

VANUATU ROUND ISLAND RELAY

RACE RULES

- 1. The Team shall consist of 10 Runners, one runner allocated to each of the 10 sections.**
- 2. Each team member must complete the section allocated to him / her on the team registration form.**
- 3. There will be no substitute or reserve runners. In the event of a runner being unable to complete his or her section, the team will be disqualified from the race. However, one of the 10 registered Team members may complete the section to allow the Team to continue and complete the course.**
- 4. Race numbers must be worn on the front of the vest.**
- 5. The neck cord used for the relay must be handed from one runner to the next with both runners touching the cord simultaneously.**
- 6. The runner must receive no assistance in movement along the course.**
- 7. If for any reason a runner has to leave the course, he / she must resume at the same point that he / she left the course.**
- 8. Each team will have one support vehicle of a type and size approved by the race organisers. No other support vehicles will be allowed on the course.**
- 9. One seat in each team support vehicle will be allocated to a race official.**
- 10. Team support vehicles must display the Official Race I.D. Sign allocated.**
- 11. Team managers must ensure that sufficient water is carried in the vehicle for their team runners to drink on each of the 10 sections. Drinks must not be handed from a vehicle. Stop, get out of the vehicle and hand the drink to the runner.**
- 12. Team vehicles must not drive alongside runners. Where possible keep the runner in sight, drive ahead 500 – 800m wait for the runner to pass then drive ahead again.**
- 13. Drivers of Team and Official vehicles must drive with extreme care at all times. Drive slowly when passing runners & other vehicles.**
- 14. Do not leave paper cups or other litter along the race course. Carry a waste bag in the Vehicle to collect your rubbish.**
- 15. All Teams should pass Dry Creek before 6pm, otherwise the team is disqualified.**