



Northern Territory Rogaining Association Inc.

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NOVICE PACK

Useful information for first-timers
(and probably some old-timers as well)

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What is rogaining?

Rogaining is the sport of long distance cross-country navigation in which teams of two to five members visit as many checkpoints as possible in a given amount of time. The classic rogaine is a 24 hour event on foot in bush terrain; variations include shorter durations as well as metrogaines (a six-hour event run in the city or suburbs, and cyclogaines (a metrogain on wheels!).

In all forms of the sport, teams navigate by map and compass between checkpoints. Teams travel at their own pace and anyone from children to grandparents can experience the personal satisfaction that comes from cross-country navigation at their own level of competition and comfort.

In longer events, a central base camp called the “hash house” provides hot meals and drinks throughout the event and teams may return at any time to eat, rest or sleep. In shorter events a meal is generally included at the conclusion of the event, and this a great time for post-mortems whilst scores are being finalised.

One feature common to all forms of rogaining is the opportunity for night navigation and the extra challenges that this involves.

Rogaining developed as a sport in its own right in the early 1970's, but 24-hour walks had been held since at least 1947. The word ROGAIN was coined from: ROger GAI and NEil, the three people in Australia reported to have developed the first ROGAIN. Some people know it as: Rugged Outdoor Group Activity Involving Navigation and Endurance.

Rogaining is a team activity for people of all ages and levels of fitness. It provides competitors with navigational challenges, a way of enjoying the outdoors, and a sense of achievement. Once you've started an event, the parts of the course you see are entirely up to you and your team members.

Some teams may cover more than 60km in a 12 hour event or over 100km in an event of 24 hours duration. However, many others may walk only 10km and achieve just as much satisfaction. The enjoyment comes from finding your way around a course that you have chosen and navigating back to the finish.

Rogaining in the NT

While rogaining has been established in the southern states since the mid to late 1970s, it was not introduced to the NT until July 1999 when the NTRA was incorporated and the first event (a 24 hour NT Championship rogaine) run at Litchfield National Park.

The NTRA has now successfully run many events at an average of 3 or 4 per calendar year. These include 24 hour Championship events, shorter rogaines of between 6 and 15 hour duration, metrogaines (a six-hour event run in the city or suburbs, and cyclogaines (a metrogain on wheels!).

Our aim is to continue to run events of a technically high standard and to raise the profile of rogaining in the NT, by building on existing good relationships with such organisations as Top End Orienteers and the Darwin Bushwalking Club, and developing relationships with other sporting and community bodies such as scouts, schools and running clubs.

Further Information

For further information please email us at info@nt.rogaine.asn.au.

Is this your first rogaine?

Welcome to rogaining, particularly if this is your first rogaine! The *NT Rogaining Association* hopes that you find it challenging and enjoyable.

If this is your first rogaine, you may be wondering if you've made a wise decision.... Will we last the distance? What happens if we get lost? How can up to 24 hours of walking/running and navigating be fun? How do we find our way at night? Do we have the skill or fitness to succeed?

Well, whether you succeed depends on what you aim to achieve. One of the best things about rogaining is that it can be enjoyed by people with almost any level of fitness and skill.

People participate in rogaines for a variety of reasons, and being very competitive need not be one of them. Many try to better their own previous performances regardless of overall placings, some find it a pleasant and sociable way of seeing country they might not otherwise walk in, and everyone gets a buzz when their navigation is going well and they locate a series of controls without a hitch, especially at night. It's a particularly good way of honing your navigational skills if you're a bushwalker.

The following notes are part of the **Help Desk service** which we as organisers thought would be useful – particularly for first-timers, but also for anyone wanting to improve their knowledge or techniques. For further assistance with rules, procedures or techniques please email us at info@nt.rogaine.asn.au - leave a phone number and a good time to call and someone will get back to you. Or talk to the Admin team at the event.

The notes include some excerpts from articles in rogaining newsletters of other states, the authors including Richard Robinson, Eric Andrews and Bryan Coolahan (all of Queensland.)

Obviously we can't give any specific advice on this particular course before the event- that would be unfair to other teams- but after the event we'll be happy to do post-mortems, especially if you'd like to join the organisers in bringing in the controls after the event!

Frequently asked questions

Do we have to stay out on the course for the full 24 hours?

No. It's up to you how long you stay out. Indeed you can go out for a while, come back for some food and a rest, then go out again, as many times as you like. Just be sure to hand your control card in at the administration desk for the duration of your stay at the Hash House, and when you finish.

