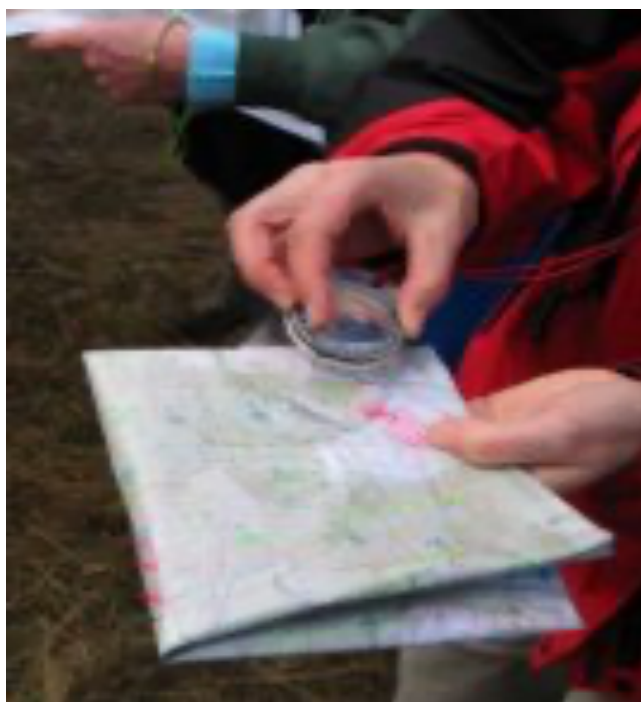


Navigation and Rogaining Skills Workshop 2024



Course Notes

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1. Introduction

These course notes accompany the ACT Rogaine Association Navigation and Rogaining Skills workshop. They are designed to help familiarise you with some of the topics that will be covered during the weekend but will not necessarily be referred to during the presentations or coaching. For less experienced rogainers, we suggest you have a read before the workshop. Please feel free to bring them along to refer to and add your own notes during the course.

What is rogaining?

Rogaining is the sport of long distance cross-country navigation. Rogaines are generally day and night events in which teams of two to five members travel entirely on foot (bicycle or kayak) around checkpoints, navigating by map and compass. Teams normally select their own order of visiting checkpoints. Events range in duration from 3 hours to 24 hours. Teamwork, endurance and an appreciation of the natural environment are features of the sport.

2. Basic navigation in theory

This section has been adapted from notes by Nikki Taws and Anthony Scott for orienteering training.

2.1 Map scale

Rogaining maps can vary in scale. The most common scale used by ACTRA is 1:25000. This means that 1 cm on the map is equivalent to 25,000 cm on the ground (or 250 metres). A scale of 1:10,000 (common size of orienteering maps) means, 1 cm on the map is equivalent to 10,000 cm on the ground (or 100 metres). So if you travel 100 metres along the ground, you will move 1cm on your map.

The maps will have even spaced north lines, often spaced at one kilometre intervals, and these can be handy for estimating distance on the map. Over time and experience with reading maps you will get a feel for different map scales and how much detail you can see on each.

2.2 Map Preparation

All events use maps that have been prepared for that event. Most maps are based on government topographical maps and spatial data (e.g. LIDAR mapping). A few are prepared from orienteering maps.

All maps have a legend that provides a description of all the symbols and colours used on the map.

2.3 North lines.

Maps made for rogaining events have magnetic north lines marked on the map.

If you are comparing this to a standard topographical map the vertical parallel lines on these show grid north. In order to determine magnetic north, declination needs to be accounted for. The workshop will not go into working out declination as we don't need it for rogaining, although your coach can teach you how to account for declination if you ask.

2.4 Introduction to contours

What are contours?

Contours connect points of equal height (land elevation). They show the shape of the landscape. Being able to match the flow of the ground with the contours is one of the most valuable skills to master in map-based navigation.

The contour interval shows the height difference vertically between the contour lines. Normally on rogaining maps the contour interval is 10 metres but can be 20 metres in steeper areas or 5 metres in very flat areas. Form lines (broken brown lines, generally only found on orienteering maps but occasionally on a rogaining map) are used to indicate contour shape or height for features under 10 metres high.

The contour lines are the only "imaginary" symbols on the map - all other symbols represent identifiable features on the ground.

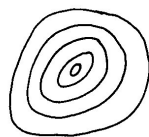
Some Important Land Forms

(a) Knoll

This is a hill top and is shown by a loop contour or several concentric loop contours depending on how high the hill is. Some examples are shown below.



*Small Knoll
roughly circular*



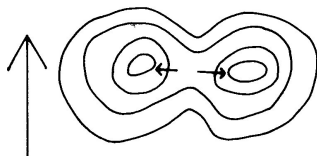
Steep hill, circular



*Two elongated, flattish knolls along a
a long, generally flat ridge*

(b) Saddle

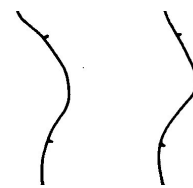
Named after a horse rider's saddle, it is a low point between two knolls. It looks up to higher ground on two sides, and looks down on to lower ground on the other two sides.



