

1. 4 Man Teams are required to have at least 1 Female team member
2. The event must be started and completed by the entire team, to be official, but unofficial teams may continue as advised by Race management.
3. All members of the team must be within sight and hearing distance each other at all times, i.e. spread over no more than 200m.
4. No substitutions during the race will be allowed.
5. The team is to complete the entire event without any outside assistance, except at designated Transitions, Seconding stations.
6. Teams receiving any form of assistance, including medical assistance, whilst not in a transition area, may be disqualified.
7. Teams are required to pass through all transitions and checkpoints in the order designated by the Race organizer.
8. Teams are required to carry compulsory gear.
9. All team members are required to pass through all transitions and checkpoints together.
10. Each team is required to have a Support vehicle and Crew, to provide transportation for mountain bikes, and boats, and team meals.
11. Supporters may only provide support in designated transition areas.