

South Coast Adrenaline Series

Race Rules

The following rules apply to all participants in the South Coast Adrenaline Series. These are in addition to the Terms & Conditions of Entry and must be followed to ensure safety, fairness, and respect for fellow competitors, officials, and the environment.

General Rules (apply to all races)

1. Participants must follow the marked route at all times. Shortcuts or course deviations are strictly prohibited.
2. Littering is not permitted. All waste must be carried to the nearest bin or water point.
3. Unsporting behaviour, obstruction of other competitors, or abuse of officials will result in disqualification.
4. Participants must render assistance to fellow competitors in distress and report any incidents to the nearest marshal.
5. Headphones/earphones may only be used if they do not interfere with hearing instructions or other competitors.
6. Race numbers/bibs must be worn visibly at all times.
7. Alcohol, drugs, or performance-enhancing substances are prohibited.
8. Decisions of the Race Director are final.

Kayak Race Rules

1. All participants must wear a **certified personal flotation device (PFD)** and safety whistle at all times.
2. Helmets are compulsory in whitewater sections (if applicable).
3. Kayaks must meet minimum buoyancy standards. No damaged or unsafe craft will be allowed.
4. Paddlers must stay within designated river/course boundaries.
5. Intentional ramming, pushing, or endangering another competitor is prohibited.
6. In the event of capsize, participants must move safely out of the racing line before re-entry.
7. Outside assistance (towing or pushing) is not permitted, except in emergencies.

Mountain Bike Race Rules

1. Helmets must be worn and fastened at all times while on the bike.
2. Bicycles must be in safe working condition (brakes, tyres, gears). Pre-race checks may be performed.
3. Drafting is allowed unless specifically stated otherwise for a category.
4. Riders must keep left and pass on the right. Verbal warning ("rider right") should be given before overtaking.
5. No outside assistance is allowed except at designated tech zones/water points.
6. Headphones are not allowed during the MTB race.
7. Riders must dismount at dangerous obstacles if instructed by marshals.
8. Any reckless riding or failure to respect other trail users (including pedestrians, animals, or vehicles) may result in disqualification.

Trail Run Rules

1. Trail shoes are recommended; participants are responsible for ensuring they have suitable footwear.
2. Participants must stay on the marked trails. No bushwhacking, cutting switchbacks, or creating new paths.
3. Poles are allowed but must be used responsibly without endangering others.
4. Headphones are permitted but must be at low volume so instructions and warnings can be heard.
5. Pacers or outside assistance are not allowed unless specified for a category.
6. Runners must carry mandatory kit if listed (hydration pack, whistle, headlamp for night races, etc.).
7. Wildlife and natural features must not be disturbed.

Obstacle Course Race Rules

1. All obstacles must be attempted. Failure to complete an obstacle may result in a time penalty or forfeit (specific rules announced pre-race).
2. Safety gear (such as gloves, helmets, or harnesses if required) must be worn as instructed.
3. Participants must not intentionally damage or misuse obstacles.
4. Unsafe or reckless behaviour on obstacles will result in removal from the course.
5. Only marshals may assist participants on obstacles, unless emergency assistance is required.
6. Cheating (e.g., bypassing obstacles without penalty) will result in disqualification.
7. Respect fellow competitors. Allow space on obstacles and avoid blocking or pushing.

Volleyball Tournament Rules

General Rules

1. The tournament will be played under the official rules of volleyball, with modifications as outlined below.
2. All teams must report to the court area on time; failure to do so may result in forfeiture.
3. Each team must have the minimum number of players on court (usually 6, or as specified by the tournament format) to start a match.
4. Substitutions must be made with the referee's approval and according to tournament format.
5. Unsporting behaviour, abusive language, or arguing with referees will not be tolerated and may result in penalties or disqualification.
6. Decisions of the referee and tournament officials are final.

Match Play

1. Matches will be played in sets (best of 3 or 5, depending on tournament schedule).
2. Rally scoring will be used (a point is scored on every rally, regardless of which team served).
3. A set is won by the first team to reach **25 points** (must win by 2 points).
4. If a deciding set is required, it will be played to **15 points** (must win by 2).
5. Teams must rotate service order after winning back the serve.
6. Knockout rounds will be played until a winner is determined.

Serving

1. The server must wait for the referee's whistle before serving.
2. Foot faults (stepping on or over the baseline during service) result in a point to the opposition.
3. A serve that touches the net but lands in bounds ("let serve") is legal.

Play Rules

1. Each team is allowed **three touches** to return the ball (block does not count as a touch).
2. Players may not catch, hold, or throw the ball.
3. No player may touch the net during play; doing so results in a point for the opposing team.
4. Crossing the centre line under the net and interfering with an opponent is not allowed.
5. Back-row players may not attack the ball above the net if they are in front of the attack line (3-metre line).