

Please follow these simple rules to ensure a fair competition for everyone.

## 1. Respect for other competitors

Sprint into Spring caters for competitors of all levels, including walkers. Please respect other competitors when out on the course.

Runners:

- do not push other competitors out of the way; they have a right to be on the course too.
- do not linger around the control. You must punch and move away from the control stand quickly.

Walkers:

- respect the fact there are faster people than you on the course. Do not linger at controls, you must punch and move away from the control stand quickly.

## 2. Forbidden to cross barriers and areas

We specifically wish to highlight the rules covering barriers and areas which competitors are forbidden to cross. Please refer to the [Legend of forbidden to cross features](#).

Forbidden to cross areas and features mean a competitor cannot pass through, jump over, or reach over and punch a control on the other side of the feature, even if it looks like it is possible to do so.

All people caught breaking this rule will be disqualified – and yes there may just be people watching.

Should you recognise at the time that you have inadvertently crossed a forbidden barrier or area, go back and complete that section of the course, going around the forbidden areas. Should you realise after you finish the course that you have crossed a forbidden barrier or area, tell the finish official and disqualify yourself.

If you see others crossing forbidden barriers or areas, let the organisers know so they can contact the person to make sure they understand the rules.

## 3. Race jersey competition

Competitors will be eligible to compete in the jersey competition, with jerseys awarded to the highest accumulated points scorer (individual male and female) on each course for:

- the Series (Yellow jersey)
- the Sprint (Green jersey)
- the Hill Climb (Polkadot jersey)

Your best 5 points scores from each of races 1-6 are counted for the jersey awards. Jerseys will be awarded to the winning Male and Female, on each of the three courses. A competitor can only be awarded one jersey at the conclusion of the series, and will be awarded the highest ranked jersey they are eligible for. The priority of the jerseys is as follows:

- Yellow
- Green
- Polkadot

If a person is eligible for more than one jersey, then the next ranked jersey will be awarded to the next eligible competitor.

A competitor must compete as an individual to be eligible for the jersey competition.

Usain Bolt Course: It is understood that some young competitors in the Usain Bolt course may be shadowed. For this course competitors who have completed the course by themselves (without shadowing or outside support) will be placed ahead of shadowed competitors in the jersey points tables.

#### **4. Green and Polkadot Jersey rules and scoring**

a) For each event, only the top 10 male and top 10 female competitors on each course for the assigned Sprint and Hill Climb legs will be awarded points. The points will be awarded on the following basis:

1<sup>st</sup> place 10 pts; 2<sup>nd</sup> place 9 pts; down to 10<sup>th</sup> place 1 pt. If there is a tie (ie same time for the leg) then points are split evenly between the tied competitors, eg a three way tie for 6 points = 2 points each.

b) A competitor is not eligible for Sprint and Hill Climb leg points if:

- they mispunch or do not finish the whole course and are marked MP or DNF in the results
- they are disqualified from the event (DSQ)
- they compete as part of a group

c) For Mo Farah only - to be eligible for Sprint and Hill Climb points, a competitor must finish the event within 2.5 times the winner's time on the day. For example: if the winner's time is 14 mins, to qualify for points you must finish within 35mins.

d) Fair play rule: No scouting of either Sprint leg route or Hill Climb route is permitted. This means a competitor may not walk / run either the Sprint leg route or the Hill Climb route and pre-determine the best route to the control, before they run it competitively. Any competitor caught will be disqualified from whichever jersey competition applies. The competitor will not be disqualified from the overall event.

#### **5. Yellow Jersey scoring**

For each event, only the top 10 male and top 10 female competitors on each course will be awarded points for the yellow jersey on the following basis:

1<sup>st</sup> place 10 pts; 2<sup>nd</sup> place 9 pts; down to 10<sup>th</sup> place 1 pt. If there is a tie (ie same time for the race) then points are split evenly between the tied competitors, eg a two way tie for 7 points = 3.5 points each.

A competitor is not eligible for Yellow jersey points if:

- they mispunch or do not finish the whole course and are marked MP or DNF in the results
- they are disqualified from the event (DSQ)
- they compete as part of a group

In the event of a tie in the final tally of points, the jerseys will be awarded to the person who scored 10 points for that jersey most often.

#### **6. Park Street Millennium Club points**

All competitors will be eligible for Millennium Club points when they compete in the Sprint into Spring 2017 events.