*A saddle, between higher
ground to the east and west,
and lower ground to the north
and south.*

(c) Steep and Flat Terrain

Contour lines close together indicate steep terrain; contour lines a long way apart indicate flatter terrain.



Steep Hillside

Much flatter land

(d) Gullies and Spurs

A gully is a small valley, usually where water runs in wet weather. A spur is a sloping ridge jutting out from the side of a hill. In most Australian terrain, hillsides have been eroded to form a series of gullies separated by spurs. Every bend in a contour indicates either a gully or spur. It is crucial to be able to tell which of the two it is.

(e) How to distinguish between a gully and a spur

Find the highest point (the knoll)

SPURS point away from the knoll and downhill

GULLIES point towards the knoll and uphill.

On many topographic maps gullies can be picked by the blue lines denoting watercourses.

(f) How to know which way is uphill and downhill?

It is not always easy to tell! Many rogaining maps have a thicker "index" contour, usually every 100 m, that have heights marked that you can match up to work out up and down. Alternatively, locate a high point or a low point, and follow the contours from there.

Here are some hints:

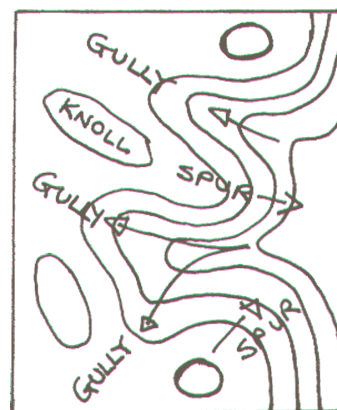
1. Watercourses flow in land lower than that immediately surrounding them.
2. Water flows downhill. Watercourses get larger and join each other as they flow down to lower country.
3. Look for closed loop contours indicating hill tops. The land immediately surrounding is lower.

Interpreting spurs and gullies is best learned in the terrain with a map. It can also be reinforced by means of suitable theoretical exercises.

2.5 How do you navigate?

How do you get to each control?

- **Orientate** your map in your hand so the north lines point in the direction of north (shown by your compass). Described more below.
- Firstly use your map and compass to check the **direction** and the approximate **distance** to the next control.
- Then look for a simple '**route choice**'. Look for simple 'line features' that you can follow, such as large tracks, fences (if marked) and watercourses. You can go any way you like, straight across the countryside or by a track to the left or right. The challenge is to decide which way is the best. Going straight is the shortest distance, but it can often be faster (and safer navigation) to follow a track or other line features.
- **Cross-checking the map with the topography**. After planning your route choice, check your direction again and start heading towards the next control. Look ahead, and then to the left and right, identify features and check the gradient of the contours around you that might be mapped. Then look at the map and cross-check. This is how you check that you are going the right way.



- **Control description;** Check your control description so that you know what feature you are looking for. Is the control on a spur or gully? Finally, as you arrive at the control, check that you all use the electronic "punch" to record your visit on the navlight scoring tags.

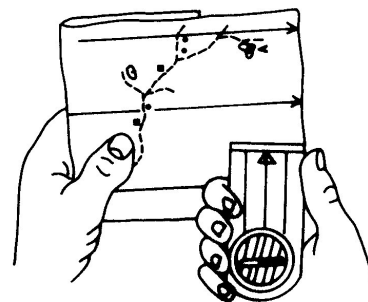
2.6 Orientating the map

To make it easier to relate the map to the ground, it should be turned around so that it always faces the same way as the ground it represents. This is called orientating your map.

Place the compass on the map. Turn the map until the magnetic north needle in the compass lines up with the magnetic north lines on the map; it is now facing the same way as the ground.

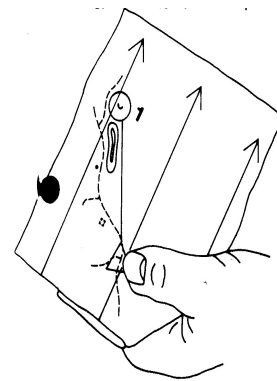
How often do most rogainers check that the map is oriented? Generally every time a significant change of direction is made, and every time a new linear feature (especially a track) is crossed.

Check that the track lies in the direction shown on the map. If not, STOP. If the features marked on the map don't match the terrain, something is wrong. Early recognition of an error will save a lot of time and energy.