What happens if we stay out longer than the 24 hours?

The rules for this event state that teams coming in after the specified finishing time lose 10 points per minute, up to 30 minutes late, after which the team loses all its points. We speak from bitter experience when we warn you that you need to be careful not to be too far from the Hash House as the finishing time approaches.

Are all rogaines this long? (Groan)

No. The standard or "classic" length rogaïne runs for 24 hours, and all championship events are 24 hours. 12 hours is another common length of time for rogaines. Occasionally shorter options are offered (8 or 6 hours with a 24 hour event, 6 hours with a 12 hour event, or a 12 hour "roving" event), run simultaneously on the same course.

However because rogaines are as much social as they are competitive, everyone is encouraged to try the full 12 or 24 hour event, even if they don't stay out on the course for the whole time. It's a different ethos to orienteering where many categories are offered, catering for specific levels of expertise among competitors.

Another type of event is the "Upside Down Rogaine"- this is where you start at midnight instead of the traditional midday. (Devious people, these organisers!)

Do we have to (can we?) visit all the controls?

No, and normally even the winning team would not be expected to achieve this. Rather, the aim is to pick the best route for your team's fitness and navigational ability.

By setting more controls than it is possible to visit in the allowed time, the course setter makes route choice more important. If most teams ended up following the one obvious route, an important competitive element would be missing, and such a course would be regarded as less than perfect.

I've never navigated in the dark!

Here's your big chance. It's really a lot of fun. Sometimes it's actually a bit easier than in daylight if you take care, because the darkness forces you to focus on features in the immediate area rather than be distracted by the more distant features.

It's a good idea to plan to be in an area at night which has strong relief (though not too steep or rough), rather than an area with very subtle topography. It's also good to have catching features such as a road or large watercourse on one or more sides so you can get yourself reoriented if you get lost. (For further information see *Night Navigation*.)

Rogaine? Why would you name a sport after a hair-restoration drug?

Well actually it's the other way round: the company which developed the anti-baldness drug *Rogaine*® in North America thought rogaining was such an effective way of inducing baldness in otherwise sane sportspeople and organisers that in an inspired fit of reverse marketing psychology they named their product after the sport.

Seriously though, rogaining evolved from the twenty four hour walks run by Melbourne University Mountaineering Club in the 1950s and 1960s. Three siblings named **Rod, Gail** and **Neil Phillips** devised the first real rogaine event (1976) and contributed bits of their first names to the new word.

Where can I find out more about rogaining?

Talk to the organisers of this event. Alternatively you could check out the World Wide Web, which has quite a lot of information on rogaining and related subjects. Here are a couple of sites to get you started:

- Australian Rogaining Association- <http://rogaine.asn.au/ara/> [Contains information on the national and state organisations in Australia, and useful links to the International Rogaining Federation and other organisations.]
- Rogaining in NZ- <http://www.chch.school.nz/dhs/rogaine2000/>

Typically rogaining Web sites include calendars of events (useful if you want to include a rogaine in a holiday itinerary), local contact details, event results, articles and useful links to other rogaining, orienteering and endurance sport sites.

Preparing your map

Having first registered with the Administration Desk, you (each individual competitor) will have received your map of the course.

As is pointed out elsewhere in these notes the time (up to two hours) before the start is very valuable for planning your tactics.

The following items are useful in preparing your map:

- Pens, pencil
- Highlighters (3 or 4 colours)
- Long ruler
- Geometric compass- optional
- Map measurer (wheel)- optional
- Contact (adhesive) clear plastic
- Scissors (to cut contact)
- Card table, chairs

To make your planning easier and more effective, and also to make the map easier to read while on the move and at night, you should first attack the map with pens, highlighters, ruler and other tools. Some of the techniques used by experienced rogainers to make using the map easier are:

