

ARWS RULES OF COMPETITION DETAILED EXPLANATION

ARWS 竞赛准则说明书

Penalties - for explanation on the three levels of penalty (Blue, Yellow, Red) please see section 10.

惩罚措施—以下每个细则，如有违犯，相关对应惩罚（蓝牌 / 黄牌 / 红牌），详见第10章。

1, Pre-Race. Teams must comply with all registration procedures, equipment and competency checks and attend all compulsory pre-race briefings as scheduled by the Race Organiser. [BLUE]

1, 赛前。参赛队伍必须按赛事流程注册，报道，并通过资质审核，与强制装备检查，并参加所有组委会组织的赛前所有技术会等相关环节会议。[违反者，蓝牌惩罚。以下简称“蓝牌”]

. 1.1. Competency checks must be completed within a reasonable time frame, and to the satisfaction of the Race Organiser. Failure to do so will result in either reduced participation in the event (e.g. being excluded from sections of the course) or the team or individual not being permitted to start the race.

. 关于参赛资格，组委会在收到各位报名一定时间内进行审批，合格者才通过。不合格者，个人（甚至队伍）将不得参赛，或在相应赛段被强制退出（整个队伍也将退出）。

. 1.2. Equipment checks must be completed to the satisfaction of the Race Organiser. Failure to meet the equipment requirements will result in the team not being permitted to start the race.

- . 关于装备，会在赛前一天，由组委会进行强制装备检查。如果强制装备缺失或不合格，队伍将被取消参赛资格。
- 2, Equipment. Teams and athletes must carry mandatory equipment as prescribed in the AR World Series Mandatory Equipment List, as well as any race specific items directed by the Race Organiser.

装备，每队运动员必须携带AR World Series Mandatory Equipment List 《ARWS强制装备清单》，如该场比赛赛事总监有特殊要求，队伍也必须携带。

- . 2.1. Any scheduled and random equipment inspections undertaken by Race Referees and Race Officials must be complied with. [RED]
- . 2.1, 赛事组委会官方人员及裁判员可在比赛中任意时间点，随机进行装备抽查，队伍必须配合。 [红牌]
- . 2.2. Mandatory equipment must be carried as specified in the AR World Series Mandatory Equipment List. [YELLOW]
- . 2.2 比赛过程中，必须按《ARWS强制装备清单》携带其中所有装备。 [黄牌]
- . 2.3. Any mandatory equipment which is lost during the course of the race must be reported to a race official at the next manned CP or TA. Teams must remain in that location until a replacement can be delivered. [YELLOW]
- . 2.3 比赛中任一强制装备的丢失，必须在比赛下一个有赛事组委会工作人员驻扎的CP或TA想工作人员汇报，队伍必须在该处等待直到该缺失装备的替代品被送到。 [黄牌]
- . 2.4. Prohibited items that must not be carried are specified in the AR World Series Mandatory Equipment List. Specifically prohibited items include: [RED]
- . 2.4 比赛禁止携带产品，在《ARWS强制装备清单》里也列出。

- . 具有包括 [红牌]
 - 2.4.1. Mobile/ cell phones, radios, smart phones, internet, computers or other communication devices (other than those provided by the event).
2.4.1. 手机（智能手机），收音机，网络装置，电脑，其他通讯装备（组委会提供的特殊比赛装备除外）
 - 2.4.2. GPS devices of any kind (other than those provided by the event) unless registered and sealed inside security and tamper proof bag by the organisers, which is checked at the finish.
2.4.2 GPS全球定位系统装备（组委会提供的装备除外），除非已在检录时被封机，在组委会提供的封装袋，此封装袋将在终点进行检查。
 - 2.4.3. Distance measuring devices including foot pod accelerometers, pedometers, etc (excluding cycle computer).
2.4.3 距离测量装备，如步幅加速传感仪，计步器等。（单车码表除外）
- . 2.5. Tracking devices must be operated correctly. [BLUE]/ [YELLOW] Turning the device off or deliberately shielding it to reduce it's operational ability is prohibited. [RED]/ [DQ]
. 2.5 跟踪仪，必须正确操作。 [蓝牌或黄牌] 禁止将仪器关掉或故意将其信号遮蔽导致组委会无法监控位置。 [红牌 或 DQ（不合格）]
- . 2.6. Once official race maps have been issued no other maps may be referenced or carried. [RED]
. 2.6 一旦赛前组委会分发赛事地图，各队不得使用参照，携带任何其他地图。

2.7. Race bibs must be worn as the outer most garment for the duration of the race (including over Personal Flotation Devices). Modification of the bib is not permitted. Obstruction of the printing on the bib is not permitted. A backpack is permitted to cover the back of the bib only. A thin sternum strap between the shoulder straps on the front of a athlete is permitted. Vest type front packs that obstruct printing on the front of the bib are prohibited. [BLUE]

2.7比赛全程，号码布必须穿在最外层装备。（包括水上项目的救生衣）。号码布禁止擅自修改，上面印刷的信息禁止涂抹。如号码布挂在背后，只有后背背包遮挡是允许的；背包前胸的窄带如轻微遮住号码布，是允许的。如果背包系统有个前置包，遮住了号码布信息，则不允许。 [蓝牌]

2.8. Modifications to kayaks provided by the Race Organisers is prohibited. [RED]/ [DQ]

2.8赛事组委会提供皮划艇，严禁改装。 [红牌或DQ]

2.8.1. Sails or kites are not permitted unless the Race Organiser specifically includes sailing as an event discipline.

2.8.1 帆与筝等助力设备禁止使用，除非组委会在个别比赛中单独申明在比赛某赛段准则中涉及帆筝项目。

2.8.2. Removable portage wheels are permitted providing there is no damage or modification to the race kayaks.

2.8.2. 可拆卸的皮划艇搬运辅助轮，允许使用。前提是，皮划艇本身没有改装或因此受损。



2.8.3. Removable padding for seats and removable foot rests are permitted where there is no damage or modification to the race kayaks.