2.7 Keeping track of where you are

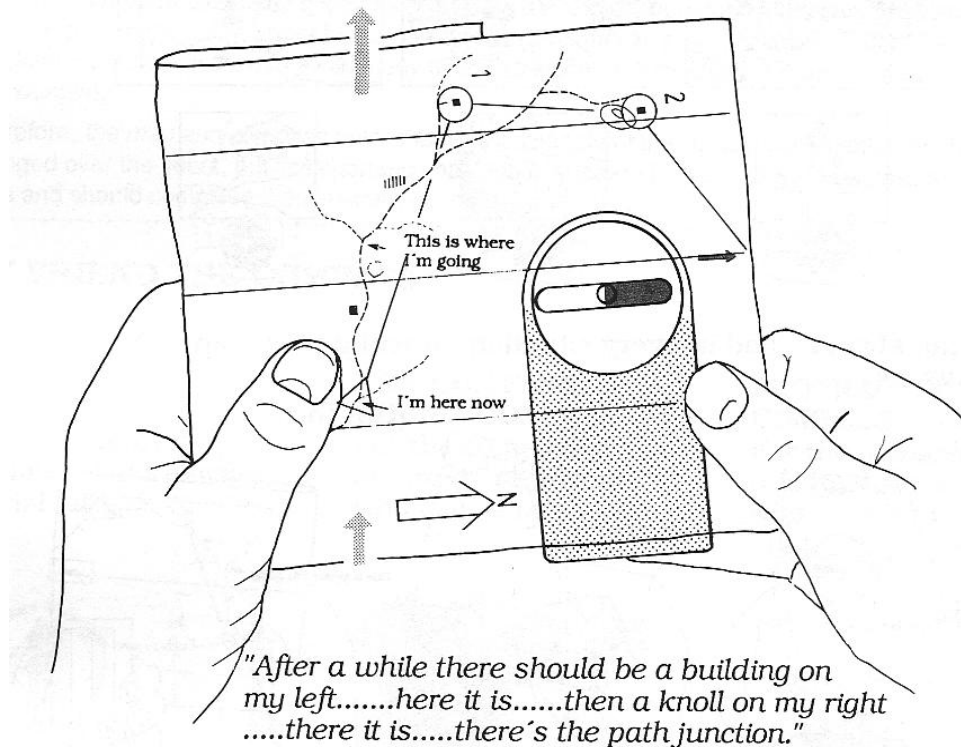
It is important that you keep track of where you are at all times. Many people find it helpful to keep the map open in your hand and your thumb near where you are. Most people prefer to keep their map orientated to north using their compass so that your direction of progress is upward on the map. The map will usually need to be folded (or rolled) to keep it manageable.



2.8 Planning each control leg: Handrails, simple plans and catching features

Planning the route choice

1. Before you leave any control make a **simple plan**.
2. Orient your map before moving off.
3. Look for any **simple linear features** (or **handrails** e.g. watercourse, roads) you can follow or large point features (eg. knolls) you can pass.
4. Look for any **attack points** near the control that are easy to find. You can then navigate to that point, then into the control.
5. Also look for any **catching features** behind the control that might help guide you in, or prevent you from going too far.

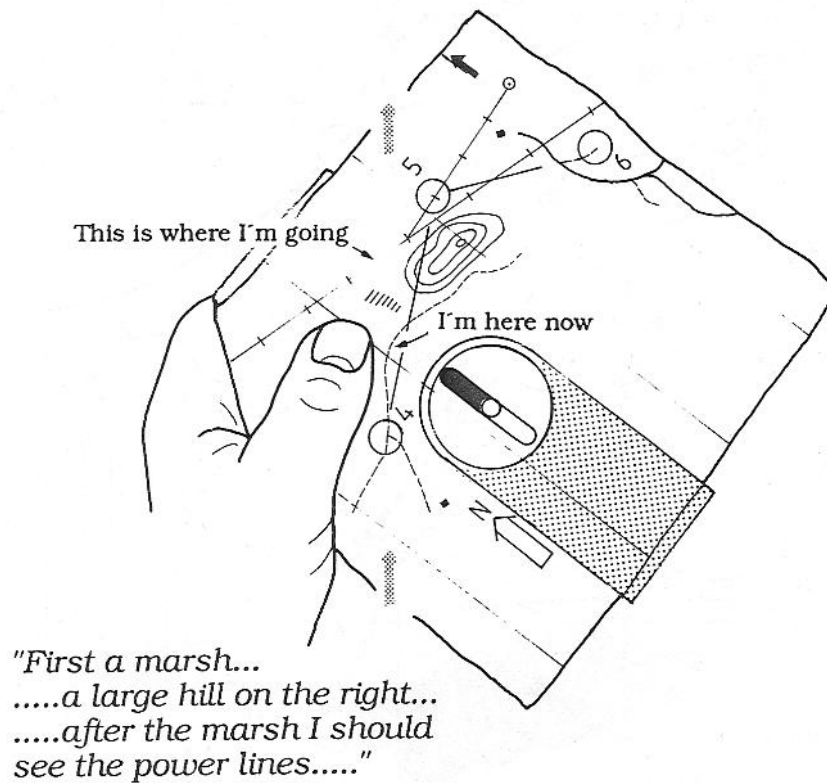


2.9 Cross-checking

How do you keep track of where you are??? By **cross checking** the map with the landscape around you.

