



GLOBAL TEAM ELIGIBILITY & RACE RULES

Team Captains are responsible for ensuring their teams adhere to all team eligibility and race rules.

TEAM ELIGIBILITY RULES

1. **Each team should consist of 10 participants**, but the minimum number of participants per team is 8 - in this situation, 2 participants must run another lap each in order for the team to complete all 10 laps. No participant is permitted to run more than 2 laps.
2. Participants are permitted to run in **only one team** at any given race and must be **at least 18 years** of age on the race date.
3. A minimum of **8 individual participants in each team must be employed by the corporation or be a member of the professional organisation or learned society entering the race** – verification of eligibility must be provided upon request.
4. If a corporation has less than 20 employees or members, they are able to group together with one other corporation that also has less than 20 employees or members in order to form a team, but at least half of the participants in the team must be employees or members from the registered corporation.
5. There are 3 different team categories in the race: **Overall, Mixed and Female. Team Eligibility Rules 1-4 apply to all 3 categories.**
6. All teams will be eligible for the **Overall** category.
7. To be eligible for the **Mixed** category, a team will need to consist of **at least 4 individual female** participants, running a minimum of one lap each, and **at least 1 male or non-binary** participant running at least one lap - the rest of the team can be filled with any gender.
8. If a participant selects 'Prefer not to say' as their gender, the team will only be eligible for the Overall category and Mixed Team category (providing there are at least four different females running one lap each and one other gendered runner (male or non binary) running at least one lap in the Mixed Team).
9. To be eligible for the **Female** category, a team will need to consist of **female participants only**.
10. The fastest 3 **Overall** teams, the fastest **Mixed** team and the fastest **Female** team will be awarded after the race has finished, but if the race needs to be stopped for any reason the awards will only be presented to teams that have completed at least 5 laps.

RACE RULES

1. Every team must complete 10 laps of the designated one-mile (1.6km) course.
2. There can only be one participant per team on the course at any given time.
3. Should any participant wish to walk instead of run during their lap, always keep to the side of the course to prevent blocking other participants.
4. Your race baton contains your timing chip. Participants can only pass the baton by hand to their own team members, in the transition area, opposite the race pens - throwing, rolling or kicking the baton is not allowed.
5. After handing the baton to their team member, the participant must immediately move into the Finish Area. The last participant must return their team baton to staff in the finish area.
6. Each participant is required to display their bib number clearly throughout the race on the front of their t-shirt or vest.

No appeals are allowed. The Race Organiser's decision is final.