2.8.3. 可拆卸的皮划艇座椅垫，和腿部休息装置，允许使用。前提是，皮划艇本身没有改装或因此受损。

2.9. Any other equipment rules issued by the Race Organiser must be complied with. [BLUE]/ [YELLOW]

2.9 任何比赛组委会针对比赛有特殊装备要求，必须遵守。 [蓝牌 / 黄牌]

2.9.1. Dimensions and weights of bike boxes and resupply boxes must not be exceeded. [BLUE]/ [YELLOW]

2.9.1 转项区自行车盒子与补给箱 如有尺寸和重量要求，必须遵守禁止超出。 [蓝色 / 黄色]

3. Race Course. Teams must complete the race course as directed in the course notes and maps, from the Start Line, through race checkpoints (CPs) and transition areas (TAs), by the racing discipline specified and to the Finish Line. The first team to complete the course, with any penalties taken into consideration, will be considered the winning team.

- . 3.赛程中，参赛队必须按照比赛路线图和地图，从起点依次通过各打卡点（CPs）和换项点（TAs）按照比赛规则完成比赛。计算罚时后，首支完赛的队伍即为获胜队。
 - . . 3.1. Once the course has been issued athletes, media, supporters etc are not permitted to travel any part of the course in anyway before the start.
 - . 3.1。比赛线路发布后到比赛开始前，任何运动员、媒体人员、后援团等都不允许以任何方式上赛道的任何路段。
 - . . 3.2. Athletes are not permitted to leave the race course at any stage between the Start and the Finish unless authorized by the Race Director.
 - . 3.2。除赛事总监授权，运动员不得在赛事开始后至完赛期间离开赛道。
 - . . 3.3. The course must be completed as specified in the course notes and race maps. Legs of the course must be completed, and CPs collected, in order unless otherwise specified.
 - . 3.3。运动员需严格按照赛事说明及比赛地图完成赛事，所有赛段必须完成，所有打卡点（CPs）都需要有记录。另有规定除外。
 - . 3.3.1. Only equipment from the specified Discipline may be taken on that Leg unless otherwise authorised in the Course Notes. For example mountain bikes are not permitted to be taken on trek legs.
 - . 3.3.1。在每个赛段中，只有赛事规定的装备才可使用，除非赛事手册中另有授权。例如山地自行车即不被允许带至徒步赛段。
 - . 3.3.2. During Mountain Bike and Paddle Legs in cases where an unmanned CP is set in a location it is not possible to visit by that discipline, teams are generally permitted to leave their mountain bikes or kayaks, collect the CP by trekking, then return to their mountain bikes or kayaks. The team must carry the necessary Mandatory Equipment for Trekking in this instance.
 - .3.3.2。在山地自行车和将累赛段中，如遇某无人打卡点所在位置无法经由赛制规定的行进方式接近，参赛队可以离开

山地车或者皮划艇，徒步接近打卡点打卡，然后回到山地车或皮划艇上。徒步的这段距离，要求参赛队必须携带必要的强制装备行进。

3.4. Teams must visit unmanned CPs and record proof of their visitation via the method adopted by the Race Organisers (e.g. orienteering punches, electronic timing chip etc). Failure to do this is considered “Missing” an unmanned CP. Visiting an unmanned CP and not recording proof of visitation is considered the same as not visiting the CP at all. In most cases Race Organisers should specify in the Course Notes the penalty for Missing an unmanned CP.

3.4。参赛队如遇无人值守的打卡点，需以赛事组委会认可的方式留下记录以证明通过（如在地图上定向打孔、电子计时芯片等）。不这样做会被判定为“漏点”。即使到达无人值守的打卡点，但没有留下可以证明到访的记录，也被认定没有到达该打卡点。在大多数情况下，赛事组委会会在赛事说明书中明确漏打无人打卡点的罚时规则。

3.4.1. If a team visits the physical location of where a CP marked on their race map should be, and no checkpoint is found (e.g. the CP may have been stolen or incorrectly placed), the team must prove they visited the correct location represented on the map by taking digital photos (with flash if necessary) to show the Race Director at the next TA or Finish. The Race Director may also reference any tracking devices carried by the team to satisfy themselves the team was in the correct location. No credit is given if a team incorrectly plots a CP on their maps.

3.4.1。如果参赛队到达了他们手中参赛地图中标记的某打卡点，但是并未在这里发现CP旗（例如CP可能已被盗或放置地点不正确），参赛队必须提供到达地图上标注的该位置的数码照片（夜里必要时可开闪光灯），在下一个换项区或比赛结束时交至赛事总监评审。赛事总监也可以参考该队伍携带的轨迹记录设备，只要能够证明该队伍确曾到达过该正确位置。如果参赛队未能导航至地图上的打卡点则不记成绩。

3.4.2. If an unmanned CP is missed, a team is permitted to return using the most direct and permitted route to collect that CP. Any part of the course they had completed past this CP is no longer valid. They must complete the course from that CP onwards as specified in the Course notes and Race maps.

3.4.2。如果错过了某个无人值守的CP点，参赛队可以在规则允许的路径中选择最直接的路线返回打卡，他们已经经过这个打卡点后行进的路程都视为无效。参赛队必须按照赛事说明和赛事地图中的规定从该打卡点向前完成赛段。

3.4.3. If a team loses their proof of visiting an unmanned CP (e.g. control card, wrist band, timing chip), they must take photographs and follow any procedures specified by the Race Organisers (e.g. manually recording a code on the CP, punching race map etc).

3.4.3。如果参赛队无法提供他们曾经到达某无人值守打卡点的证明（例如监控卡，手腕带，计时芯片），则必须拍照存证或按赛事组委会的指定要求（例如通过手动记录该打卡点的代码、在比赛地图上打孔等）。

3.4.4. Where a team must take a photo as proof of visiting a CP, the photos should include as much detail of the surroundings as necessary to satisfy the Race Director. A flash may be necessary. Photos should include team members where possible. Photos that don't clearly show the location for whatever reason (eg. water on lens, too dark, bad picture framing, lens obscured) are not valid. Equipment failure (eg battery flat, camera not working etc) is not considered a valid excuse.

3.4.4。在必须留存照片以证明曾到达过某CP点的情况下，照片中应当尽可能多的涵盖周边环境的细节以满足赛事总监的要求。夜里暗黑环境必要时开闪光灯。照片中应当尽可能多的包含团队成员。因任何原因造成未能清晰显示位置信息的照片均视为无效(如镜头上有水、太暗、画面不好、

照片晃、镜头模糊等)。设备故障(如电池耗尽、相机故障等)不被视为有效的理由。

3.5. Teams must check in at manned TAs or CPs via the method adopted by the Race Organisers (e.g. sign in sheet, passport signature, electronic timing chip).