- **Mark the out-of-bounds areas:** Use a bright highlighter to shade in these areas (if they aren't already brightly marked), and the outer perimeter of the course. This will help you focus on the general areas you need to consider visiting.
- **Mark the controls:** Using highlighters (preferably of different colours to the out-of-bounds) colour in controls according to points value. One method is to allocate one colour to the lowest (say 10, 20 and 30 pointers), another colour to the middle range (40, 50, 60) and another to the most valuable controls (70 to 100 points). Thus you can see more easily where the high value controls are located. Some people colour in the circle, others the actual control number. Don't use too dark a colour or you might obliterate some important detail on the map.
- **Enter any additional information:** Sometimes the organisers will provide additional information which was not available at the time the map was printed. Mark that on the map as well, or on the sheet with control descriptions.
- **Magnetic north:** Ascertain the bearing of magnetic north, if necessary calculating any annual variation, and mark it on the map. Often the organiser will have marked it already. It helps if you rule a series of parallel lines (this is where the long ruler comes in) across the full width of the map so that wherever you place the compass on it to orient the map, there is a magnetic north line nearby to line the compass up with. This makes it quicker and more accurate to use the map.
- **Draw concentric circles** around the Hash House at (say) one kilometre intervals to assist in planning how long it will take to get back to the HH. (With steep penalties for coming in after the finish time, this aspect is important!)
- **Plan your course:** Space does not allow full discussion of this topic, which is at the heart of how well you will compete, but the principles are... First, as a team agree on how long and how hard you want to go. Second, decide which part of the course you want to be in at night. Third, consider which areas of the course offer the best points return for the minimum physical

exertion and maximum navigational certainty. Got all that? Easy wasn't it? Mark your planned route. (For more on the planning process, see *How best to use your planning time.*)

- **Protect your map:** This can be done in a variety of ways- most often people cover it (both sides) with clear contact plastic. It's a good idea to place on the back of the map under the plastic your copy of the control descriptions, or "clue sheet", provided by the organiser, plus any last-minute information. Make sure you've finished all your markings and annotations before covering the map.

Having done all that, guard your map with your life. You'd be surprised how easy it is to lose a map while out on the course, especially at night or when you're tired! It's also a good idea to attach your control card (to be punched at each control visited) to a team member with some string. That way you should lose neither team member nor card.

Finally, keep the map after the event. As you accumulate experience it's interesting to retrospectively analyse, discuss and exaggerate your exploits.

Maps

(By Brian Coolahan, Queensland Rogaine Association)

Maps are fundamental to the sport of rogaining. To some, particularly newcomers to the sport, they are a bit of a mystery. To others they are a curse, a damnation arranged by the organiser to spoil their shot for fame and/or glory. “*The map was wrong near Control #99 and we...*” you will hear them say. But to some maps are a source of infinite enjoyment, objects to be treated with respect before and during an event, and to be preserved after the event and occasionally retrieved when sitting quietly by a warm fire-side on a cold winter's night.

How can two people hold such different views of the same map? Perhaps it is like the ink-blot test where some see an ugly hag while others see a beautiful woman. But surely not? Perhaps it is the manner in which people use the information that is available to them, so let us examine some of what is available to all of us in a rogaine map and how we might use it.

Scale

Rogaining maps are usually set on a scale of 1:50,000 or 1:25,000, and sometimes a scale in between in order to fit the map onto a standard size sheet such as A3. Now that just means that in the first of these two cases 1cm on the map equates to 50,000cm (or 500 metres) on the ground in the horizontal plane. To use this information properly you should know how many walking paces you take to cover 100 metres on flat terrain. If you do not know, go to your local school sports oval and walk a 400m athletics track circuit and count your paces for a few laps. While you are at it, time yourself and average your results for both paces and time. You now have an idea of your rate of travel in given (flat and open) circumstances. Unfortunately the people who organise rogaines do not use much flat terrain so we must now consider the contour interval of the map.

Contour interval

This information is shown with the horizontal scale. It tells you the vertical scale of the area mapped, and will normally be expressed as 20 metre contour intervals for 1:50,000 maps and 5 metres for 1:25,000 maps. Simply put, this means the vertical height between two brown contour lines is either 20 metres or 5 metres, and that is a big difference so make sure you check it. The horizontal distance between the contour lines indicates the slope of the ground, close together indicating steep ground, further apart indicating a more gentle slope. You should then apply the slope of the ground to your rate of travel to determine how much slower you will cover the ground than if it were flat. With experience you will be able to look at the scale and contour interval and assess that it will take you, for example, 18-20 minutes to cover 1km of open terrain. Unfortunately the people who organise rogaines do not use much open terrain, so we must now consider the terrain as it affects our rate of progress.

