



**2023 MOUNTAIN CHALLENGE**  
**RULES & REGULATIONS**  
**September 28 - October 1, 2023**  
**Mount Snow, Vermont**

While this is a competition and awards presented for the fastest teams, the most important rules are to be safe, have fun and support the Seaman's Church Institute. Good sportsmanship, solidarity, integrity, respect, safety, fun, and raising money for the Seaman's Church Institute are the fundamental goals of the Mountain Challenge.

The 2023 SCI Mountain Challenge will be run in accordance with these Rules and Regulations and any modifications. It is the obligation of each participant to know and understand these rules and regulations. The Seaman's Church Institute (SCI) reserves the right to modify these regulations at their discretion at any given time and all registered participants will be informed of such changes.

It will be the responsibility of SCI and race officials to make final decisions on any controversial situation or difficulties of any kind that may arise during the Mountain Challenge, in addition to any other race-related matters and/or decisions. SCI, in conjunction with the course management team, has the authority to modify the course route or terminate the race at any time due to climatic conditions or other reasons related to force majeure.



## TEAMS

Teams will be made up of three competitors and may be composed of any combination of gender, athletic ability and age. Minimum age to compete is 18 years old. Exceptions will be considered on a case-by-case basis and may require additional waivers and documentation. No pets are allowed on course unless they are a necessary service animal.

A captain must be appointed for each team from one of its members, who will conduct all communication and team decisions prior to, during and after the event.

Teams/competitors interested in participating in the SCI Mountain Challenge must comply fully with the registration procedure:

- Submitting a completed team registration form.
- Submitting a completed individual participant registration form and required documentation within two weeks of the Mountain Challenge start date.
- Complying with the payment terms and entry fees that are indicated on the registration forms.

Completing the individual participant registration form and signing all waivers implies that the competitor understands participation is at their own risk.

Teams must have three competitors for both days of the Challenge to be eligible to be ranked and officially compete for awards. If a team, on either day, has a member who cannot participate, the remaining two team members may participate in the Challenge but are ineligible for rankings and awards. If two people on a team drop out, the remaining individual may only continue by traveling with another team. This person would not be considered a team member of the new team or eligible for awards however all four individuals would be responsible for each other and required to follow all rules as a team. No participant is allowed to travel unaccompanied.

Any person related to or working for the Mountain Challenge organizers including spouses, partners, and such, will not be eligible to enter this race.

One or more members of a team may be replaced until the start of the race but ideally no less than 48 hours before the start. The substitute(s) must comply with the same requirements as the original member(s) and must submit a complete participant registration form and anything other required documentation by SCI. No replacements will be accepted after the race start.

If competitors choose to give their team a name, other than the registered company name, it must include a company identifier in their official name (i.e. SCI Expeditioners or SCI Mountain Goats). Get creative and have fun but please keep it to less than the length of a Tweet.

## SEPARATION OF TEAM MEMBERS

Members of each team must stay together during the race. Every team member must be present for a team to move past a checkpoint. If two team members leave a checkpoint without their third member, they will be considered abandoned and no longer a three-person team. The third member traveling by themselves will be considered withdrawn from the race and the team will be disqualified. Members of a team are permitted to push, pull, carry, or drag each other in a safe manner.

## COMPETITOR'S HEALTH



A competitor's participation in the race is related to his/her physical fitness and health. Each competitor is responsible for his/her own safety and health which requires him/her to evaluate whether or not (s)he is in good enough physical condition to continue the race. SCI along with the race management and medical teams may decide that a competitor is unfit to continue. If a team member is determined to be ineligible to continue the race, the remaining two competitors are allowed to continue but will be ineligible for ranking and awards. These decisions lie solely with the medical team and are final.

### **WITHDRAWAL OF A COMPETITOR**

If, for any reason, a member of a team cannot continue competing once on the course, the rest of the members must stop hiking or paddling and remain together until assistance arrives. The two remaining team members can continue the Challenge but will be removed from rankings and official awards.

### **MANDATORY EQUIPMENT**

A detailed mandatory gear list for both teams and individual competitors is provided in the Gear Section. The mandatory equipment/gear must be carried by the competitors throughout the race and may be checked by race organizers at any given time when on the course and WILL be spot checked at race check points. Penalties or disqualification will result in not having all required gear at any point during the race. Penalties will be 10 minutes per infraction (missed item).

## **COURSES**

There will be a Long Course and a Short Course. All teams will start on same course. If a team is determined by the race organizers not to be on pace to complete the Long Course, they will be routed on the Short Course. If a team arrives at a course split in the upper percentage of all finishers to be determined by race officials, we reserve the right to direct the team onto the Long Course. A team that is routed onto the Short Course is NOT eligible for Long Course ranking, even if they completed the Long Course on the other race day. If the team is routed to the Short Course on Day 1, it does NOT, however, automatically put the team on the Short Course the next day.

Participants may bring their own personal floatation device (PFD) however, it must be coast guard approved as a Type I-III or V and must be carried during the entire day. Participants are required to use and return with the provided paddles.

### **TRACKING**

The organization requires and will provide each team with a tracking device for safety and emergency purposes. If a team loses its tracking device, a replacement fee will be incurred by the team. The tracking device must be attached to one members PFD during the paddling section. Instructions will be given prior to the race start during the mandatory team meeting.