3.5. 参赛队必须在有人值守的换项点或打卡点通过赛事组委会认可的方式签到(如签到表、护照签名,电子计时芯片等)。

3.6. Travel in Out of Bounds areas is prohibited.

3.6. 禁止行进至比赛禁区。

3.6.1. Unless specifically permitted by the Race Organisers, travelling through private property is always out of bounds, even if a team were to seek permission from the owner.

3.6.1. 除非有赛事组委会特别许可,禁止行进至私人领地(比赛禁区)——即使已经得到了业主的许可也不可以。

3.7. Mandatory routes if designated by the Race Organisers must be followed.

3.7. 赛事组委会一旦指定了强制线路,则必须遵循该路线行进。

3.8. Teams must abide by civil laws at all times.

3.8. 参赛队必须时刻遵守当地法律法规。

3.9. All official instructions issued by race officials, either verbal or in writing, must be complied with. [BLUE]/ [YELLOW]/ [RED]/ [DQ]. This is not applicable to general advice or recommendations a race official may give in the course of their duties. If there is confusion or conflict between instructions issued by race officials, the information provided by the Race Director will take precedence.

3.9. 所有由赛事官方公布的官方指引,无论是口头还是文字形式,都必须遵守。本条不适用于赛事官员在履行职责时可能提出的一般性建议或意见。如有赛事官员给出的指令发生混乱和冲突,应以赛事总监提供的信息为准。

3.9.1. Only an official directive from the Race Director may change an instruction that has been printed in the Race Notes or on Race Maps. This directive should be in writing, and passed by the Race Director, or their Race Officials, and signed by teams to acknowledge they have received the instructions. Only

in an extraordinary situation should an official directive be verbal.

3.9.1。只有赛事总监出具的官方正式指引，才能更改已在印刷在赛事手册或比赛地图上的指令。该指令应以书面形式给出，由赛事总监或赛事官方传达，参赛队需签名确认已收到该指示。只有在特殊情况下，官方指令会以口头通知的形式发出。

. . 3.10. The race clock does not stop and time in TAs is counted to a teams total time.

. 3.10。比赛为不间断计时，参赛队在换项点的耗时也记录在团队总时间内。

. . 3.11. Race Organisers may include non timed sections, or compulsory stops, for safety or other reasons.

. 3.11. 赛事组委会有权利出于安全或其他原因，指定某赛段不计入总时长，或强制暂停比赛。

3.11.1. In the case of compulsory stops or non-timed sections, teams must remain on the race course and they are are still bound by the ARWS Rules of Competition. This is especially relevant to the rules regarding support and outside assistance.

3.11.1。在强制暂停比赛或在非计时赛段的情况下，各队也必须停留在赛道中，且仍受 ARWS 赛事规则的约束。这与有关支援团队和外部援助的规则特别相关。

3.12. A team has officially finished and their finish time is recorded when all team members have crossed the finish line.

3.12。仅当参赛队中所有成员都通过终点线时，参赛队才被认为正式完赛并记录完赛时间。

4. Team. Teams must travel and complete the course together, without substitution, and with team members being close enough to see and communicate verbally with each other at all times.

4。参赛队成员必须共同完成赛事，期间不能有人员更替，且同队队员在任何时候都必须保持足够近的距离，确保相互间可以通过口头进行沟通。

- 4.1. Each team must have an appointed team captain, who will be the official representative of the team before, during and after the race.
4.1。每个参赛队必须有一位指定的队长，在赛前、赛中和赛后作为该队的官方代表。
- 4.2. Team names that contain offensive words or innuendo are not permitted.
4.2。参赛队的名字禁止包含带有攻击性或讽刺性的词汇。
- 4.3. All athletes must be a minimum of 18 years old at the time of race unless a special exemption is issued by the Race Organiser.
4.3。所有参赛运动员必须年满 18 周岁，除非由赛事组委会颁发特殊豁免权。
- 4.4. Teams must travel the course together, with team members being close enough to see and communicate verbally with each other at all times. In most situations no more than 100m should separate the first and last team member. Team members must not separate accidentally [YELLOW]/ [RED] or deliberately [DQ].
Exceptions to this rule may include:
4.4。参赛队成员必须共同完成赛事，且同队队员在任何时候都必须保持足够近的距离，确保可以看到彼此并能够通过语言进行沟通。在大多数情况下队员头尾之间距离不得超过不得超过 100 米。队伍禁止意外地分开 [黄牌] / [红牌] 或故意分开 [DQ]，以下状况除外：
- 4.4.1. Where Race Organisers specifically permit team members to separate for part of the course (e.g. orienteering section where the organisers permit teams to split into pairs).
4.4.1 某些比赛赛事组委会特定要求队伍在某些赛段中拆分（比如定向部分，组委会允许队伍拆分成2人一对）
- 4.4.2. Once a team has checked into a TA and before checking out of the TA.
4.4.2 一旦队伍进入换项区，并在离开换项区前。
- 4.4.3. In an emergency situation (e.g. two team members going for help while one team member stays with the injured team member).

4.4.3 紧急情况（如2名队员寻求救助，而1名成员陪同受伤队员）

4.5. All team members must travel to within 5m of each checkpoint, unless instructed otherwise by Race Organisers. [YELLOW]/ [RED] or deliberately [DQ].

4.5 所有队伍成员必须经过每个cp点外围5米半径的地方，除非赛事组委会有其他要求。 [黄牌 / 红牌] ，刻意为之 [DQ] 。

4.6. Teams must start and finish with the specified number of members. All team members must attempt all legs. No substitution of team members is permitted. [RED]/ [DQ]

4.6 队伍必须按组委会要求的特定人数，开始并结束比赛。所有团队成员必须经过所有赛段。禁止中途替换队员。 [红牌 / DQ]

4.7. In the case of withdrawal of a team member, or an entire team, Event HQ must be notified by the quickest possible means.