Terrain

There are many factors which can affect your rate of progress across the ground, such as vegetation, track systems, fences, crops and rock outcrops. These may not always be described on the map, but experienced rogainers have ways and means of legitimately identifying them and thus reading the terrain from the map. The map legend identifies vegetation types in broad headings which can be useful but possibly out of date. Your best tool is the Mark I eyeball, particularly when driving those last few kilometres to the Hash House. Then there is nothing illegal about whipping out the old bird-watching binoculars and examining the local scenery, provided you do not venture out of bounds. Did you see any livestock? Were the fences in good repair? Cattle are proficient at keeping

down regrowth in forests. Using these observations you will now have some better idea of a realistic rate of travel.

Legend

You should be familiar with standard map legend symbols but check the map legend anyway in case the organiser has slipped in a new item.

Magnetic North

It is wise to calculate the magnetic variation for the current year, draw in the new line, extend it over the length of the map and draw parallel magnetic north lines so that regardless of how you have the map folded or rolled you can identify magnetic north.

Date

The map reliability can be related to its date of survey. Many modern maps are based on topographical surveys over a quarter of a century old. Man made objects such as buildings, dams, fences, orchards, plantations, fire towers and so on can be obliterated in that time, and even major roads can be realigned and become overgrown. So beware and be sceptical.

Map Protection

Well if this map is so useful, we had better protect it from the elements, perspiration, grime and the occasional blood letting. Some cover their maps with clear contact adhesive and carry them rolled or folded, some fold their maps and place them inside a plastic bag, others use plastic A3 envelopes and seal the opening. Whatever suits you is best, but be careful not to crease the map or its covering or you will lose the print in the vicinity of the crease, or allow moisture under the cover.

How best to use your planning time

(By Eric Andrews, Queensland Rogaine Association)

In determining which way to go, I adopt a methodical approach and let the best plan "fall out".

1. Read all instructions and put any changes on the map.
 2. Draw the magnetic north lines on the map.
 3. If the terrain is steep, use a highlighter to mark each 100 metre contour so that the climb is more obvious.
 4. Use highlighters to mark the control numbers (not the circles) with the strongest colours being used for those with the highest point values.
 5. Use a pencil to group the controls into obvious clusters and total the points of each group. This shows the areas richest in points.
 6. Select the night area. There may only be one, but if not, balance one against the other to balance your team's strengths/weaknesses.
 7. Select where you want to be by dark, then work back to the Hash House to maximise your points for the distance you have determined you can travel before dark. Use a measuring wheel, piece of string or paper to do this.
 8. Select your detailed night route, highlighting your controls where further route choice decisions may have to be considered.
 9. Select your route for the following day, ensuring that you don't leave yourself too far away from the Hash House in the last couple of hours.
 10. Write down the proposed order of controls on the side of the map and draw the proposed route on the map.
 11. Mark on the map your hourly targets. This helps in the decision making process on the course and it can be a real boost to morale if you can stay in front of your projected targets for as long as possible.
 12. Protect your map and control descriptions in your normal manner ie. contact, plastic bag etc.
 13. Carry out your plan.
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Rogaining techniques

(By Richard Robinson, Queensland Rogaine Association)

This whole section relates to a 24 hour rogaine but the principles apply to events of any length.

Tactics

A friend once described a rogaine as the shortest two hours of your life followed by the longest 24. Not quite true, but your performance is often determined in the two hours of planning as much as in the 24 of execution.

Obviously you wish to plan to get maximum points with minimum distance. But there's more to it than that. A key is where you are at night. Ideally you want to be in the open with good relief and plenty of tracks. Not always practical, but a good aiming point. And should you visit the Hash House during the event? What distance should you aim for?

If your aim is to maximise points then you won't get any in the Hash. I know of some very competitive teams who will sometimes travel light in the afternoon and return to pick up lights, warm clothing etc. before dark and/or drop these off early in the morning. A well set course should penalise this tactic, but if the course permits it, it is a reasonable option. Others "camp" a few hours in the bush in the "wee" hours. Its a question of preference and capacity. I know my body won't restart after a short shutdown, so I prefer to keep moving. If your motivation is primarily social in nature then I suggest a good meal and 8 hours sleep.

In average terrain such as we had at Manumbar and last year's nationals I would normally aim at 3.5 km/hour straight line in daylight and 2.5 km at night. That gives 72 km total. Not outstanding, but reasonable. I also like to have short cut options towards the end and extra points options if we're ahead of schedule.

I actually draw the course onto my map before contacting it, and mark the extra points options as well as each hour of progress. The premarked course is a good motivator when you are tired and disillusioned, while the hourly marks allow you to monitor progress and make decisions accordingly.

