

CENTRAL Rat Race 2019

Rules and Regulations

Application

1. Any individual or corporation or organisation is eligible to participate in the CENTRAL Rat Race 2019.
2. All participants in the Rat Race and Big Rat Race must be 18 years old or above.
3. All participants in the Junior Rat Race must be between 5 and 10 years old.
4. All participants in the NGO Rat Race must be 5 years old or above.
5. Applicants must submit a completed Application Form to the Race Organiser by no later than 13th September 2019.
6. Only completed Application Forms will be accepted as valid entries.

Registration Fee

1. **Rat Race:** A non-refundable minimum donation of HK\$60,000 must be paid to MINDSET before 13th September 2019.
2. **Big Rat Race:** A non-refundable minimum donation of HK\$20,000 must be paid to MINDSET before 13th September 2019.
3. **Junior Rat Race:** A non-refundable minimum donation of HK\$2,000 must be paid to MINDSET before 13th September 2019.
4. MINDSET will issue receipts for donations of HK\$100 or above. Receipts will be mailed to Junior Rat Race participants as well as Rat Race team captains on or before 31st March 2020 for distribution to individual sponsors and Big Rat Race participants in the CENTRAL Rat Race 2019.

Game Rules

Rat Race

1. The Race Organiser shall decide at its absolute discretion the final routing arrangements and details of the event, according to the prevailing situation and conditions of the route on event day.
2. All eight participants on each Rat Race team must be named on the Application Form.
3. Team captains must register in person at the registration counter at Chater House, and before 8:30am, the start of the race on event day, in order for his/her team to participate in the Rat Race. The registration counter will open at 7:45am and close at 8:30am. Teams that do not register on time may be disqualified.
4. Participants must wear suitable running shoes and creative costumes or business attire.
5. Participants must wear their participant numbers at all times during the event. Participant numbers are non-transferable. One member of the team must have possession of their assigned "briefcase" at all times during the race, and the "briefcase" must be successfully passed by hand from one member to another within the leg change areas designated by the Race Organiser.
6. Each participant can only run one leg of the Rat Race on behalf of his/ her team.
7. Participants can only be substituted with the approval of the Race Organiser. The substitute must register in person at the registration counter together with the team captain before the commencement of the race on event day. Failure

- to notify regarding a change in participant will result in the disqualification of that team.
8. Each participant must complete his/ her leg. A participating team will be disqualified if any one of its participants fails to complete their leg of the Rat Race.
 9. Participants may withdraw from the race if they feel unwell at any time. If necessary, participants may contact event personnel for assistance. Failure of any participant to complete their leg of the Rat Race for any reason, including but not limited to withdrawal due to sickness or accident after the race has commenced, will result in disqualification of that participating team.
 10. Running is prohibited on escalators, except for those that have been stopped, which includes the escalators located in Prince's Building. Participants on moving escalators must remain on the same step after stepping onto the escalator. A 30-second time penalty will be imposed on violators for each additional step that is taken on the escalator. Participants are not allowed to run on the following escalators along the Rat Race route:
 - a. Leg 4: From the second floor of Alexandra House going down to the first floor
 - b. Leg 5: From the first floor of Exchange Square going up to The Rotunda on the third floor
 - c. Leg 6: Both of the escalators from the third floor of One Exchange Square to the first floor
 - d. Leg 7: From the ground floor of Jardine House to the first floor
 11. A 30-second time penalty will be imposed in the event of any of the following infractions, unless otherwise stated:
 - a. Leg 1
 - Causing a third false start
 - Crossing the starting line prior to the starter's signal
 - Failing to pass through the "giant food obstacles" on Chater Road
 - Failing to pass the "briefcase" to the Leg 2 participant at the designated leg change area
 - b. Leg 2
 - Failing to pass through the "giant maze" on Chater Road
 - Failing to shoot the ball into a designated basket
 - Failing to pass the "briefcase" to the Leg 3 participant at the designated leg change area
 - c. Leg 3
 - Overtaking participants on the escalator
 - Failing to untie all the knots on the rope
 - Failing to pass the "briefcase" to the Leg 4 participant at the designated leg change area
 - d. Leg 4
 - Failing to remain on the same step on the escalator
 - Failing to solve the mathematical problem to solve the mathematical problem
 - Using electronic device(s) (e.g. calculators, smart phones, tablet PCs) to solve the mathematics problem
 - Failing to pass the "briefcase" to the Leg 5 participant at the designated leg change area

- e. Leg 5
 - Failing to remain on the same step on the escalator
 - Failing to reach 300 steps. ***This will result in a three-minute time penalty***
 - Failing to pass the "briefcase" to the Leg 6 participant at the designated leg change area
 - f. Leg 6
 - Failing to remain on the same step on the escalator
 - Failing to slide from the starting line to the finish line
 - Failing to pass the "briefcase" to the Leg 7 participant at the designated leg change area
 - g. Leg 7
 - Failing to remain on the same step on the escalator
 - Missing any one item as provided by the Race Organiser
 - Failing to cross the narrow bridge network outside Jardine House
 - Failing to pass the "briefcase" to the Leg 8 participant at the designated leg change area
 - h. Leg 8
 - Missing the item as provided by the Race Organiser
 - Failing to navigate the "giant food obstacles" on Chater Road while carrying the "briefcase" before crossing the finish line
12. Participating teams that fail to complete the Rat Race in 25 minutes will be disqualified.
13. Participating teams are encouraged to participate and compete for the DigiCheese Cup.
14. Participating teams who would like to be eligible for the Best Dressed Rat Team Award should remember to take a group photo at the official backdrop after registration on event day.