4.7 一旦某成员或整支队伍弃赛，必须进一切可能方式，以最快时间告知赛事总监控小组。

4.8. If a one or more team members decides, or is instructed by the Race Director, to withdraw from the race, the whole team must escort that member (or members) to the nearest TA or Search and Rescue/ Medical Crew. Permission must be obtained from the Race Director if the remaining team member would like to continue on the course. There is no automatic right to continue in the event and the decision by the Race Director will be based on, amongst other things; weather, timing, ongoing support and care of the withdrawing team member/s, remaining team member well-being, etc.

4.8 如队伍1人或多人自行决定退赛，或经赛事总监权衡后建议退赛，整支队伍必须护送退赛成员（们）到最近换项区或寻求最近的医疗救援保障团队。剩余团队成员如若想继续在赛道上行进，需经过赛事总监的同意。并不是每次剩余成员队伍要求继续行进

都会得到同意，赛事总监会衡量以下因素：天气，时间，目前队伍弃赛成员得到的救援帮助情况，继续行进团队的状态，等。

4.8.1. Teams must not abandon a member on the course.
[YELLOW]/ [RED]

4.8.1 赛道上，禁止抛弃队伍成员。[黄牌 / 红牌]

4.8.2. Once a team member has withdrawn, they are not permitted to re-join the race at a later stage (be it with their team or even another team)

4.8.2 一旦有成员退赛，该队禁止在比赛的后面赛段再次加入比赛（与弃赛成员再汇合 或 与其他弃赛队伍成员凑队）。

4.8.3. Once a team has become unranked, they may never move back into the ranked category (e.g. even if they were to find a substitute team member to race with them, thereby bringing their numbers back up to the original requirement).

4.8.3 一旦队伍退出了排位组，他们后面再也不能再进排位组（即使后面他们找了替代成员，队伍人员又重新凑齐了）

4.8.4. If a athlete is part of a team who has withdrawn (due to others of their team withdrawing and not themselves), that athlete may be permitted at the organisers discretion to join up with another unranked team (providing this team is willing to accept them).

4.8.4 如果一个队伍中成员含有专业运动员，该队弃赛（因为其他成员弃赛 而非专业运动员本身），专业运动员可能会被组委会酌情允许加入其他非排位组（前提是原有队伍同意并接受）。

5. Support/ Assistance. Teams may not receive unauthorised race related outside assistance during the race.

支持与协助。比赛期间，团队不能接受未经主办方授权的外部协助。

5.1. No information on the actual course or race route may be sought from any authorities, land managers or similar sources prior or during the race. Specifically this includes information from rangers, police, government officials, land owners etc who may know the actual course due to the permission planning processes undertaken by the Race Organiser. This is exclusive of general research of race location and is in reference to the actual race route. [RED]/ [DQ]

5.1. 赛前或比赛期间，参赛队伍不能从任何官方机构、当地人员等类似途径寻求实际赛道信息。也不能从当地护林人士、警察、政府人员或农场主等可能知晓赛道信息的人（因为在前期规划赛道时，组委会可能会从以上人士 / 机构获许）。只有一种情况除外：询问比赛地的大致考察并仅供参考。【红牌】 / 【DQ】

5.2. No equipment, food, provisions or anything else is permitted to be dropped or cached on the course prior to the race, by the team, or any other person (excluding the Race Organisers). [RED]/ [DQ]

5.2. 赛前，参赛队伍不在赛道上放置装备、食物、补给或者其他物品，包括不能让其他人代为放置（赛事组织者除外）。【红牌】 / 【DQ】

5.3. During the actual race, if the course is such that teams return to the same location at a later point in the race, teams may cache items (e.g. food/ water/clothing), providing they retrieve all items before completion of the race and nothing is left on the course. [YELLOW]/ [RED] This is at teams own risk and is not applicable to mandatory equipment.

5.3. 比赛过程中，如果赛道本身设置有折返，参赛队伍可以储放物品，前提是选手在完成比赛之前将赛道上放置的物品都取走。【黄牌】 / 【红牌】 这种情况，团队需要自负风险，并且不适用于强制装备条款。

5.4. Assistance from any media and/or supporters, being those people who have a connection or affiliation with the race or a athlete in the race, is governed by the following:

5.4. 与参赛队伍、运动员有联系的媒体或后援团提供的帮助，需要符合以下要求：

5.4.1. Once the course is given to teams, media and supporters are not permitted to assist in any of the race planning, route advice, touch or move any team equipment or in any way provide assistance to a team in their preparation for the race. [YELLOW]/ [RED]/ [DQ]

5.4.1. 一旦赛道信息给到参赛队伍，媒体和后援团便不允许给予参赛者比赛计划、行程规划的帮助，也不能接触或者移动参赛队伍的装备物品，或者以其他任何方式帮助参赛者准备比赛。[YELLOW]/ [RED]/ [DQ]

5.4.2. Media and supporters may view teams in specific TAs and locations along the course as designated by the Race Organisers. Where a race has designated specific Sleeping Areas (in transitions for example), Media and Supporters are not permitted to access these areas at any time. [BLUE]/ [YELLOW]

5.4.2. 媒体和后援团可以在赛道中由赛事组织者指定的换项点（TA）和其他位置旁观参赛队伍。但由赛事组织者划定的休息区（比如换项区），媒体和后援团在任何时间都不能进入。【蓝牌】/【黄牌】

5.4.3. Media and supporters are not permitted to move athletes or any of their equipment in any way along the course (e.g. athletes riding in a vehicle/boat, having team equipment carried

or moved, paddling in wake of a boat, pacing or drafting behind a vehicle etc). [RED]/ [DQ]

5.4.3. 媒体和后盾团不允许在赛道中以任何方式移动运动员或其装备（比如，让运动员乘坐交通工具（车船），帮运动员背负移动装备，借助船只牵引皮划艇前进，由交通工具拖拽前进，等等）。【红牌】 / 【DQ】

5.4.4. Supporters and unaccredited media are not permitted to travel with, lead, pace or follow closely behind their teams along the course. Accredited media may have more latitude in traveling with teams for short durations as approved by the Race Organisers. [BLUE]/ [YELLOW]/ [RED]

5.4.4. 后盾团和未经授权的媒体人员不得在赛道中领跑、帮运动员配速，或者紧跟在运动员其后。经过授权的媒体人员，在组织方的许可下，可以在稍大范围跟随运动员前进一定时间和距离。【蓝牌】 / 【红牌】 / 【DQ】

