



## RULES OF THE MUD!

Please read all of the terms and conditions, but for a little summary of the mud pit fair play, read on...

1. At the Swan Valley Mudfest you will have fun, you will get dirty and you will be covered in mud. You will also be the one who is responsible for your own safety and the safety of your possessions.
2. Demonstrate good sportsmanship at all times. Respect your fellow competitors, help them out and encourage them. Remember that Mudfest is a challenge, not a race!
3. Not only are you permitted to assist other competitors with obstacles, it is encouraged. Remember that any physical assistance should be consensual; malicious or unnecessary contact will not be tolerated.
4. The first competitor to reach an obstacle has right of way. While they tackle the obstacle, why not give them a hand or cheer them on!
5. You are permitted to go around any obstacle that you are not comfortable attempting. Remember there is no rush to get to the finish, consider watching other competitors take on the obstacles to pick up some tips.
6. There's nothing quite like a cold beer, however the consumption of alcohol and illicit drugs prior to or during the event is strictly forbidden.
7. Plain exercise clothes are, well... boring. Have some fun with your mates and get into the dress up spirit! When choosing your outfit avoid any items that could be hazardous to yourself or others, for example jewellery or electronic devices.
8. Stay on the designated course at all times. Simple!
9. No headphones are allowed, as you need to be able to hear the instructions of event staff. We recommend singing a tune out loud instead, so that your fellow competitors can also enjoy the music!