Cross-checking routine.

- 1) As you do each leg, check **your map is always orientated to north and then check which direction you are going.**
- 2) Carefully thumb the map, and **cross-check the features on the map with the features around you in the bush.** When you cross-check, look ahead into the distance, and ALSO to the left and right. But don't just look; you must also process all the information you see, by thinking about how it should look on the map, and then checking the map. Talk to your team-mate/s about what you see and how it fits the map.
- 3) When you cross-check, the most important thing to do is check the **shape of the landscape** around you with the **contours** on the map. The contours are your most important navigational aid.
- 4) When you approach the control, slow down and watch the map and the landscape even more carefully. Take your time, and guide yourself into the control by scanning the terrain all around and cross-checking this detail with your map.



2.10 Relocation routine.

If the features around you don't match up with the features on the map, or your direction seems wrong, **STOP! Orientate your map. Then have a careful look around you** (all around you, even behind). If you stop immediately, you'll probably be only slightly off your chosen route and will be able to correct your position very easily.

If it is not obvious where you are, **look carefully at the contours**, (the slope and shape of the land) and any major features that you can see. Try to pick these up on the map. Then confirm your position by looking for other detail (*"if I'm on this spur, there should be a flat section and then a steep gully on my left... and there they are!"*).

Another trick is **to retrace on the map where you have come from**. Think about the last time you were in total contact with the map, and try to work out where you might have gone. Look around the landscape and see if this makes sense.

If nothing fits and you have no idea where you are, proceed to a feature that you can recognise or in a direction where there is a major handrail such as a river or road. Once you relocate, make a careful plan to the control and navigate carefully and safely. Take your time and remain calm. Everyone has to use the relocation routine at some time, and often many times.

3. Night Navigation

It is even more important to know where you are at night because you can't see features. It is also much harder to relocate at night.

At night, or in any other conditions of reduced visibility such as fog, much greater care is required to maintain map contact. Conservative techniques should be used such as following major handrails, even if it means further to travel. Detours to well-defined features to positively locate your position will add considerably to your confidence.

Most people tend to pace count more at night or keep a good track of estimated time for the anticipated distance/terrain until the next control. Pace counting is counting the number of steps you take and equating that to distance (you will have an opportunity to work out how many steps you take every 100 m during the workshop).

Rogainers also tend to rely more heavily on their compass during the night. A technique that is sometimes used to prevent people going off their bearing is to use a team member walking approximately 15 -20m in front as the spotting point. If the person in front starts to walk to the left of where the bearing is pointing the back person might call "drifting left" or something to the like.

4. What to take to a rogaining event

On the course

Strongly Recommended	Optional
Day pack	Pens/highlighters for route planning
Whistle	Toilet paper
Compass	Sunscreen
Water bladder/containers – consider how much you might need to carry if you fill up at water drops	Eating utensils, plate, bowl, mug for Hash House food.
Food (see section below)	
First aid (per team) include at least a space blanket, 2 compression bandages for snake bite and wound dressings. Allergy medication if required.	Additional first aid such as strapping tape, Vaseline, wound pads, wound closures, and pain killers.
Sunhat, sunglasses Waterproof jacket and warm clothing (dependent on weather for 6 hr, essential for longer events)	Warm clothing for longer events and/or in cooler weather (beanie, gloves, thermals, fleece). Spare socks for longer events, if you expect your shoes will get wet.
Head torch and spare batteries (for night events).	
Watch – this must be an old-school one without GPS function. ACTRA has some you can hire or purchase (cheap and cheerful)	Mobile phone. Note the phone is for emergency use only and any GPS capacity may not be used while competing. For remote events, if you own one, a PLB.
Pencil (for route intention boards)	

For use at the event site and pre-planning

Camping gear (tent, sleeping bag and mat etc), table or board for preparing maps, camping chairs, pens/pencils, highlighters, water for use while at the hash house, change of clothes for after the event especially some comfy shoes for your sore feet. An old towel can be useful at the end of a muddy or wet event. Food for before the event starts e.g. breakfast and lunch, and also the trip to and from the rogaïne.

A meal is provided at the end of the rogaine (or throughout a 24hour event) at the hash house. This is cooked by volunteers and is all you can eat. It usually includes pasta or curry with rice, soup, potatoes, sausages, salad, cake and fruit. Caterers try to accommodate dietary requirements including vegetarian, gluten and dairy-free.

5. Fuel for Rogainers

Food

Rogaines are long events – even in a 6-hour event, you need to plan what you eat and when. It is important to keep your energy levels high and the best way to do this is through eating high carbohydrate food. There is a lot of information available about the best foods to eat for endurance sport and these notes only aim to highlight some things to consider.

