

Esrar Race

Rules and Regulations

General Rules and Code of Conduct

- Participants must be at least 18 years of age or older in order to compete in the race.
- Only those who complete the registration process are able to compete in the race.
- Esrar Race and Aspire Park are not liable for any injury or incidents that occur before, during, or after the race.
- All participants are taking part in the race and the associated activities at their own risk.
- By registering for the race and taking part in the race, participants agree to assume all risks associated with the race and its related activities, whether apparent or not.
- All participants must adhere to all rules and regulations of Aspire Park.
- Alcohol, drugs, weapons, and other dangerous objects are not permitted on the course.
- Participants should hold themselves to the highest standard of conduct throughout the course of the event. This includes:
 - Always conducting oneself in a sportsmanlike manner towards fellow participants, spectators and staff.
 - Adhering to all rules of competition.
- If any participant breaks the rules, guidelines, or code of conduct of Esrar Race or Aspire Park, they will be disqualified from the race and may potentially be asked to leave the Park.

- The safety of all participants, spectators, and staff is the priority of Esrar Race and Aspire Park. In the event of an emergency, participants should notify Esrar Race or Aspire Park staff immediately. Emergency services will be available at Aspire Park.
- Photography/Videography will be taking place before, during, and after the event. By taking part in the race, participants give permission to Esrar Race and Aspire to use any photographs/videos taken of them for any purposes related to Esrar Race and/or Aspire.

Gear and Apparel Rules and Regulations

- Participants must wear appropriate attire in line with the laws of the state of Qatar. Participants should wear culturally acceptable sportswear.
- Participants will get dirty throughout the race, and should bring a change of clothing for after the race. Bathrooms/changing areas are available in Aspire Park.
- Glasses are allowed but discouraged for safety reasons (Esrar Race and Aspire Park are not liable for any injury or incidents that occur before, during, or after the race.)
- Beyond shoes and gloves or protective gear (i.e. elbow pads or knee pads), clothing/personal equipment may not be used in to assist the completion of the obstacles.
- All participants will be given shirts when they register for the race and are encouraged to wear them.
- All participants should exit the course with all items they brought in.

Race and Timekeeping Rules and Regulations

- All participants must complete the full 5 kilometers and 20 obstacles in order to be eligible for rankings/prizes.

- All participants are required to start in their assigned heat. Participants are not permitted to start in any other heat under any circumstances.
- Participants must collect their race bib number and timing chip from the registration desk on the day of the event. This is required to start the event. Timing chips **MUST** be returned straight after the race.
- Participants must report to the assembly point 15 minutes before their assigned start time for a mandatory race briefing. Failure to do so may result in disqualification.
- All participants are responsible for staying on course and within the boundaries and markings set by race officials.
- If a participant needs to leave the course for a break and would like to resume the race, he/she must resume racing at the exact point of exit.
- Any participant that gains an advantage by circumventing the course as designed by race officials, (whether intentionally or unintentionally), will be disqualified from competition.
- In the event a participant fails an obstacle, he/she will be permitted two additional attempts, provided he/she is not blocking the path of another participant who is attempting to complete the obstacle for the first time.
- Every participant should make an effort not to obstruct a fellow participant's way.
- With the exception of medical emergencies, participants may not receive outside assistance during the race (including receiving nutrition or equipment) from any other source. This does not include verbal instruction or support from coaches or others.
- Water stations will be made available around the race course.

Team Relay Regulations and Guidelines

- Every team must consist of 3 participants and can be mixed with males and females.
- All teams wishing to participate in the relay race but qualify by participating in the individual race on the first day and qualifying for the team relay race.

- Only 16 teams will qualify for the second day's relay event.
- In order to register a valid timing, a team has to start and finish the race together. Failure to do so will result a disqualification.
- Team members can help each other to overtake obstacles.
- The 16 teams will compete in a knockout format. Therefore, the winner will need to win 4 head-to-head competitions.
- Each member of the team needs to go through the obstacles in order to tag his partner in the designated area.
- In case a participant does not complete an obstacle after trying once, a 30 second time penalty will be added to the team's overall time.

Penalties and Disqualification

- Participants will be penalized for infringements such as:
 - Failure to complete an obstacle.
 - Not starting at his/her starting time.
 - Attempting to complete an obstacle too many times
 - Intentionally or unintentionally going off-course.
 - Any other infringements that race officials deem worthy of a penalty
- Engaging in unsportsmanlike conduct, including but not limited to: making unnecessary contact with or hindering a competitor, verbal/physical abuse of participants, race officials or volunteers, the use of alcohol/drugs, modifying course markings, using offensive or derogatory language, receiving outside assistance, littering, blocking other competitors, or failing to follow the direction of race officials will result in disqualification.

Prizes Rules and Regulations

- Prizes will be given for the 1st, 2nd, and 3rd place finishers for the men's individual, women's individual, and team relay race competition