5.4.5. Media and supporters are not permitted to drop or cache equipment, food or anything else on the course or in TAs. [YELLOW]/ [RED]/ [DQ]

5.4.5. 媒体和后盾团不允许在赛道或者换项点放置存储食物、装备或者其他物件。【黄牌】 / 【红牌】 / 【DQ】

5.4.6. Media and supporters are not permitted to provide nourishment, medical supplies, race equipment or any other unspecified forms of assistance. [YELLOW]/ [RED]/ [DQ]

5.4.6. 媒体和后盾团不允许提供营养补给、药物、比赛装备或者其他形式的协助。【黄牌】 / 【红牌】 / 【DQ】

5.4.7. Media and supporters are not permitted to pass information to any team or athlete pertaining to the race (e.g the

position of other teams, their pace, split times, sleep, route choices, strategies etc). [BLUE]/ [YELLOW]/ [RED]/ [DQ]

5.4.7. 媒体与后援团不允许向参赛队伍或运动员传递任何比赛相关信息（比如，其他队伍所在的位置、他们的配速、分段时间、休息选择、赛道选择、比赛策略等）。【蓝牌】 / 【黄牌】 / 【红牌】 / 【DQ】

5.4.8. Media are not permitted to position themselves on the course in locations that will provide navigational assistance to teams (e.g. at an unmanned CP locations, on road junctions, etc) [BLUE]

5.4.8. 媒体在赛道中选的取景拍摄地点不允许透露导航信息（比如，取景在无人值守的检查点，道路的分岔点等）。【蓝牌】

5.5. Assistance from the general public, businesses and spectators, being those people who have no connection or affiliation with the race or an athlete in the race, and that every other athlete has reasonable access to in an equal capacity (given time of day and location factors), is governed by the following:

5.5. 参赛队伍可从一般居民、商铺和旁观观众中获得帮助，这些人与比赛或参赛队伍无关联关系，（假如各队同一时间和地点遇到同样的人）运动员获得帮助的机会是均等的，这种情况需要遵循以下原则：

5.5.1. Once the course is given to teams they are strictly prohibited to seek help from any third party expert or ‘local person’, particularly in relation to route selection, map advice, time estimates etc. [BLUE]/ [YELLOW]/ [RED]/ [DQ]

5.5.1. 一旦赛道信息给到参赛队伍，他们便严格禁止向任何第三方专业人士、“本地通”等寻求帮助，尤其是在赛道选择、地图意见、时间预估方面的帮助。【蓝牌】 / 【黄牌】 / 【红牌】 / 【DQ】

5.5.2. General public are not permitted to move teams or any of their equipment in any way on or along the course (e.g. taxi, hitch hiking, use of farm animals, athletes riding in a vehicle/boat, having team equipment carried or moved, paddling in wake of a boat, pacing or drafting behind a vehicle etc).[RED]/ [DQ]

5.5.2. 一般居民不允许在赛道中移动参赛队伍或者其装备（比如，出租车、搭便车、农场家禽、运动员乘坐交通工具、托人搬运装备，用船或者机动车牵引等等）。【红牌】/【DQ】

5.5.3. Teams may seek food/ drink/ nourishment/ accommodation/ medical supplies along the course from retail businesses and the general public providing they do so in a respectful way and that does not bring themselves, the race or the sport into disrepute.

5.5.3. 参赛队伍可以在赛道中从零售商店和普通民众处获得食物/饮品/营养补给/住宿/医疗救助，前提是运动员以尊重的方式去请求，不给队伍及赛事本身留下负面的声誉。

5.5.4. Teams may interact with the general public to ask general directions, pose for photos, answer questions etc.

5.5.4. 参赛队伍可以与普通民众互动，比如询问大概方向、与路人合影、回答问题等。

5.6. Assistance from the Race Organisers including staff, officials and volunteers is governed by the following:

5.6. 来自比赛组织者，包括工作人员、官员和志愿者的协助须遵循以下原则：

5.6.1. Communication support is permitted within reasonable limitations to allow teams/athletes to communicate with other teams/athletes in the case of them trying to borrow equipment from each other.

5.6.1. 团队之间的沟通仅限于相互借用设备。

5.7. Assistance from other teams and athletes participating in the race is governed by the following:

5.7. 来自于其他队伍和运动员的协助必须遵循以下规则：

5.7.1. Teams or athletes racing on the Full Course, Short Courses or participating Unranked may provide or receive assistance from each other including lending equipment, sharing food, providing navigation advice etc. Athletes who have Withdrawn may offer their equipment or food to racing teams but not assist in any other way.

5.7.1. 正在进行比赛的团队和运动员，不同组别的队伍（全线组、短线组，或是非排位组）可互相提供和接受来自其他队的帮助，包括借设备、分享食物、提供导航建议等。已经退出比赛的运动员可以把他们的装备和食物分给正在比赛的队伍，但是不能提供其他的协助。

5.7.2. Any assistance without explicit permission of the owner is prohibited. [RED] (For example if a team in a TA needs a bike part they may not take this from another teams equipment under the assumption that the team would lend it to them. The owner of that equipment must be contacted directly, possibly with assistance from the Race Organisers, and permission sought.)

5.7.2. 任何物资协助，若没有得到物主同意都是禁止的。
【红牌】（举例，在转换站时，某队伍成员需要一个自行车零部件，自作主张从别的队伍的装备中拿走。（他自认定该他队成员会把零配件给他）。物主必须当场被直接联系到，这种情况下，可向比赛组织者寻求允许和帮助，）

5.7.3. For fairness any team or athlete providing assistance must be willing to provide that assistance to any other team or

athlete on the course. (For example it is considered unfair if specific teams will only assist another specific team and this is contra to the intention to foster camaraderie amongst all the teams.)

5.7.3. 出于公平原则，任何给他人提供帮助的队伍和运动员，必须是愿意给任何行进中的队伍提供帮助的。（如果有队伍只给特定的队伍提供帮助，就违背了比赛的友谊精神）

5.8. If the Race Organisers permit support crews, the Race Organisers may issue additional rules relating to support crews.

5.8. 如果赛事组织者允许后援团提供协助，赛事组织者需要另出关于后援团协助的附加规则。

6. Emergencies, Medical and Communications. Any team who encounters a medical emergency, be it in their own team or another team, or external to the event, must stop to render assistance.