In your backpack you want to include high carbohydrate food options that are easy to carry. These include bread products, a cold pasta or a meal (if you are in a 24 hr event and want a 'dinner'), muesli bars, pikelets, potatoes (although these contain a lot of water for a portion) and specialised sports bars. Check out the nutrition panel on some of these foods to see their relative carbohydrate contents. Consider the water content for weight to be carried (if high), or additional fluid to be consumed (if low).

If you have forgotten to eat and have hit a 'flat spot' lollies or a sports gel will give you a quick energy release. But make sure you follow this up with some more solid food.

If you are someone who sweats a lot or it is a hot day, you may need to replace the salts your body sweats out. A lowering of potassium and sodium in your body may cause cramps or stomach upsets. Easy foods to take on a rogaine to replace salts include chippies, vegemite sandwiches etc or salt tablets. There are electrolyte/salt tablets available that may suit heavy sweaters.

An important factor to consider for a 24 hour rogaine is 'flavour fatigue' where you no longer want to eat more food of the same type, such as sweet sugary food. In these cases a different sort of food is handy. A mix of plain, sweet and savoury in your pack is good. Also, eye off your partner's food at this time and swap!

Maintaining a generally balanced diet ensures your body will perform at its best in times of longer duration exercise. Preloading your body's low carbohydrate stores several days before a major event and avoiding foods higher in fat is the basic nutrition advice given to endurance athletes.

Suggested food for snacks

- Muesli bars
- Fruit (especially bananas)
- Mixed nuts
- Pikelets/scones/muffins/biscuits
- Fruit cake/bread
- BBQ/cheese shapes (salty crackers)
- Lollies
- Energy bars and gels.

Suggested food for 'meals'

- Precooked pasta with a simple tomato-based sauce (something that will keep un-refrigerated).
- Vegemite/ tuna/ peanut butter/cheese sandwiches or salad roll

-
- Breakfast cereal (e.g. muesli) with powdered milk
 - Pizza with low fat topping (again with a topping that will keep un-refrigerated).

Planning your eating

You want to make sure you are well fuelled-up all the time during a rogaine. If you are getting hungry you will slow down, make mistakes and not feel as positive about your event. Suggested tips are:

- Eat something every hour or half-hour, even if it is small
- Plan what times you are going to stop for a 'meal' break (e.g. on dark, 2 am, just before dawn in a 24 hr event).
- Remind your partner and encourage them to do the same to you. I often share my snacks.

How much to take?

Do a rough calculation based on one snack per 45 minutes to one hour, but also have 2-3 more major 'meals' during a 24 hr event, so take off the snacks for a couple of hours after the 'meal'.

Of course, once you have planned your route if you pass an all-night café or the hash house you won't need to carry as much food. At some events water drops may also have fruit cake or fresh fruit – check this in your course notes. These may run out later in an event.

Drink

Dehydration slows you down, gives you a headache, can make you feel sick, can make you cramp, and stops you thinking straight – so don't get dehydrated.

Drinking water is essential before, during, and after the event to maintain hydration. If you only drink when you are thirsty, you are not maintaining a satisfactory level of water intake. Drink more water than you usually would the day before the event and the morning before you start – but don't go overboard as there is a dangerous condition called hyponatremia that can develop in people who drink lots of water, sweat but don't eat enough salty foods to balance the sodium levels in the blood.

A rogainer may carry a 2-3 litre water bladder and often a 750 ml bottle of sports drink. On a hot afternoon even this much may not get you between water drops. Calculate your water needs based on the weather. Consider when planning your course where the water is and if you can travel between the water drops on the amount you are carrying (you may need to modify your plan to pick up water).

Consider carrying sports drink powder if it is hot. Sports drink is more quickly absorbed by your body and will give you a bit of a carbohydrate boost as well. Take care not to make it too strong.

Caffeine

Caffeine is sometimes used by athletes to boost performance and it can be used in rogaines. Caffeine can improve endurance and reduce perceived effort. Caffeine could be taken just before an event or during an event when feeling low, for example in the early hours of the morning. There are numerous caffeine containing foods and drinks available including sports bars and drinks. It would be wise to trial these before using them during an event as caffeine can cause some people stomach upsets, over stimulation and lack of concentration (which is important when you need to concentrate to navigate).

If you're carrying it you might as well eat or drink it!

6. What to Wear

Cool/Cold Conditions

Start the race with the anticipation that you will warm up quickly. Competitors often overdress for the start and then within 15 minutes of the start, have to stop and take off layers.

- Long sleeve shirt (thermal, "cool max", not cotton)
- Long pants (thermal material, light, not cotton)
- Sun hat OR beanie
- Running shoes/ light hiking boots* (avoid new shoes/boots)
- Warm socks
- Watch
- Gaiters

Also carry additional clothes in case you need to stop, slow down or weather conditions get colder.

