

UTA50 Rules

1. You must complete the marked course on foot under your own power.
2. It is not permitted for someone else to compete under your name or for you to compete under someone else's name. This will result in banning both parties from competing in the event in future years.
3. Trekking poles are not permitted to be used in the first 12km of the course due to creating a dangerous tripping hazard.
4. Trekking poles must be fully collapsible so they can either fit inside your running pack or be strapped to the outside of your running pack when not in use. Trekking poles must not be held in your hands and must not protrude from your running pack or body at times when their use is not permitted.
5. Trekking poles are permitted to be used from the 12km mark at Leura Cascades onwards however they must be used in a safe manner so as not to affect the safety of other runners or tourists on trails.
6. Your race number must be visible at all times on the outside of your clothing and on the front of your body over your belly or chest. It must not be worn on your pants or leg. Do not cover over your race number with any backpack strap or article of clothing such as thermal top, waterproof jacket (including see-through jackets) or high-visibility safety vest. Refer to [Race Number Wearing Instructions](#).
7. You must not fold, cut or change your race number in any way. It must be worn as is, unfolded.
8. Your bag timing tag must be attached securely to the back of your running backpack. If you change backpacks during the event you must re-attach the bag tag to your new backpack. Refer to [Instructions for Attaching Bag Timing Tag](#).
9. You must start in the start group that appears on your race number. You may also start in a later start group. You must not start in an earlier start group. If you start in an earlier start group than that specified on your race number you will automatically be disqualified. If you start in a later start group you will not be disqualified.
10. The wearing of iPods or other music players with headphones is not allowed at all on Leg 1. This is both for road safety and so you don't hold up faster runners on the single track of Leg 1. Also you must switch off music at 41.2km Emergency Aid Station so you can hear directions given to you by event marshals, you must switch off music when travelling on all public roads so you can hear approaching traffic and you must switch off music when on any cliff sections of the course so you don't cause yourself or someone else to get pushed off a cliff. So while you may use iPods after Checkpoint 501, it is up to you to use them in a sensible and safe manner so that you remain aware of your surroundings at all times.
11. If you withdraw from the event, you must sign the withdrawal form at the closest checkpoint (unless assisted from the course by a Medical Team).
12. If you need First Aid help on the course you must use the phone numbers on your Participant Emergency Instructions Card to contact the Event Safety Team who will arrange to retrieve you. Spectators are not allowed to enter the event course to collect runners.
13. A High Visibility Safety Vest that complies with Australian Standard AS / NZS 4602:1999 –D/N Class for day and night time wear must be worn over the top of your torso and back pack at the times and locations as specified in the Runner Guide. Your race number must still be visible at all times on the outside of your high-visibility safety vest (note this item is weather dependent).
14. You must stay on the marked course. Short cuts are not permitted. If you get lost, return to the last sighted marking.

15. You must carry your own Mandatory Gear at all times during the event. Random gear checks will be performed during the event. For the sake of fairness to all runners, a 40 minute time penalty will apply for every item that is missing. For on-course gear checks, this time penalty will be served at the location of the gear check so a runner will not be able to proceed on course until the time penalty is served. During this time, the runner must arrange for the missing item(s) to be replaced or they will not be allowed to continue on course even after the time penalty has been served. For severe breaches of mandatory gear or failure to comply with the requests of event marshals, the runner may be disqualified. Where it is not feasible to serve a time penalty on course, the time penalty will be added to the runner's overall race time. The breach will also be listed within the results spreadsheet. Take special note of what to do with your High-Visibility Safety Vest.
16. Outside assistance is not permitted. This includes at checkpoints, aid stations, water points or any other location during the event. Assistance from event staff is fine.
17. You must obey directions of checkpoint staff or course marshals and withdraw from the race if you miss any time cut-offs at checkpoints or on course.
18. Littering is prohibited.
19. You must not leave human faeces on the track. If you need to poo either use a toilet, a wag bag or get well off the track and use leave no trace principles.
20. You must not take dogs into National Parks.
21. You must not smoke in the National Park.
22. You must obey any information signs such as track closures, etc.
23. In training you must stay out of any out of bounds areas as shown on the course maps.
24. Leave gates as you find them. If closed, you may open a gate to pass through but it is your responsibility to close the gate after you.
25. Spectators and non-race participants are not permitted to run with or pace runners.
26. Pacers are not permitted.
27. Unauthorised persons are not allowed to enter the event course to collect runners.
28. The event organisers reserve the right to discourage and/or penalise behaviour that is considered unsporting.
29. breaking any of the rules may incur a time penalty, disqualification or pre-race withdrawal. Any such penalties are at the organisers' discretion and are final.