Execution

Rogaines are won in the last 6 hours, they can only be lost in the first 18. The key is to not make mistakes, learn the map quickly, and travel at a pace you can sustain for the entire 24 hours.

At last year's nationals the organiser graphed the points per hour of the 20 or so top teams. The leading two headed off the page, but of the others, Peter and I were last at around 4.00 pm, by 4.00 am we had passed them all. Our rate was almost constant from the start through until 10.00 am and only a spineless finish dropped us to second in the pack and fourth overall. Many teams had simply gone out too hard in the heat and as a result fallen well off the pace overnight. A number of others, who didn't make the graph had accumulated vast scores on Saturday afternoon only to withdraw with dehydration and exhaustion that evening.

The point in all this is that you need to set a pace that allows you to be competitive for the entire 24 hours. This means setting a schedule which is comfortably achievable and not over extending yourself early on. If you are feeling strong in the morning, and if you've done the job correctly you should be, that is the time to start to push hard. That is the time that you can consolidate on your solid base established during the first 18 hours. And you will surprise yourself, you will have no trouble running 8 km or more in the last hour to get home on time if you need to. There is no penalty in being totally exhausted at the end.

Night navigation

(By Richard Robinson, Queensland Rogaine Association)

Navigating at night is just like navigating during the day except that it is dark and so you need to be more careful. The important thing is not to be afraid of it. At the Burrum Beast, my partner and I actually had a faster kilometre rate during the dark than we did for either of the daylight periods. Of course, our planning had quite a bit to do with that, but it shows that the night can be very profitable.

At night it is important to talk a lot. Take careful bearings and communicate them to one another. Know what you're going to see next and which way the ground should slope and tell each other. Use tracks if they are available. Also, steep areas are generally easier to navigate in, even if they are slower.

Try to always know where you are. You can check the shape of the land on all but the blackest nights by turning your light off. I often have my light off for more than half the night.

Follow handrails wherever possible. These include ridges, spurs and creeks. You can afford to be a bit conservative in your route choices by always attacking the control from a very strong feature like a track or watercourse junction, a large knoll or a distinctive saddle. It's far better to take the extra five minutes than to get lost.

Move between known points, along the ridge to the saddle, down to the gully junction and then up to the knoll and so on. Know what you are looking for next and if it's not there stop and go to the nearest strong feature. Check the exact orientation of every linear feature you cross or pass along. One creek looks pretty much like another in the dark. And when you're attacking the control, spread out. If you are walking one behind the other, you will see the same things. Cover each flank of a spur, or either side of a creek. Give yourself the best chance.

Cautious confidence is the key. By the time it is dark you should know the map and the course setter well. Use that knowledge. Always take the first control after dark very carefully. It inevitably seems to be the hardest one.

There is no greater thrill than doing a difficult night leg well and having the control appear out of the darkness right on cue. Make sure you get to repeat it often.

Tips for an enjoyable and successful rogaine

Before the event

- Choose partners with compatible expectations.
- Gear- check the organisers' requirements; take appropriate clothing, a head torch, compass, pencil (for intention sheets), food, water, sense of humour.
- Arrive with plenty of time to get ready and plan.
- Take good care of your feet: cut your toenails, tape your feet, be sure your footwear is strong enough but comfortable.

Planning your route effectively

- Prepare your map- highlight controls and out-of-bounds, add last-minute information, draw in parallel lines for magnetic north, concentric circles round the Hash House.
- Plan your course.
- Don't be overambitious or overextend yourselves in planning/executing your plan.
- Cover your map after you've finished marking it.

On the course

- Travel at a sustainable pace. Don't go too hard early on.
- Monitor your progress all the time. Don't switch off. Concentrate and be methodical.
- Communicate with your other team members. As the event progresses, one person may tire for a while, and the other(s) adopt a "lead" role. Then the roles may swap. However it's always important for the other(s) to continuously double check and critique the team's direction and decisions. Keep communicating.
- Counting paces is useful when following linear features.
- Remember that you're navigating to a very specific point, using a relatively large scale (1:25,000 or 1:50,000) map. Some features won't be on the map; others will only be apparent after very careful examination of the map's detail.
- Some details on the map may also be out of date. Artificial features such as fences, roads and buildings come and go over the years.

