

PATRIA RACE obstacle course racing series 2019

REGULATION

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1. Aims

- 1.1. To encourage and promote obstacle-course racing, hereinafter OCR, as sport accessible to everybody;
- 1.2. To determine the best OCR runners both individually and in team section;
- 1.3. To encourage people do regular outdoor physical activities.
- 1.4. To promote race locations as attractive tourism destinations for residents of Latvia and foreign participants.

2. Organizers

- 2.1. The organizer of the race is "PATRIA OCR" association.

3. Race calendar

Stage 1, 20.07.2018, Carnikava;
Stage 2, 03.08.2019, Ozolnieki;
Stage 3, 28.09.2019, Kuldiga.

* The location and date of the race may change due to unforeseen reasons. Such information will be published on social media.

4. Participant teams and starts

- 4.1. Race participants are divided into three groups:
Adults - the length of the distance may differ according to the race location and area.
It is intended both for beginners and experienced sportsmen; participants over 18 are allowed to participate.

Teams - the length of the distance may differ according to the race location and area. The teams consist of 4 participants - there must be at least one woman in the team; participants over 18 are allowed to participate.

Youth group - young people aged 14-17 are allowed to participate in such groups.

4. 2. Starts will be divided according to the age of participants: 18-29, 30-39, 40-49, 50-59, 60+ and Elite run. 30 strongest men and 30 women are allowed to participate in Elite run (the results of the last year race **Patria Historical Run 2018** will be considered for the first stage of **Patria Historical Run 2019**). If anybody among the participants of the last years' PATRIA RACE is not participating, the participants are divided according to their age (see Paragraph 4.2.)

4. 3. All participants have a chance to fight for awards and prizes in their group (Adults, Youth group, Teams).

4. 4. The participants are grouped in start corridors by 50-100 participants in each run. If there are less than 50 participants in any of the group runs, groups can be merged.

4. 5. Starts for the next groups are given according to the total number of participants applied, but the time between the starts must not exceed 30 minutes.

4. 6. Prizes are awarded to those who take 1st-3rd places in **Adult** and **Youth** group (women/men), as well as in **Team** section.

Attention! If the total value of prizes exceeds 143 eur for a person in one calendar year, the amount of excess is subjected to personal income tax in accordance with Paragraph 10 of Article 9(1) of the Law of the Republic of Latvia on personal income tax (23%). Tax payment according to the the Law of the Republic of Latvia is carried out by winners of cash prizes.

5. Race program and course scheme

5. 1. The program of the race and course scheme for each stage will be published not later than 1 week before the event on www.patriarace.lv website.

6. Application to race

6. 1. Application to race stages of PATRIA RACE 2019 takes place on www.patriarace.lv website.

6. 2. Registration to the race may be done by a participant or contact person of a team. By registering team members, the contact person of the team is responsible for informing each participant registered about the regulations of the race, in particular those related to health and safety of the participants. The contact person of the team fills out the fields about every team member and marks the race stage a participant is going to take - in each stage the distance may differ, and obstacles in each stage will be different as well.

6. 3. When applying to the race, each individual participant or the team representative must fill the registration form, which will be available on the website of the race organizers. On the date of the race each participant will receive a race number, ID chip etc. against receipt.

By registering on the website, the participants of youth group fill the application form, but on the date of the race the participant or person responsible for the participant takes full responsibility for health status of the underage participant, which is approved by the signature of the responsible person, receiving a race number, ID chip etc. in return. Start list is made in a start order. The participant is obliged to check his data correctness in the start list. The organizer is not responsible for the mistakes made by a participant while registering.

6. 5. Change of a participant or distance without additional charge is possible till Monday of the race week, 23:59. After that the changes can be made only on the date of the race for extra fee (5 €).

6. 6. If the race is cancelled due to force majeure, the participation fee is not refunded.

7. Participation fee and other costs

7. 1. Participation fee of **Patria Historical Run** race:

	28.03.- 30.04.2019	01.05.- 31.05.2019	01.06.- 30.06.2019	01.07.- 14.07.2019	15.07.- 18.07.2019	20.07.2019.
Youths / Adults	10 € / 15 €	12 € / 18 €	14€/ 20€	16€/ 25€	16€/ 30€	20€/ 35€
Teams	40€/ 60€	48€/ 72€	56€/ 80€	64€/ 100€	64€/ 120€	80€/ 140€

Application to other PATRIA RACE stages is published soon.

7. 2. Payments received after the due date mentioned in the Regulation may not be considered and the persons concerned may not be registered to start list. Late payments in non-refundable.

7. 3. The participation fee is non-refundable, if a participant / team withdraws from a race stage, however, it is possible to shift it to another race stage through communication with the organizers.

7. 4. Participation fee includes:

- publication of the results on www.patriarace.lv;
- award of the special prizes from the race sponsors, prizes for the best sportsmen;
- water during the race and finisher package in finish;
- marked and prepared traces.
- a chance to try out the obstacles before the race start;
- emergency medical care during the race, its start and finish;
- item storage.
- a medal;
- ONLINE results in finish (result-fixing devices and processing of the results);
- prizes for the race winners;
- a participant ID chip;
- participant race number;
- photos and videos: www.patriarace.lv
- other organisational costs.

8. Assignment of race numbers

8.1. The participant receives his race number in the registration tent on the date of the race and affixes it at a visible part on sports dressing.

