

**OVERNIGHT RACE IN OUR NORTH (O.R.I.O.N) 2018
9 & 10 JUNE 2018**

Rules of Race

1. Eligibility

All participants are required to complete online registration in order to partake in the race.

Please refer to the table below for the eligible age group to participate in O.R.I.O.N 2018.

S/N	Eligible Age Range	Clarification
1	17 yrs old to 55 yrs old	Born on year between 2001 and 1963

2. O.R.I.O.N 2018 is a team event. Each registered team to comprise of 2 members. Each member is only allowed to represent 1 team. There is no restriction on the gender mix of the team.
3. To participate in the challenge at each station, both members of the team must be present. Participation in any challenge without both team members present shall be deemed to be invalid.
4. Participants must wear the official race bib allocated to you for the entire duration of the Event. If found not wearing the official race bib, participant may be disqualified.
5. Pit stops will be set up along the race route and teams are required to check in to ALL pit stop. An addition of 60 minutes will be added to the finishing time (of the team) for each missed pit stop. Teams must complete any compulsory challenge as determined by the event organizer, any missed challenge will render the team disqualified.
6. All waiting time, if any, to any challenge or pit stop, shall be built into finishing timing of the respective teams.
7. Both team members are required to cross the finish point together. Top 3 teams with the shortest timing will qualify as the Winners.
8. All team members of the Top 3 teams are required to be present during the prize presentation ceremony. The organiser reserves the right to forfeit the prize if the team is not present.

General Rules and Regulations

1. All participants shall adhere to the following rules which include but is not limited to:
 - Respect the property of others (public or private);
 - Respect all other participants, organisers and officials;
 - Do not engage in discriminatory conduct;
 - Do not engage in violent or abusive conduct, whether verbal or physical; and
 - Comply with all requests, instructions and directions given by the organiser and its representatives, and fully co-operate with all authorities and officials.
2. The organiser and its representative reserves the right, at any time and at its or their sole discretion, to disqualify and remove you from the race should they deem it necessary to do so. This includes, but is not limited to the following circumstances:
 - Where your continued presence would be detrimental to or compromises the safety of the organisers, officials or other participants of the race;
 - Where you are deemed to be behaving in a disorderly manner or where such person is exhibiting signs of intoxication;
 - Where you are or have been found to have gained an unfair advantage by cheating or by using any other unfair method over other participants.
3. While precaution has been taken by the organiser and its representative to ensure you safety, you acknowledge and accept that there are risks associated with all activities and that you shall:
 - Be responsible for your own physical and mental health and well-being;
 - Be responsible for your own medication, if any;
 - Be responsible for your own safety; and
 - Not hold the organiser and its representatives responsible for any loss, liability or damage, including personal injury and property damage, loss, cost or expense of whatsoever nature that may be sustained during or in connection with your participation in the race.
4. The organiser reserves the right at any time to cancel, terminate, modify, suspend or postpone the race or any part of it and to modify any of its Rules and Regulations at its sole discretion, without prior notice and without any liability. The organiser shall not be liable for any loss or inconvenience arising out of or in relations to such cancellation, termination, modification, suspension or postponement, including but not limited to registration fees paid or travel expenses incurred by you.
5. The organiser's decision in all matters and disputes arising out of or in connection with the race is final and conclusive, and no correspondence regarding the same will be entertained.

6. As participant of the race, you consent to:

- The collection, use and disclosure to any third parties of any personal information submitted by you, for purposes directly or indirectly connected with the race, and for other purposes that are stated in the Rules and Regulations or connected with the organiser's functions;
- The taking of photographs or video recordings of your participation during the race and the use, reposting, reproduction or publication of such photographs or video recordings and any of your social media updates made in connection with the race by the organiser in any manner as it deems fit for the purpose of promoting sports.
- Receive notifications of events or other publicity materials from ActiveSG, using the contact details provided by you.

Safety Instructions

1. Personal PAR-Q

You should only proceed to exercise if you answered **NO** to **ALL** of the following questions:

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Do you feel pain in your chest when you do physical activity?
- In the past month, have you had chest pain when you are not doing physical activity?
- Do you lose your balance because of dizziness or do you ever lose consciousness?
- Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
- Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
- Do you know of any other reasons why you should not do physical activity?

2. Personal Precautions

Individuals are recommended to take these precautions to avoid dehydration or overheating during sports activities:

- Bring along a bottle of cold water or isotonic drink for any sports activity
- Drink sufficient fluids to prevent your body from overheating; passing clear or light-coloured urine is a sign that you are adequately hydrated
- Avoid strong coffee or alcohol because they can cause dehydration

- Ideally, drink about 500ml of water 30 minutes before exercise, 250ml to 500ml every half-hour during exercise and 1000ml after exercise
- Isotonic or sports drinks are also recommended for any activity that lasts more than an hour

3. Sports Equipment

Wearing protective sports gear and using the correct sports equipment reduces the risk of injury and harm. Examples of protective gear include helmets for cyclists and shin guards for soccer or hockey players.

4. Before & After

- To keep yourself injury-free, ensure that you have a proper warm-up and cool down before and after any sports activity.
- Warm-up and stretching exercises prepare your mind, heart, muscles and joints for higher levels of exertion during a sports activity. They also improve performance and prevent injuries.
- Cardiovascular exercises involving your heart, lungs and leg muscles, such as jogging, brisk walking or jumping jacks, can help you to warm up.
- All sporting activities should end with static stretching and cool down exercises to loosen muscles and reduce discomfort and soreness.

5. Fair Play

Understand the rules of the game, employ proper techniques and engage in fair play to reduce the risk of injuring yourself or harming others.