- Clue sheet terminology: It's important to know that "the" (eg "the gully") is used to indicate that the named feature is actually shown on the map. On the other hand, "a" (eg "a gully") indicates that the feature exists but is not mapped.
- Very occasionally a control is destroyed, moved or stolen between setting the course and the date of the event. See rule 29 for the procedure in such cases.
- Be prepared to reassess your plans if you think you're falling behind time.
- Don't ever get back to the Hash House late!

Land tenure and courtesy

- We depend on property owners' goodwill to conduct this and other rogaines.
- Please observe the rules concerning gates, stock, fences, station buildings, pets, firearms, out of bounds areas and rubbish.

The aftermath

- Kick back and enjoy, eat, socialise, do post-mortems.
 - Consider helping the organisers retrieve controls. (*Thanks!*)
 - Please take care if you're driving home immediately after the event. You will be tired.
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Beating the heat

Hyperthermia, or heatstroke, is just as great a threat to participants in outdoor sports in northern Australia as hypothermia can be in cooler regions of Australia. We ignore it at our peril. It is insidious and can very easily kill.

There are a number of steps you can take to minimise the risk of hyperthermia, including the following:

- Acclimatise yourself prior to the event.
 - Learn to recognise the symptoms of hyperthermia. Remember that even if you drink enough to replace the fluids lost via sweating and respiration, over-exertion in very hot weather may still lead to hyperthermia.
 - Ensure that your team's members have similar fitness levels, so that a less fit person does not get into difficulties keeping up with the others.
 - Carry an adequate quantity of water. One litre per hour is the absolute minimum in hot conditions. It is better to be conservative and carry too much. While the NTRA rules require each competitor to carry containers with a capacity of 3 litres, twice that amount may on occasion be more appropriate.
 - Carry more than one water container. A spare empty container (eg wine cask bladder) is sensible insurance against loss or failure of your other water container(s).
 - Note well any comments by the course setter on water availability on the course.
 - Wear suitable clothing including a hat. (Sunscreen is also sensible, though it will not impact on the risk of hyperthermia.)
 - Plan your route to
 1. Include sufficient water points (natural or artificial);
 2. Maximise the cooling benefits of wind (eg travelling along ridge tops);
 3. Cover the most strenuous parts of the course during cooler times of day if possible; and
 4. Allow for the fact that you are unlikely to be able to cover the same distance in the tropics as you would in temperate regions.
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Rules of Rogaining

Rogaining is the sport of long distance cross-country navigation for teams travelling on foot. The object is to score points by finding checkpoints located on the course within a specified time. Checkpoints may be visited in any order.

Definition

“The course” means anywhere a team travels during the time of the rogaine but specifically excludes the access road and areas in the proximity of an administration area designated for non-competition use by the organisers, for example for parking or camping. “Event site” includes the course and any administration, access and non-competition areas.

Entries

- R1. A team shall consist of two, three, four or five members.
- R2. A team that has a member under fourteen years of age shall also have a member eighteen years of age or over.
- R3. Competition placings are awarded in several sections based on the age and gender composition of teams. Each team shall be deemed to be entered for all sections of the competition for which it is eligible.
- R4. No member of a team shall have been involved with the organisation of the rogaine so as to have a prior familiarity with the rogaine course or the fieldwork of the rogaine map.

Respect for Land and Property

- R5. Competitors shall respect public and private property.
 - (a) Competitors shall not cross newly sown ground or growing crops, except if specifically permitted by the organisers, or any area deemed out-of-bounds by the organisers.
 - (b) Competitors shall keep a reasonable distance from dwellings and stock with young.
 - (c) Competitors shall take due care when crossing fences, crossing at corner posts, solid posts or between wires wherever possible. Each team shall leave gates in the same state as they were found.
 - (d) Competitors shall not discard litter.
 - (e) Competitors shall not light fires at the event site.
 - (f) Competitors shall not smoke on the course.
 - (g) Competitors shall not unduly damage or disturb native flora or fauna.
 - (g) Dogs and weapons of any kind, including firearms, are prohibited at the event site.

Conduct of Competitors

- R6. Competitors shall not enter the course until the official start is signalled.
- R7. The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map. The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited. The possession, at the event site, of maps that provide additional information not shown on the competition map is prohibited.
- R8. The use of computers for course planning is prohibited.
- R9. Competitors shall travel only on foot.
- R10. Members of a team shall remain within unaided verbal contact of one another at all times whilst on the course. A team shall demonstrate compliance with this requirement to any event official or other team on request.
- R11. A team shall surrender its score card to any event official, and shall advise their team number to any event official or other team, on request.

