



On Course Race Rules

- **Age Restrictions.** Our Event supports and promotes safe youth participation. All runners must either be over 18 or otherwise be eligible under our Youth Participation Program outlined on the event website.
- **Following Marked Course.** Runners are to follow and complete the full marked course, including completing any out-and back sections on foot with no vehicular or other external assistance (except as allowed under Support Crew Rules). Any runner who goes off track must return to the previous official course mark. Runners deemed to have taken shortcuts or receiving assistance not in line with the Race Rules will be disqualified. Extreme care must be taken when running along cliff areas within Booderee National Park. Please note that the running trails in these areas are wide and a safe distance away from the cliff faces. However, exiting the marked trails and proceeding towards the cliff edges is extremely dangerous and not permitted at any time during the event.
- **Pacers are not** permitted in any of the Events.
- **Support Crew Assistance** is permitted at designated Event Check Points and, where safe to do so, publicly accessible areas outside any single track sections (for safety of Runners and other members of the public). Support crew assistance cannot include carrying of any mandatory equipment for the Runners or any transport of the Runners along the course.
- **Support Crew Designated Checkpoints and spectator access** will be outlined in the Event Guide (out in 2025). Support crews may only access the Designated Checkpoints and must follow Directions of the Race Crew at each Checkpoint. Please be respectful to other competitors and leave the area as soon as possible once your runner has moved on. Support crews entering Booderee National Park must purchase a park entry permit available on the Booderee NP website. Support crews are responsible for their own safety and it is their responsibility to observe all National Park rules, road rules, parking restrictions and also specific rules outlined in the Event Guide. Please note that due to the remoteness of certain park areas, and road constraints, certain areas of the National Park (including some Check Points) will not be accessible by Support Crews or spectators during the event.
- **Runners withdrawing.** If possible, Runners withdrawing from the Event should proceed to the nearest Event Checkpoint and notify the Race Team. The Race Team will ensure that first aid is provided (if necessary) and inform the Runner of transport options (either by contacting the runner's support crew or organising Race Crew transport back to Huskisson). If the Runner is on course and unable to proceed to the nearest Check Point, they need to enact the Emergency Procedures outlined on the back of the Race Bib. The Event Team will organise a First Aid unit to render assistance.
- Runners may also be directed to withdraw by the Race Crew. The Race Crew, under the advice of the Medical Team, may withdraw any Runner/s if it is deemed unsafe to continue either due to immediate health and safety concerns or the Runner's ability to meet the cut-off times. Runners must immediately withdraw when directed by the Race Crew who will provide any required first aid and organize transport back to Huskisson.
- **Mandatory Gear is to be carried at all times** (this includes fully charged phones with the required safety Apps loaded). Take note of any Bad Weather Additions as advised by the Race Team prior to the Event. It is the responsibility of each runner to understand what equipment is required and the minimum standards. We do not require a pre race gear check but will do spot checks throughout the race. Any runner not having a piece of mandatory gear will either receive a 2 hour penalty, or may not be permitted to continue the Race until the mandatory gear is complete. This is at the discretion of the Race Director based on safety considerations on the day. We suggest gear is organised in a way that is easily presented to the Race Crew for checking. Check out the Mandatory Gear Page for Details and other gear suggestions.

- **Mandatory Gear includes High Visibility Safety Vests** that meet Australian Standards for Day/Night use. These are to be worn as an outer layer over any backpacks at all times after 5pm on all areas of the course. Ensure your Race Bib is visible over the Vest. Check out all the Mandatory Gear Requirements on the Mandatory Gear Page
- **Race Bibs** must be worn and fully visible at all times on the outside of any clothing and on the front of Runner's bodies. We recommend using a race belt which can be easily adjusted over clothing. Bibs are not to be altered in any way or folded.
- **Trekking poles** are allowed throughout the course for the 53km and 106km events. Poles are not permitted to be used on the 20km Beach Burn. When not in use, poles are to be folded and stored in a way that does not protrude in any way, ensuring the safety of other competitors and members of the public.
- **Headphones** are allowed in all events. They must be turned off when running the sections that are along public roads, when crossing roads and at all Check Point areas.
- **Toilet facilities** are provided at designated areas on the course (refer to the Event Guide). The events are taking place within Booderee National Park amongst environmentally and culturally sensitive areas. We ask that where possible runners utilise toilet facilities. Human faeces are not to be left anywhere on the trails and must be carried out. If you need to poo either use a toilet or a wag bag to be disposed of at the next toilet.
- **Littering is strictly prohibited.** Part of mandatory gear is a bag for personal rubbish and it must be used at all times. Rubbish must be carried out or disposed of at the designated Checkpoint rubbish bins. Respect for the land we run on is sacred.
- **There are no cups provided** at the checkpoints. Runners should carry a collapsible cup or use their bladder pack.
- **Safety Briefing and Pre Event Information.** Runners must ensure that they are familiar with all up to date information provided by the Event Organisers – including any changes leading into the Event. Please be familiar with all the details contained in the Event Guide (to be released in 2025) and attend the pre race safety briefing on Friday evening for all up to date information. Ensure you keep up to date on the Event Socials or via the Event emails.
- **Interacting with Ultratrail Jervis Bay Race Crew, Volunteers and Traffic Control.** We ask all runners and their support crews to follow the directions of the Race Crew, Race Volunteers and Traffic Control personnel at all times and be kind and respectful. The event is operating in National Park Areas, interacting with public land users, vehicular traffic as well as natural elements and remote areas. We are here to keep runners safe and ensure that all interactions are positive and respectful. If any Runner or member of their support crew is contravening the Race Rules, acting in a manner that is disrespectful, aggressive or unsafe to the environment, the Race Crew, volunteers or other runners, they will be disqualified and removed from the Event.
- **Interacting with other Runners and Members of the Public.** The Event will be taking place in public areas that are shared with other runners and members of the public. Please be courteous when sharing the trails with other users. Pass only when safe, share the space and be respectful. When running near public roads, observe road rules, give way to vehicles and follow the directions of Traffic Control staff. If there is a runner injured or needing assistance on course, please stop and look after each other. This is the basic ethic in Outdoor Adventure Sports - and more important than anyone's race time.
- **Do not interact with Wildlife** There is an abundance of wildlife along the Event route. This includes birds, kangaroos, echidnas and reptiles. Please be respectful, give any wildlife ample room and do not approach, threaten or interact with them.
- Due to the nature of the trails **the event is not suitable for wheelchairs or prams.**
- **Dogs are not permitted** on the course, National Park areas or Checkpoints
- **Non-compliance with race rules may incur a time penalty to the runner, or a disqualification.** This will be at the discretion of the Race Director. Please note that no refunds will be issued in the event that non compliance results in a withdrawal or disqualification.