6. 紧急、医疗和沟通。任何遇到紧急医疗情况的队伍，（不管是自己队伍，还是其他队伍，还是比赛之外的人物‘如弃赛仍在赛道上’等），必须停下来，给遇到困难的人施救援助。

6.1. Any team who encounters a medical emergency, in their own team, another team, or external to the event, must stop to render assistance. Organisers will attempt to re-credit delayed time where possible. Failure to assist will be penalised [BLUE]/ [YELLOW]/ [RED]

6.1. 任何遇到紧急医疗情况的队伍，（不管是自己队伍，还是其他队伍，还是比赛之外的人物‘如弃赛仍在赛道上’等），必须停下来，给遇到困难的人施救援助。条件允许的情况下，组织者会酌情将这部分停下来救援的时间扣除出总时间。不停下来救援，会收到惩罚。【蓝牌】/【黄牌】/【红牌】

6.2. If a athlete needs personal medication throughout the race, then they must carry this medication with them during the race, to be taken as prescribed by their doctor. [BLUE]/ [YELLOW]

6.2. 如果运动员在整场比赛中都需要个人药物治疗，他们必须按医生的处方，全程自行携带药物。【蓝牌】/【黄牌】

6.3. Event medical staff have the authority, on confirmation with the Race Director, to withdraw a athlete from the race, should further participation in the event likely result in serious or permanent injury, disability or death to the athlete and/or their teammates. The event organisers decision to remove a person due to medical or safety reasons is final.

6.3. 在判断选手如果继续比赛中有可能导致（其自身或 / 和 队友的）严重或永久性身体损伤、残疾、死亡的情况下，赛事医疗人员有权决定强制选手退赛，决定需经过赛事总监确认。出于医疗和安全原则，赛事组委会关于强制选手退出比赛的决定不可更改。

6.4. Intravenous Fluids may only be administered by approved event medical staff. Once intravenous fluids have been administered, that athlete may no longer participate in the remainder of the race.

6.4. 仅经授权的赛事医疗人员才可实施静脉注射 / 输液。一旦选手开始接受静脉注射 / 输液，他（她）将不再能继续比赛。

6.4.1. Any administration of intravenous fluids by anyone other than event medical staff is prohibited. [DQ]

6.4.1. 非赛事医疗人员实施的静脉注射都是禁止的。

6.5. The SOS/911 function of an emergency communications device may only be used in a situation where a team requires immediate assistance for a serious or life threatening emergency. [RED]/ [DQ]

6.5. 紧急通讯设备的SOS / 紧急救援功能仅限于选手在遭遇生命威胁、身体状态恶劣等需要立即救援的情况下使用【DQ】

6.6. Where the Race Organiser provides an emergency communication device to teams that has a non-emergency communication capability, or teams carry another form of communication such as cell phone or radio, teams may communicate only in the following circumstances:

6.6. 赛事组织者提供的紧急通讯设备有非紧急情况信息沟通功能，或在一些比赛特殊规定队伍允许持有通讯设备，如手机、收音机，使用非紧急性通讯仅限于以下几种情况：

6.6.1. To inform the Race Organiser if they encounter a situation on the course that may be dangerous to their team or other teams, in the case where it is possible the Race Organiser may not be aware of that dangerous situation.

6.6.1. 告知赛事组委会前方的赛道路段可能具有危险，不适于继续前进，而赛事组织者有可能对当时此种情况不知情。

6.6.2. To request non-emergency medical assistance or removal of an athlete or the team from the race.

6.6.2. 用于请求非紧急性的医疗援助，或者运动员或队伍需要退赛的情况

6.6.3. To inform the Race Organiser if your team is undertaking a deliberate and safe course of action in the race that is likely unexpected, and potentially cause the Race Organiser to initiate an unnecessary emergency response.

6.6.3. 队伍如决定退赛，若想要关掉定位设备，寻找酒店休息等。需要先用通讯设备告知组委会，以免组委会担心队伍丢失，而发动不必要的搜罗工作。

6.6.4. Any other communication such as asking for directions, if a checkpoint is believed missing, or other unspecified communication will be penalised. [BLUE]/ [YELLOW]

6.6.4. 任何其他情形的沟通，比如询问方向，比如确认打卡点是否已丢了（因为找不到）；及使用其他未指定通讯设备都将收到惩罚。【蓝牌/黄牌】

6.7. If a team requires the Race Organiser, another team in the competition, or civil emergency services to rescue one or all team members from an imminently dangerous or actually dangerous situation, then that team will be awarded a penalty. [YELLOW]/ [RED]

6.7. 如果某支队伍要求赛事总监、或其他队伍或者民间救援机构来援救他们的队员，使其脱离正在逼近的、或实际的险境，这只队伍会收到一次惩罚。【黄牌】/【红牌】

7. Environment. 环境

Teams must treat the environment and landscape of the course with respect and leave minimal evidence of their racing.

参赛队伍必须尊重赛道的环境和景观，尽可能不留下参赛痕迹。

7.1. All rubbish/ trash must be carried off the race course and disposed of in an appropriate location (such as a rubbish/trash bin). [BLUE]/ [YELLOW]

7.1 比赛过程中请带走所有的垃圾，并在特定的位置妥善处理（如垃圾桶）。[蓝牌]/[黄牌]

7.2. All rubbish/ trash from a team in a TA must be placed in a designated rubbish/trash bin if provided by the event organisers, or packed with the teams equipment for future disposal in an appropriate location. [BLUE]/ [YELLOW]

7.2 如果赛事组织者在换项区提供了垃圾桶，参赛队伍必须将垃圾放置在垃圾桶中，或者与团队其他设备一起带走，之后在合适的地点丢弃。[蓝牌]/[黄牌]

7.3. Any rules with regard to lighting fires during the race must be specified by the Race Organiser. [BLUE]

7.3 比赛期间任何关于生火的规则必须由比赛组织者指定。[蓝牌]

7.4. Respect all wildlife and farm stock and cause minimal disruption. [BLUE]

7.4 尊重所有的野生动植物和农场动植物，尽可能不造成干扰。[蓝牌]

7.5. Any defecation should occur in a toilet, but if this is not possible, it must occur away from water sources such as creeks and be buried below ground surface. [BLUE]

7.5。任何排便都应在厕所内进行。如果万不得已，必须远离水源（如小溪），并埋在地下。 [蓝牌]

7.6. No excessive or unreasonable impacts on vegetation as appropriate to the environment.

[BLUE]

7.6。为保护环境，比赛不能对当地植被造成过度或不合理的影响 [蓝牌]

8. Conduct.

Athletes must conduct themselves in a respectful manner at all times, without cheating, abuse behaviour, language or violence.