Optional

- Windproof vest
- Gloves

Warm/Hot Conditions

- Light long sleeve collared shirt (silk, cotton, cool material) or collared T shirt
- Light long pants (cotton, cool material) or comfortable shorts
- Sun hat
- Sunglasses
- Sport socks
- Running shoes/ adventure racing shoe/light hiking shoe* (avoid new shoes/boots)
- Watch
- Gaiters/sock protectors (check final instructions to determine the vegetation and whether gaiters are needed being mindful of the possible help gaiters sometimes provide in preventing/minimizing the effects of snake bite)

*Shoes: Ideally they should be:

- Comfortable, worn in, a good fit with socks
- Good cushioning properties from impact stresses
- Good grip for wet surfaces
- Some flexibility in the sole for moving over rough ground
- Ankle support if you are prone to rolling ankles
- Made of a covering material that prevents grass seed penetration. Avoid mesh/nylon coverings (frequently found on running shoes) or wear sock protectors.

7. Planning a course

“No rogaine is ever won at course planning but plenty are lost”

There are many methods for planning a course and all are valid. Some methods are given here and you are encouraged to ask the coaches and other people at rogaines about methods that they use.

The Map

Identify the following key features, as these will influence your route choice

- Isolated **Hills** or ranges as they affect speed but are obvious large point features for navigation
- **Rivers**: usually crossing is not an issue. Large pools might change your route.
- **Roads** are handy for fast travel. Usually have the water drops located. Useful for a fast route back to the Hash House.
- **Farmland/open country** is usually faster travel than in the bush but can have deceptively hard navigation.

Choosing Where to Go

For all rogainers

- Where do you want to be at the start and end of your rogaine?
 - You travel faster at the start when you are fresh.
- For 12-24 hr events - where do you want to be in the dark/light?
 - Higher relief can be easier for navigation.
 - Scrub is easy to blunder into in the dark.
 - Open country can give you the advantage of moonlight.

Recreational rogainers

- Estimate the distance you will travel based on speed and how competitive you want to be.
- Is there anywhere you particularly want to go on the map (e.g. nice view from the top of a hill)?
- Link some controls roughly in pencil/pen and measure how far it is. You will then have a much better idea how much to add or take off your course to get the right distance.

Competitive rogainers

- Estimate the distance you will travel from the map conditions.
- Check for any 'sucker' controls (either a control for teams who might get around an entire course or higher points but will take you a very long time). These might be a long way out of your path or up a very big and steep hill.
- Does the spread of points across the map suggest one area of the course? Check the course setters notes though for more difficult or slower travel which may explain a higher average point value.
- Link the higher point controls or groups of easy controls before attempting the full course.

The VERY ROUGH distance guide

	6 hr event		12 hr event		24 hr event	
	Open	Scrubby	Open	Scrubby	Open	Scrubby
Beginner	12-15	10-12	20-30	15-20	30-40	25-30
Recreational	15-25	15-20	30-40	20-30	40-80	30-50
Competitive	25-35	20-30	40-60	30-40	80-100	50-60
Top Team	40-50	30-40	60-80	40-60	100-120	60-80

At night you want to be conservative with your route choices, avoiding vague areas of the map, and ensure you have good handrails, attack points and catching features. Use and trust your compass at night.

Once you have planned a loop and estimated how long it will take you, mark points at intervals (e.g. 25 %, 50 % or every few hours) so that you can better measure your progress and shorten or lengthen it as you go.

The controls

Julie colour codes all the controls so that she don't accidentally miss one by not seeing it. Rogainers use a variety of methods in selecting a route. The methods include determining:

- Average control value
 - For more competitive rogainers - you can work out what controls are best to visit.
- Big and small points
 - there may be some must visit controls because they are worth a lot of points.
- Points in sectors
 - A group of controls that you might do as a cluster.
- Link obvious controls
 - In pencil in case you choose to go there. Be careful not to make marks on the map you might later think are features.

Linking Controls

How do you link controls in an area?

- Minimise the hills.
- There will be clusters that are hard to link.
- Work out if there are obvious controls to drop if you are moving slower than you estimated.
 - Loops are good for this.
- Identify controls that you can add in if you are moving faster than you estimated.
- Don't forget water drops.
- Use features such as roads/tracks if they go in the right direction.

Finally, check your course

Run a knotted piece of string (knots every 1 or 5 km) or measuring wheel over your map to check your distance is reasonable. Remember this doesn't take into account hills and is only an estimate. Mark times at intermediate points so you can measure your progress against your plan and adjust accordingly. After the rogain...Draw on your map where you went and see how well your plan worked.

8. Teamwork and Morale

This is often an underrated aspect of the sport and needs attention particularly before longer events such as a 12 or 24 hour rogaine. Before starting an event, goals of all team members need to be discussed. Ideally your team members should be compatible in terms of fitness (or speed of travel), competitiveness, decision making and ethics. Many people often discover new sides (positive and negative) to friends, lovers or team mates in the wee hours of a dark night. When morale is low, make team members feel useful. Ask them to watch out for a watercourse on the left or take a break and have some food.

