

## **OGSLSC Rip to River Race Rules Dec 2025**

1. All age groups are based on participant age on the race day.
2. Minimum age for unaccompanied entrants:
  - 10 km Run 14 years
  - 10 km Walk 12 years
  - 5 km Run 12 years
3. Children under the minimum ages above must be accompanied by a responsible adult who will stay alongside them throughout the race. It is the accompanying adult's responsibility to ensure that the child is capable of participating in the event and to ensure that their safety and wellbeing is protected.
4. Minimum age for the 1400m Ripper Nipper Run is 7 years, and maximum age is 13 years.
5. No adults may accompany children in Ripper Nipper Race without the express permission of the Nipper Race Starter and if permission is granted, accompanied children must start from the back of the field.
6. Course marshals shall have the authority to disqualify any competitors.
7. The 10 km Walk is an "unjudged event", and as such, judges are not available to judge if a walker runs some of the course. As a consequence, no places or prizes are awarded for the 10 km walk.
8. Sections of the beach are dog-free at this time of the year therefore no dogs are allowed in any event.
9. Medical staff shall have the ultimate and final authority to remove a competitor from the race if the competitor is judged to be incapable of continuing the race without risk of serious injury.
10. Good sportsman-like conduct will be demanded of all competitors. Any unsportsmanlike conduct will be grounds for instant disqualification.
11. Participants are reminded to ensure they are well hydrated before the Race. It is recommended to marshal at the start line no more than 10 minutes prior to their event and in the event of hot weather, and to remain in the shade before Marshalling.
12. In the event of extreme weather conditions, the Race may be shortened, cancelled or postponed.
13. A sudden change in conditions may require the race to be shut down and this will be signaled by all First Aid Vehicles sounding their car horns in a continuous tone for 30 seconds or more. Participants should stop running and exit the beach in an orderly manner. Those requiring assistance may make their way to the nearest drink station. If the Race is shut down, the time clocks will be stopped, and no further finish times will be recorded, and no prizes will be awarded.
14. The Race Director reserves the right to accept, reject and cancel entries.
15. Refunds will only be given in exceptional personal circumstances, at the discretion of the Race Director.
16. A competitor is judged to have finished when the competitor crosses the finish line.