or affected by a protest shall be notified thereof and shall have access to the contents of the protest.

7.8 Protest Committee. The Protest Committee shall be comprised of the Head Referee and two Judges appointed by the Head Referee. The Head Referee shall serve as chairperson of the Protest Committee and shall have full authority to conduct the protest and maintain order. The Protest Committee will issue a final determination with respect to all protests timely filed and not subjected to summary dismissal.

7.9 Protest Hearing. In hearing a protest, members of the Protest Committee shall weigh the evidence and testimony impartially and shall render a decision in accordance with their best judgment. During all protests:

- a. The Head Referee will read the protest;
- b. The person who filed the protest and all participants involved in the incident must be present, unless medically unable to attend in which case the Head Referee shall postpone the hearing or allow a representative to participate on behalf of the injured person;
- c. All persons required to be present shall be allowed three minutes to relate their accounts of the incident, or such additional time as the Head Referee may allow;
- d. A maximum of two witnesses for each participant involved in the protest may be allowed to speak for three minutes each; and
- e. No spectators or partial observers shall be allowed to participate in the hearing.

7.10 Protest Ruling. After dismissing all parties, the Protest Committee shall review the evidence and render a prompt decision. A decision will be posted immediately.

7.11 Effect of Protest Decision. The summary dismissal of a protest by the Head Referee or the decision of a Protest Committee shall be final, and official race results shall reflect those determinations. Official results and the determination of and Head Referee of Protest Committee can be subsequently modified only by the Delta College Foot Race.

7.12 Announcement of Official Results. Until all protests are finally determined, the official results of any event shall not be announced, and no prizes for that event shall be awarded unless any outstanding protest is officially withdrawn.

7.13 Presence of Participants. All race participants are required to be present and to participate in the hearing of and protest in which they were involved. A Protest Committee may render a decision in the absence of any participant who fails to appear timely. Except for medical reasons, all participants shall remain available for participation in any and all protests until such time as official race results are announced, the period for filing all protests has expired, or permission to leave the vicinity is granted by the Head Referee.

Disclaimer

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Delta College Race Modifications for Physically Challenged Athletes

PC 1.0 General

Physically challenged athletes (hereafter known as PC athletes), shall be governed by all Delta College Footrace competition rules with the following modifications,

PC1.1 Classification.

Athletes may compete in the Delta College Footrace without official classification in categories.

PC 1.2 Competition Categories

Groups for Physically Challenged Athletes

TRI 1- Paraplegic, Quadriplegic, Polio, and Double Leg Amputee must use racing wheelchair on run.

TRI 2- Severe Leg impairment: Above- knee amputees. Athlete must run with above knee (of similar prosthesis or crutches.

TRI 3- Les Autre: Includes athletes with Multiple Sclerosis, Muscular Dystrophy, Cerebral Palsy, and Double leg amputee (runners or walkers) or paralysis in multiple limbs; must run or walk. (May use braces or prosthesis)

TRI 4- Arm impairment: Including above and elbow amputees or "impairment" in one or both upper limbs. Athletes may use prosthesis, brace or sling on the run.

TRI 5- Moderate leg impairment: Below-knee amputees. Athlete must run or walk with prosthesis or crutches.

TRI 6- Visual Impairment: Legally Blind. (20/200 vision with best corrective vision). A handler of the same sex is mandatory throughout the race. Athletes may use a Seeing Eye dog if needed.

PC 1.3 Handlers.

Physically Challenged athletes shall be permitted the following in regard to Handlers/aids:

Each PC athlete is required to identify all handlers and describe their duties to the appropriate race officials prior to the start of the race. Handlers are specifically allowed to assist PC competitors by the necessary means to complete the race.

PC1.4 Running Conduct.

Physically challenged athletes shall be governed by the following with regard to running conduct:

- a. Prosthetic devices and/or crutches are allowed.
- b. Category T1 equipment (racing wheelchairs) must conform to specifications as established by the WSUSA (Wheelchair Sports USA):
 - a. The wheelchair shall have at least two large wheels and one small wheel.
 - b. Any device or design element that exists for the purpose of reducing air resistance will be permitted provided that said device is limited to the area between the rear

wheels and must not extend beyond the lateral edges of the large wheels or extend in front or behind the edges of the tires except that fenders may protrude two inches past the circumference of the inflated tire.

- c. The maximum diameter of the large wheel including the inflated tire shall not exceed 70 cm. the maximum diameter of the small wheel including the inflated tire shall not exceed 50cm.
- d. Only one round hand rim is allowed for each large wheel.
- e. No mechanical gears or leavers shall be allowed that may be used to propel the chair.
- f. Only hand operated mechanical steering devices will be allowed.
- g. No part of the chair may protrude behind the vertical plane of the back edge of the rear wheels.
- h. Athletes must ensure that no part of their lower limbs can fall to the ground or road during the event.
- i. It will be the responsibility of the competitor that the wheelchair conforms to all the above rules and no event shall be delayed while the competitor makes adjustments to the chair.
- j. Chairs may be measured.

PC 1.5 Blind Athlete Guide Conduct

The following additional rules apply to blind athletes and their guides:

- a. Blind athletes must use a guide of the same sex in competition with a few exceptions, must furnish the guide.
- b. The blind athlete may chose to use an elbow lead, tether lead, to run free, or to use a seeing eye dog.
- c. The runner may receive verbal instructions only from his/her guide.
- d. At no time may the guide lead or pull the athlete.
- e. At no time may the guide propel the athlete forward by pulling or pushing.
- f. Whether or not a tether is being used, the athlete and guide shall not be more than 0.5 meters apart at all times.
- g. As the blind athlete crosses the finish line, the guide must be beside or behind the athlete but not further than the required 0.5 meter maximum separation distance.

Infringement of any of these rules shall result in a disqualification (DQ).