On longer events it is also beneficial to discuss each person's concerns and what can help or hinder the person out of a difficult "space". Also good to discuss what each person will carry. For example, you might share food or one person might carry a more powerful torch to use when searching for controls.

Experienced rogainers know it is very rare to do a rogaine where nothing goes wrong, everything goes according to your plan and you never get confused about where you are. When something does go wrong, stay positive and handle the situation as best you can. Adjust your plan, if necessary, and carry on. Giving up is a guaranteed way to get a disappointing result. If the conditions are tough, think about whether they are tough for everyone, or is it just the particular part of the course you are on – if necessary change your plan to something more within your capabilities.

9. Prevention of Common Injuries

Blisters	<ul style="list-style-type: none"> • Wear worn in shoes and sport socks. • As soon as you get a rub spot, stop and fix. Strapping tape is excellent for preventing blisters developing. If you know where your rub spots are tape these areas prior to an event • In wet conditions, bring a couple of pairs of socks. • Cut your toe nails. • A layer of vaseline or a similar product over your feet may help to prevent blisters and 'pruning' of your feet in the wet. Note that it is hard to then apply strapping tape if you need to.
Sprained ankles	<ul style="list-style-type: none"> • If you are prone to turning your ankle, prior to an event strap your ankle with strapping tape (seek professional advice for the correct procedure) • Orienteers often wear a manufactured guard as a prevention • Carry a firm elastic bandage, just in case (doubles as one of your snake bite bandages).
Chaffing	<ul style="list-style-type: none"> • Wear clothes you have worn before in similar activity • Apply vaseline to potential chaffing spots • A small bit of 3B cream is good to apply if you are starting to chafe out on the course.
Sunburn	<ul style="list-style-type: none"> • Apply sunscreen (preferably before you get the event map) • Wear sun protecting clothing, sunglasses and a decent hat • Reapply sunscreen after 4 hours or in the morning (24 hr)

10. Tips and Tricks

Team

- Make sure you and your team mate/s have the same expectations for the event (e.g. doesn't matter how well you do, you want win your category).

Planning

- Options and flexibility to change if you are moving faster or slower than your plan. Have some rough times on the map where you want to get to during the event (e.g. every 6 hrs during a 24 hr event).
- Work out where you want to be in the dark (12 and 24 hr events) – slow, steeper country or open, easy navigation?
Some people recommend doing the larger relief areas at night where features will be more distinct. You will travel slower through these areas whether it is day or night so you might as well do them at night. Also, navigation will be easier in these areas. Flat or undulating farm paddocks can be very difficult to navigate in the dark, especially if there is no moonlight. Do the flatter, faster areas in the daylight.
- Highlight or mark controls so that you don't miss any.
- If you have time during your planning, mark your route between controls identifying handrails and catching features.
- Don't paint yourself into a corner and run out of controls to collect.
- Don't end up at the other end of the course and have to make a beeline back to the HH without picking up any points.
- Calculate points in different 'sectors' of the map – the map may have an area where you must go to as it has many more points per control or distance.

During the event

- Talk constantly to your partner. Mostly about the navigation but it also keeps you both awake in longer events and alert.
- If you can't find a control discuss how much it is worth and how long you should spend looking for it. Have a time when you "cut your losses" and move on. E.g. it may not be worth spending more than 10-15 minutes looking for a 20 or 30-point control.
- Share the navigation – swap roles for a mental break if you need to.

Other

- Lower point controls are not easier to find than higher point values.

11. Rogaining Competition Rules

"The course" means anywhere a team travels during the time of the rogaine but specifically excludes the access road and areas in the proximity of an administration area designated for non-competition use by the organisers, for example for parking or camping. "Event site" includes the course and any administration, access and non-competition areas.

Below are the official rules. There may be additional rules for specific events, which the organisers will tell you about.

Entries

- R1 A team shall consist of two, three, four or five members.
- R2 A team that has a member under fourteen years of age shall also have a member eighteen years of age or over.
- R3 Competition placings are awarded in several sections based on the age and gender composition of teams. Each team shall be deemed to be entered for all sections of the competition for which it is eligible.
- R4 No member of a team shall have been involved with the organisation of the rogaine so as to have a prior familiarity with the rogaine course or the fieldwork of the rogaine map.

Respect for Land and Property

- R5 Competitors shall respect public and private property.
- a. Competitors shall not cross newly sown ground or growing crops, except if specifically permitted by the organisers, or any area deemed out-of-bounds by the organisers.
 - b. Competitors shall keep a reasonable distance from dwellings and stock with young.
 - c. Competitors shall take due care when crossing fences, crossing at corner posts, solid posts or between wires wherever possible. Each team shall leave gates in the same state as they were found.
 - d. Competitors shall not discard litter.
 - e. Competitors shall not light fires at the event site.
 - f. Competitors shall not smoke on the course.
 - g. Competitors shall not unduly damage or disturb native flora or fauna.
 - h. Dogs and weapons of any kind, including firearms, are prohibited at the event site.