8. 2. The race numbers may not be cut, damaged and torn, and self-made as well. In such cases the race organizers shall decide on a penalty applicable to the participant.

8. 3. The race numbers may not be given to another person!

9. Results and evaluation

Results:

9. 1. The first unofficial results will be shown on displays near the finish line or in printed version. Official results will be announced on www.patriarace.lv website not later than 3 business days after the finish of the race stage.

9. 2. The result of the participant is determined by the time the participant has spent in the distance and received score in certain obstacles (see section OBSTACLES on the website).

9. 3. The participant gets maximal score by completing the distance first, as well as getting through all obstacles. Points are counted at the obstacles by using ID chip.

9. 4. In case of equal score a participant, who has collected more points for the passed obstacles, ranks

first. If the score is still equal, the participant results are considered according to the time spent in the distance.

10. Distance and course of the race

10. 1. The fastest participant in the running distance gets 500 points;
10.2. For the calculation of other participants' points the following formula is used: **Winner's time (sec) / participant's time (sec) x 500 points = total time spent in the distance converted in points.**
10. 3. The participant **MUST** get through the obstacle with the **FIRST ATTEMPT** in order to receive the points for the most difficult obstacles (50 or 100 points are awarded per obstacle).

10. 4. It is possible to receive **500 points** if all obstacles are passed successfully.

10.5. The value of obstacles in points is 50 and 100 points.

10. 6. Only one attempt is allowed to overcome an obstacle, repeating it is not provided. By passing the obstacle successfully, a participant moves forward the trace following the sign - **IZGĀJIS (GO)**, crossing the reading line of ID chip. If the obstacle is not passed successfully with the first attempt, a participant moves forward the trace following the sign - **NEIZGĀJIS (FAIL)**.

10. 7. Neither penalty laps, nor penalty minutes or exercises are applied for unsuccessful overcome of an obstacle; a participant may continue the race.

10. 8. Each participant has their own tactics in order to get ahead of other participants: the winner of the distance is the one who gets the most points.

No points are given for the rest of the obstacles; however, they **MUST** be completed - walls, barbed wires, carrying cans etc. If a participant is not able to overcome **OBLIGATORY** obstacles, a referee may disqualify the participant.

Marking is provided in all stages of the trace - delimiting tape and / or laminated signs (arrows / crosses).

11. Clothing and equipment

11. 1. The participant may use water reservoirs (incl. Camelbak).

11. 2. It is allowed to use elbow pads and knee pads.

11. 3. The participant chooses his clothing independently according to weather. Beginners may prefer thin, fit and breathable clothing, which may get dirty and torn. The lighter shoes, the better - sport shoes. It is allowed to use gloves to improve the grip of the participant's palms during the technical obstacles and prevent blisters.

11. 4. It is forbidden to use any kind of assistance tools, which may give priority over other participants of the race. Shoes with studs, any kind of talc or powder, liquids which improve the palm grip with the obstacle are **FORBIDDEN**. It is forbidden to use earbuds in the trace.

12. Safety

12. 1. Each participant approves that he or she takes full responsibility for the compliance of their health status with the distance chosen and meeting the rules stipulated in the Regulation of the race.

12. 2. The organizers of the race are not responsible for participant's possible injuries or health problems during and after the race, which may arise due to incorrect or negligent overcoming of the

obstacles or ignoring the instructions given by the referees or organizers of the race.

12. 3. If a participant during the race notices somebody in need of emergency medical care, the participant tries to help and / or informs one of the near referees of the race, who communicates further with the organizers of the race.

12. 5. All participants of the race are bound to the instructions given by the race referees, organizers, Municipal and / or State Police, as well as personnel of medical emergency service.

12. 6. The race is based on fair competition. A participant may be punished for unsportsmanlike conduct during the race - deliberate obstruction of other participants etc. In case of such behaviour the participant may be disqualified (DSQ).

13. Claim submission and review

13. 1. A participant who believes that he or she has been limited by any action or wants to submit a claim on other participants not being compliant with the rules or other infringements in the distance, may submit a claim to the Chief Referee. The claim must be submitted in a written form to the INFO centre within 30 minutes after completion of the distance. The claim must be drawn up as a document and be accompanied with the signature of the applicant.

13. 2. Referees and organizers have rights to decide on matters, which are not stipulated in the Regulation of the Race, as well as apply changes to the Regulation without noticing the participants.

13. 3. All participants of the race are bound to the information published on www.patriarace.lv.

13. 4. Provisional results are announced not later than 48h after the race ends. Claims regarding results are accepted in written form via e-mail patriarace@gmail.com for 48 hours after result announcement on www.patriarace.lv website and are processed within 7 days after receiving the claim.

14. PERSONAL DATA PROTECTION

14. 1. The data controller is "PATRIA OCR" association.

14. 2. By applying to the race, the participant consents to the processing of their personal data for the needs of organising the race. In order to provide objectivity of the race results, it is necessary to indicate name, surname, sex, date of birth, group chosen (ADULT group, YOUTH group or TEAM) and country of the participant.

14. 3. Participant's name, surname, start group, start number, name of a team is visible in public participant list and results.

14. 4. By applying to race, the race participants accept that the photo and video materials that are made during the race are used to reflect the race - both for publishing on www.patriarace.lv and other Latvian media and social media.

14. 5. If a participant indicates their e-mail during the registration, it is included in the participant database in order to inform the participant on the latest news or information changes on the race, as well as other processes.

The race obstacles will be announced separately