- R12. A team shall not accept assistance from, nor collaborate with, other people, nor deliberately follow another team.
- R13. No food nor equipment shall be left on the course before the event for a team's use, and no food or equipment shall be discarded on the course unless retrieved by the team during the event and brought by the team with them to the finish.
- R14. Each competitor shall carry a whistle at all times whilst on the course. In an emergency a competitor shall give a series of short blasts on their whistle.

Checkpoints

- R15. All team members shall simultaneously approach to within 20 metres, and within sight, of each checkpoint for which points are claimed.
- R16. In order to gain points for a checkpoint teams must punch the scorecard provided by the organisers in the correct square with the punch at the checkpoint marker and fill in any intention sheet at the checkpoint with the time of arrival, the team number and the number of the checkpoint that they intend to next visit. If a team punches an incorrect square, they must notify the organisers of the details of this immediately upon returning to the administration to be eligible to be credited with that checkpoint.
- R17. In the event of the scorecard being lost, a team may record punch marks on any single sheet. The organisers will accept this so long as the punch marks are discernible, and the team can identify to the organisers the checkpoint number for each of the punch marks.
- R18. Competitors shall not deliberately rest within one hundred metres of a checkpoint unless the checkpoint is also a water drop.
- R19. Competitors shall not adversely interfere with a checkpoint, water drop or any other facility placed upon the course by the organisers.

Administration Areas

- R20. Whenever a team visits an administration area, all team members are required to report together to the organisers and surrender their team's scorecard. The team shall only collect its scorecard immediately prior to leaving that administration area.
- R21. A team shall finish by all of the members reporting together to the designated finish administration area and surrendering their scorecard.
- R22. If a competitor wishes to withdraw from a team for any reason the entire team shall return to an administration area and notify the organisers. The original team shall be deemed to have finished the event. If a new team is formed it may be admitted to the competition at the discretion of the organisers but no points shall be credited for checkpoints already visited.

Penalties and Protests

- R23. The penalty for breaching these rules is disqualification except for rules R16 and R18 for which the penalty is the loss of points for the checkpoint under consideration. Any team disqualified under this rule shall be recorded as **DSQ**.
- R24. A team may voluntarily withdraw, by advising the organisers immediately upon their finish, if they have breached any rule for any reason and shall be recorded as **W/D**.
- R25. Within forty-five minutes of the nominated finish time, a team may report in writing to the organisers about any team thought to have breached these rules, or may protest in writing to the organisers about any actions of the organisers that they consider made the competition unfair.
- R26. A team that is not satisfied with any decision of the organisers may appeal in writing to the committee of the organising association within seven days of the publication of the official results. This committee shall have the power to overrule the organisers and to amend the results accordingly. No further appeal is permitted.

Scoring

- R27. The event shall end at precisely the set number of hours after the actual starting time, both times as defined by the organisers' clock. Teams finishing late will be penalised at the rate per minute or part thereof specified in advance by the organisers. Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result shall be recorded as **LATE**.
- R28. A team's score shall be the value of the checkpoints visited and correctly verified in accordance with these rules, less any penalties. The team with the greatest score, or in the event of a tie the team that finished earlier, shall be awarded the higher placing.
- R29. In the event of a checkpoint being damaged or deemed misplaced or missing by the organisers, teams shall be awarded the checkpoint score:
- If the punch is missing or damaged but the team has a correct record on the intention sheet.
 - If the punch is missing and there is no intention sheet, but the team can satisfy the organisers that they visited the correct site.

- c) If a checkpoint is missing or misplaced but the team can satisfy the organisers that they visited the correct site.
- d) For a correctly recorded visit to a misplaced checkpoint.

General

Any team hearing a distress signal must abandon their course and help in any way needed. No team shall be penalised for any rule breached in the course of giving such help.

Addition to rules for NTRA events:

Water

(a) Every person while competing in a rogaine (ie any non-metropolitan bush event, as distinct from a metrogaine) of 6 hours duration or more must carry a water container or containers with a minimum combined capacity of 3 litres. Checks may be made by the organiser(s) to ensure adherence to this rule. Failure of a person to observe this rule may result in disqualification of the team of which that person is a member.

(b) Organisers must pay particular attention to participants' need for drinking water while on the course.