Conduct of Competitors

- R6 Competitors shall not enter the course until the official start is signalled.
- R7 The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map. The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited. The possession, at the event site, of maps that provide additional information not shown on the competition map is prohibited.
- R8 The use of computers for course planning is prohibited.
- R9 Competitors shall travel only on foot.
- R10 Members of a team shall remain within unaided verbal contact of one another at all times whilst on the course. A team shall demonstrate compliance with this requirement to any event official or other team on request.
- R11 A team shall surrender its score card to any event official, and shall advise their team number to any event official or other team, on request.
- R12 A team shall not accept assistance from, nor collaborate with, other people, nor deliberately follow another team.
- R13 No food or equipment shall be left on the course before the event for a team's use, and no food or equipment shall be discarded on the course unless retrieved by the team during the event and brought by the team with them to the finish.
- R14 Each competitor shall carry a whistle at all times whilst on the course. In an emergency a competitor shall give a series of short blasts on their whistle.

Checkpoints

- R15 All team members shall simultaneously approach to within 5 metres, and within sight, of each checkpoint for which points are claimed.
- R16 In order to gain points for a checkpoint teams must punch the scorecard provided by the organisers in the correct square with the punch at the checkpoint marker and fill in any intention sheet at the checkpoint with the time of arrival, the team number and the number of the checkpoint that they intend to next visit. If a team punches an incorrect square, they must notify the organisers of the details of this immediately upon returning to the administration to be eligible to be credited with that checkpoint.
- R17 In the event of the scorecard being lost, a team may record punch marks on any single sheet. The organisers will accept this so long as the punch marks are discernible, and the team can identify to the organisers the checkpoint number for each of the punch marks.
- R18 Competitors shall not deliberately rest within one hundred metres of a checkpoint unless the checkpoint is also a water drop.
- R19 Competitors shall not adversely interfere with a checkpoint, water drop or any other facility placed upon the course by the organisers.

Administration Areas

- R20 Whenever a team visits an administration area, all team members are required to report together to the organisers and surrender their team's scorecard. The team shall only collect its scorecard immediately prior to leaving that administration area.
- R21 A team shall finish by all of the members reporting together to the designated finish administration area and surrendering their scorecard.
- R22 If a competitor wishes to withdraw from a team for any reason the entire team shall return to an administration area and notify the organisers. The original team shall be deemed to have finished the event. If a new team is formed it may be admitted to the competition at the discretion of the organisers but no points shall be credited for checkpoints already visited.

Penalties and Protests

- R23 The penalty for breaching these rules is disqualification except for rules R16 and R18 for which the penalty is the loss of points for the checkpoint under consideration. Any team disqualified under this rule shall be recorded as **DSQ**.
- R24 A team may voluntarily withdraw, by advising the organisers immediately upon their finish, if they have breached any rule for any reason and shall be recorded as **W/D**.
- R25 Within forty-five minutes of the nominated finish time, a team may report in writing to the organisers about any team thought to have breached these rules, or may protest in writing to the organisers about any actions of the organisers that they consider made the competition unfair.
- R26 A team that is not satisfied with any decision of the organisers may appeal in writing to the committee of the organising association within seven days of the publication of the official results. This committee shall have the power to overrule the organisers and to amend the results accordingly. No further appeal is permitted.

Scoring

- R27 The event shall end at precisely the set number of hours after the actual starting time, both times as defined by the organisers' clock. Teams finishing late will be penalised at the rate per minute or part thereof specified in advance by the organisers. Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result shall be recorded as **LATE**.

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- R28 A team's score shall be the value of the checkpoints visited and correctly verified in accordance with these rules, less any penalties. The team with the greatest score, or in the event of a tie the team that finished earlier, shall be awarded the higher placing.
- R29 In the event of a checkpoint being damaged or deemed misplaced or missing by the organisers, teams shall be awarded the checkpoint score:
- a. If the punch is missing or damaged but the team has a correct record on the intention sheet.
 - b. If the punch is missing and there is no intention sheet, but the team can satisfy the organisers that they visited the correct site.
 - c. If a checkpoint is missing or misplaced but the team can satisfy the organisers that they visited the correct site.
 - d. For a correctly recorded visit to a misplaced checkpoint.

General

- R30 Any team hearing a distress signal must abandon their course and help in any way needed. No team shall be penalised for any rule breached in the course of giving such help.

A note on mobile phones. Where there is coverage, you will typically be encouraged to carry your phone for emergencies. However, most phones also have GPS capability. Please respect the rules when it comes to having your mobile on the course. You may be asked to seal your phone in a bag for championship events – much like the tough post bags – to prove you have not used the GPS.

Notes