8.行为

运动员必须在任何时候对自己的行为自重，不得作弊，滥用语言及暴力行为

8.1. Athletes must not remove, tamper or adjust event equipment at any time. For example equipment such as CP markers, punches, signs, route marking, etc [RED]/ [DQ]

8.1. 运动员不得随时取消，篡改或调整活动设备。包括且不限于 CP 标记，打卡，标志，路线等设备【红牌】/[取消资格]

8.2. Athletes must not mislead Race Organisers and/or Race Officials with inaccurate/ incomplete information. [YELLOW]/ [RED]/ [DQ]

8.2. 运动员不得用不准确/不完整的信息误导赛事组织者/比赛官员。 [黄牌]/[红牌]/[取消资格]

8.3. Teams must not bring themselves, the race, or the sport into disrepute and must conduct themselves with integrity and show respect to others. Some examples of actions that are considered unacceptable include: [BLUE]/ [YELLOW]/ [RED]

8.3。队伍不得破坏自己、赛事或运动的声誉，必须诚信行事，尊重他人。一些不可接受的行为包括： [蓝牌]/[黄牌]/[红牌]

8.3.1. Stopping at a house and waking occupants in middle of night to ask for directions (non-emergency situation).

8.3.1. 非紧急情况下在一所房子前停下来，半夜吵醒住户询问路线。

8.3.2. Loud and offensive language in a public place.

8.3.2. 公开场合大声说冒犯性语言。

8.4. Public nudity by teams, for example changing in TAs or swimming across rivers, may be offensive in some cultures and locations. Teams must make all reasonable efforts to avoid causing offence. [BLUE]

8.4. 队伍里出现公开裸露的行为。例如在换项点或河里游泳时裸体，在某些文化中属于冒犯他人。团队必须做出一切努力避免冒犯。[蓝牌]

8.5. Abuse behaviour, offensive or threatening language or violence toward other athletes, race officials, media or the public is prohibited. [RED]/ [DQ]

8.5. 对其他运动员，赛事官员，媒体或公众施行冒犯或威胁的语言或行为。[红牌]/[取消资格]

9. Banned Substances.

The use by athletes of banned substances as specified in the World Anti-Doping Code, The 2013 prohibited List, is prohibited. [RED]/ [DQ]
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9. 禁用品

禁止运动员使用“世界反兴奋剂条例”（2013 禁令）规定的禁用物。[红牌]/[取消资格]

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10. Penalties.

Teams who do not participate in accordance with the AR World Series Rules of Competition may be awarded a time penalty, an Unranked (UR) status, a Did Not Finish (DNF) status or a Disqualification (DQ).

处罚条例。

不遵守 AR 世界系列竞赛规则的队伍可能会被罚时，(UR)取缔“排名组”名次，(DNF)非完赛状态；或(DQ)取消资格。

10.1. Cheating occurs if a team or athlete knowingly and deliberately breaks a rule to gain an advantage, be that advantage large or small. In all cases cheating will result in Disqualification of that team or athlete and their immediate removal from the race course.

In the most severe cases, cheating may result in a ban to the athlete/s from further participation in AR World Series races.

10.1. 欺诈行为指的是一个团队或运动员明知而故意违反规则获取优势。在任何情况下，作弊都会导致该队或运动员失去参赛资格，并立即停赛。

最严重的情况下，作弊可能会导致运动员被禁止参加以后的 ARWS 的更多比赛。

10.1.1. If a specific athlete is disqualified, and not the entire team, then the remaining team members may be permitted to continue to race at the discretion of the Race Director.

10.1.1. 如果一名运动员被取消比赛资格，整个队伍其他人没有犯错，那么赛事总监可酌情允许其余的队员继续比赛。

10.2. ARWS Referees may award a penalty if a team or athlete without the intent to gain advantage, fails to comply with one or more of the AR World Series Rules of Competition.

10.2. ARWS 裁判员会判罚一个队伍或其成员不符合一个或多个 ARWS 比赛规则而获得一些不公平优势（即使不是刻意为之），

10.3. The AR World Series Rules of Competition define an official warning and three levels of penalty (similar to penalty cards in other sports), in increasing order of severity [BLUE]/ [YELLOW]/ [RED] .

10.3. AR 世界系列竞赛规则根据犯规严重性规定了三级惩罚(类似于其他运动中的处罚卡)，从轻到重分别是[蓝牌]/[黄牌]/[红牌]。

10.3.1. OFFICIAL WARNING may be issued by the Race Referee in circumstances that a penalty is not appropriate, or there is confusion in a situation that would normally result in the issue of a penalty and a penalty can't be justified.

10.3.1。如果判罚在某种情况下不合适，或者说通常情况要判罚但出现混淆，或者判罚不合理，那么赛事裁判会出一个官方说明。

10.3.2. BLUE penalties [BLUE] are the least severe and are awarded for minor infringements or administrative errors of the team. They are normally a time penalty of the order 30mins to 2 hours, as determined by the Race Referee.

10.3.2。蓝牌[蓝牌]是最不严重的，判罚那些轻微违规或团队错误。通常是由比赛裁判确定的30分钟至2小时的罚时。

10.3.3. YELLOW penalties [YELLOW] are more severe and are awarded for more significant infringements. They are normally a time penalty of the order 2 hours to 6+ hours, as determined by the Race Referee. A second BLUE penalty for whatever reason is automatically upgraded to a YELLOW penalty.

10.3.3。黄牌[黄牌]更严重，判罚更严重的违规。他们通常是由比赛裁判确定的2小时至6小时的罚时。任何情况下第二张蓝牌自动升级为黄牌。

10.3.4. RED penalties [RED] are significant and severe. They are awarded for serious infringements of the rules. In some cases this may be a time penalty of the order 6+ hours, or a change of a teams racing status (e.g. to UR or DNF). A second YELLOW penalty for whatever reason is automatically upgraded to a RED penalty. Serious cases may result in Disqualification of a athlete or a team, as determined by the Race Referee. In the most severe cases, a Red Penalty may

result in a ban to the athlete/s from further participation in AR World Series races.