### **RACE IDENTIFICATION**

An official SCI Mountain challenge race bib provided by SCI during check-in is part of the mandatory equipment and must be worn and be visible at all times while on the course.

If a competitor is seen without the race bib, his or her time will be penalized 10 minutes.

### **COMMUNICATION EQUIPMENT**



Each team will be provided with a mandatory tracking device that regularly reports the team's location. The device can also be used to:

- To contact the organizers if there is any danger to a team member's health or life.
- If any team member requires assistance of any kind.
- If any hazardous or dangerous material, either man-made or that occurred naturally by nature, is present on the route.

Competitors are encouraged to carry cell phones, although coverage may not be available on all areas of the course, but you can take pictures, tag #SCIMountainChallenge and post later.

## **CHECKPOINTS**

There will be checkpoints throughout the race. The teams must go through these checkpoints in the mandatory sequence. If a team misses a checkpoint, they cannot check in at the following point, and must return to the missed checkpoints in the sequence. All team members must pass through each checkpoint together. Each team will be electronically "checked-in" at each checkpoint.

If teams do not reach a pre-determined check point cutoff time, they may be routed to the shorter course or at the discretion of race officials, may not be permitted to proceed further. This is both for the safety of the participants, officials, medical and rescue personnel. All competitors will need to be on a pace to complete the course by 4:00pm each day.

## **RACE TIME**

Organizers will record the official race time at the beginning of the race and record the time for each team at each checkpoint as well as the finish each day. Time will be recorded in hours, minutes, and seconds. The team's final time will be that of the slowest member plus any extra time added for penalties.

## **PENALTIES & DISQUALIFICATION**

In the event a team is penalized with extra time, in accordance with the rules, this time will be added on at the end of the race.

Teams may be penalized or disqualified if:

- A member of the team abandons the race for any reason whatsoever.
- A portion of a team departs a checkpoint without all three members of your team.
- A team uses or is in possession of any forbidden element or equipment.
- A member of the team behaves in an un-sportsman like manner, is aggressive or verbally abusive towards members of his own team, other teams, the organizers and officials or third parties.
- A team builds a fire (except in cases of extreme emergency).
- A team leaves any materials or garbage along the course.
- Members of the team use tobacco products.
- A team does not properly handle human waste.
- A team does not have the mandatory equipment.
- A team does not assist another team in distress.
- A team does not follow the instructions indicated in any of the official race documents.
- Any member of a team acts against the spirit of the event.



- Penalty for losing a timing chip device will be the cost of replacement of the device (\$70) plus a standard penalty as stated above.
- Penalty for losing a tracking device will be the cost of replacement of the device (this could be more than the cost of a nice used car, so don't lose it. It may not be 4 figures, but it will be more than \$500 based on current exchange rates.)

These rules are not fully inclusive and race officials may announce additional rules. Penalized teams will be given the opportunity to appeal a race officials' decisions.

The first penalty received each day will be 10 minutes. The second penalty provided to a team will be 20 minutes (30 minutes total for two penalties). The third penalty will be 40 minutes and so on.

### **CLASSIFICATION & RANKING**

Team rankings will be based on course finish times, philanthropy dollars raised, and a combination of the two. Race results will be posted at the end of the first day of competition and at the final Awards Dinner.

### **ASSISTING OTHER TEAMS**

Teams must, at all times, assist any other team in need of help. The assisting team, according to the delay suffered, may be granted time bonuses.

### **SAFETY EQUIPMENT**

Individual competitors and teams must carry mandatory gear at all times, which includes safety equipment. Competitors must wear safety equipment provided during the water element (i.e., Personal Flotation Device or "PFD" commonly called a life jacket, whistle, etc).

### **CHANGES TO THE RACE COURSE**

The organizers have the right to suspend race-sections or modify the route at any time for safety reasons.

### **WASTE DISPOSAL (GARBAGE)**

It is forbidden to litter or leave any equipment, articles of clothing, etc. on the race route. All garbage needs to stay with you and be carried off the mountain. Do not throw ANYTHING into the water or the woods, even if you think it is "biodegradable". The "Carry in, Carry out" policy applies.

### **HUMAN WASTE**

You must be a minimum of 200 ft off any trail and away from any stream or body of water to relieve yourself (solid or liquid). Use a minimal amount of toilet paper and bury any toilet paper or waste 6-8 inches deep.

### **COMPLAINTS**

Team captains may appeal any decisions made or procedures followed by organizers and collaborators of the race. Protests should be in written-form and can be presented up to one hour after the official finish time of the race. The Race Organizers will resolve all protests and have those decisions will be final. Constructive criticism and accolades are always welcome with no time limit and of course we'll ask for your feedback after the race, we do read all of it!

### **PHOTOGRAPHY**



Upon registering, competitors accept that any photos taken, or filming done during the race may be used for commercial, promotional or advertising purposes in all types of media by The Seamen's Church Institute.

### **REFUND POLICY**

If for any reason a team cancels its participation in the Mountain Challenge prior to June 30, 2021, 50% of the team Registration fee will be refunded. If cancellation occurs between July 1 and July 31, 2021, 25% of the team registration fee will be refunded. Any cancellation after July 31, 2021 will not be refunded. Of course, you could just provide your race entry as a donation to SCl, it's a great cause!

### **INSURANCE**

All competitors must have current health insurance.