10.3.4. 红牌[RED]是最严重的。他们严重侵犯了比赛规则。在某些情况下红牌可能是长达6小时以上的罚时，或判罚改变竞技状态（例如，被取消排名或被判非完赛状态）。任何原因的第二张黄牌自动升级为红牌。严重的情况可能会导致一名运动员或一队伍的资格被取消。在最严重的情况下，红牌可能会导致运动员禁赛，无法参与其他ARWS系列赛。

10.3.5. DQ (Disqualification) is for specific cases of cheating, where a team deliberately and knowingly breaks that rule to gain advantage.

10.3.5. 针对具体的作弊情况，一个团队故意不遵守规则去获得优势，会被取消资格。

10.3.6. Where a rule has noted two or more appropriate penalty levels (e.g. [BLUE]/[YELLOW], or [YELLOW]/[RED], or [BLUE]/[YELLOW]/[RED]), it is the responsibility of the Race Referee to determine the appropriate level of severity in relation to that specific case.

10.3.6. 凡规则注明两个或两个以上适当的罚则级别（例如[蓝牌]/[黄牌]，或[黄牌]/[红牌]，或[蓝牌]/[黄牌]/[红牌]），比赛裁判员有责任依当时实际情形，判断违规级别程度。

10.4. Penalties may be served on the course at a specific time and location, or added to a team finish time, at the discretion of the Race Organiser.

10.4. 在比赛组织者的判断下，处罚可以在特定的时间和地点进行，或者增加在该队的完成时间上加罚时。

10.4.1. In most cases a time penalty awarded to a team who may possibly cross the finish line in first, second, third, fourth or fifth place will be served in the last feasible manned TA or CP prior to the finish line. In the situation of a TA, their penalty time will start once they have checked out of the TA. They will have no further access to their TA equipment. Any equipment or supplies they take to AR World Series - Rules of Competition - Page 9 the penalty area must be carried with them to the finish line. They may utilize shelter if provided by the Race Organisers. The penalty area must be separated from the TA.

10.4.1. 在大多数情况下，如果可能的第一名，第二名，第三名，第四名或第五名被判罚时，那么罚时将在距离终点的最后一个有人值守的打卡点或者换项区进行。若是换项区的情况，他们的罚时将在他们离开换项区的时候开始。他们将无法进一步使用他们的换项设备。凡是他们比赛开始时的强制装备，（ARWS比赛规则 - 第9页）都必须携带到终点线上。如果有专门的罚时休憩帐篷，他们可以在里面休息。罚时区域必须与换项区分开。

11 Adjudication. Adjudication of these rules and the awarding of penalties is the responsibility of the Race Referee.

11. 裁决以上这些规则与违规判罚都是比赛裁判员的职责。

11.1. ARWS Race Referees may use various resources to determine if a penalty should be awarded including but not limited to witnessing the incident in person, photographs, video and tracking devices etc.

11.1 ARWS裁判员可以通过不同途径来判断是否该给以处罚，包括：亲历目睹事件发生时相关人员的言行，图片，食品，跟踪仪器。

11.2. Teams may make a formal protest in writing not later than 3 hours prior to the scheduled time of the final presentation/awards ceremony.

11.2 队伍如有抗议，必须在原比赛日程里计划的最后颁奖仪式至少提前3小时提出正式抗议书。

11.3. Formal protests are received by the ARWS Judging Panel and examined as follows:

11.3 正式抗议书将由ARWS审判组审核：

11.3.1. Protests should normally be lodged by the team captain and only the team captain is allowed to direct questions, objections and complaints to the Race Referee/ Race Director/ ARWS Judging Panel.

11.3.1抗议书必须由队长提交，只有队长才被允许直接质问，反对，申诉赛事裁判 / 赛事总监 / ARWS审判组。

11.3.2. The ARWS Judging Panel must comprise of an odd number of members, with the minimum being three.

11.3.2 ARWS审判组必须由基数成员组成，至少含3人。

11.3.3. The ARWS Judging Panel will normally comprise: 11.3.3.1. A representative of the ARWS Referee Board 11.3.3.2. The Race Director of the event. 11.3.3.3. An accredited ARWS Referee and not the referee who awarded the penalty

11.3.3 ARWS审判组一般情况由一下成为组成：

11.3.3.1 ARWS裁判员榜单代表成员，

11.3.3.2.该赛事赛事总监

11.3.3.3 一个经认可的ARWS 裁判员，而不是该赛中给予处罚的裁判

11.3.4. The ARWS Judging Panel will normally hear the protest in a closed session. It may question the team/s involved and other witnesses or experts as required. If a unanimous decision is not reached, a vote within the ARWS Judging Panel will decide the protest.

11.3.4 ARWS 审判组会在不开工的环境下正式聆听抗议。或许会向该队伍或其他涉及队伍及其他证人专家提问，如果讨论审批结果无法达成一致，则审批组内部会进行投票表决。

11.3.5. In all respects, decision of the ARWS Judging Panel is final and not subject to appeal. There is no obligation to make public the proceedings.

11.3.5 考虑到各方面因素，ARWS 审判组的决定不可更改也不得上诉。审判组没有义务将判决过程公示于众。

. 11.4. In the event of there being uncertainty in finishing positions resulting from a formal protest, prize giving will be delayed until after a verdict has been reached by ARWS Judging Panel.

. 11.4 考虑到因为有队伍的正式抗议，比赛最后结果排位会有影响，颁奖会拖延至ARWS 审判组正式判决书下发之后举行。

. 11.5. Positions announced at prize giving are subject to the results of banned substance tests.

. 11.5 颁奖仪式的宣布的排位让位于违禁品测试结果。

12, Race Specific Rules. Each race may have specific rules for that race only. Where there is a conflict of rules, the AR World Series Rules of Competition will take precedence.

12 比赛特殊规则

每次比赛都有针对该场比赛的特殊规定。如有冲突，以《ARWS 竞赛准则》为准。

12.1. If these rules are translated to another language, and there is a conflict of rules, the english version of these rules will take precedence.

12.1此准则会被翻译成各国语言，如有冲突，以英文版为准。