Big Rat Race

1. Participants must register themselves in person at the registration counter before 8:30am on event day to participate in the Big Rat Race. Participants who do not register on time may be disqualified.
2. Each participant in the Big Rat Race must run legs 1 and 2 of the Rat Race on Chater Road.
3. Participants must wear their participant numbers and have their assigned "briefcases" in their possession at all times during the Big Rat Race. Participant numbers are non-transferrable.
4. Participants must wear suitable running shoes and creative costumes or business attire.
5. Participants may only be substituted with the approval of the Race Organiser. The substitute must inform the Race Organiser as soon as possible and must register in person at the registration counter before 8:30am on event day.
6. Participants may withdraw from the race if they feel unwell at any time. If necessary, participants may contact event personnel for assistance. Failure of any participant to complete any part of the Big Rat Race for any reason, including but not limited to withdrawal due to sickness or accident after the race has commenced, will result in disqualification.
7. A 30-second time penalty will be imposed in the event of any of the following infractions:

- Causing a third false start
- Crossing the starting line prior to the starter's signal
- Failing to navigate the "giant food obstacles" at Leg 1
- Failing to complete the "giant maze" at Leg 2
- Failing to shoot the ball into a designated basket
- Failing to race through the "giant food obstacles" again before crossing the finish line

Junior Rat Race

1. Parents/ Guardians must register in person at the registration counter before 10:00am on event day for their children to participate in the Junior Rat Race. Participants who do not register on time may be disqualified.
2. Participants must wear suitable running shoes and creative costumes or sportswear.
3. Participants must wear their participant numbers at all times during the event. Participant numbers are non-transferable.
4. Each participant must enter and exit the obstacles as indicated by the Race Organiser and complete all tasks. Participants in the Junior Rat Race will be disqualified if they fail to complete the race.
5. Participants may only be substituted with the approval of the Race Organiser. The substitute must inform the Race Organiser as soon as possible and must register in person at the registration counter before 10:00am on event day.
6. Participants may withdraw from the race if they feel unwell at any time. If necessary, participants may contact event personnel for assistance. Failure of any participant to complete any part of the Junior Rat Race for any reason, including but not limited to withdrawal due to sickness or accident after the race has commenced, will result in disqualification.
7. A 30-second time penalty will be imposed in the event of any of the following infractions:
 - Causing a third false start
 - Crossing the starting line prior to the starter's signal
 - Failing to navigate the "giant food obstacles" on Chater Road
 - Failing to place the ball at a designated basket
8. Participants who would like to be eligible for the Best Dressed Junior Rat Award should remember to take a photo at the official backdrop after registration on event day.

NGO Rat Race

1. Participants on each NGO Rat Race team must be named on the Application Form.
2. A team representative must register in person at the registration counter before 10:00am on event day in order for his/ her team to participate in the NGO Rat Race. Teams that do not register on time may be disqualified.
3. Participants must wear suitable running shoes and creative costumes or sportswear.
4. Participants must wear their participant numbers at all times during the event. Participant numbers are non-transferable.
5. Each participant must enter and exit the obstacles as indicated by the Race Organiser and complete all tasks. A participating team will be disqualified if any one of its participants fails to complete their part of the NGO Rat Race.
6. Participants may only be substituted with the approval of the Race Organiser. The substitute must inform the Race Organiser as soon as possible and must register in person at the registration counter before 10:00am on event day.

7. Participants may withdraw from the race if they feel unwell at any time. If necessary, participants may contact event personnel for assistance. Failure of any participant to complete their part of the NGO Rat Race for any reason, including but not limited to withdrawal due to sickness or accident after the race has commenced, will result in disqualification of that participating team.
8. A 30-second time penalty will be imposed in the event of any of the following infractions:
 - Causing a third false start
 - Crossing the starting line prior to the starter's signal
 - Team member 1 failing to get through the "giant food obstacles" on Chater Road before changing legs
 - Team member 1 failing to pass the "briefcase" to team member 2
 - Team member 2 failing to carry the "briefcase" and get through the "giant food obstacles"
 - Team member 2 failing to place the ball at a designated basket

Awards and Certificates

1. Each registered participant who participates in the CENTRAL Rat Race 2019 and successfully completes the race will receive a certificate. Certificates will be sent to participants of the Big Rat Race and Junior Rat Race as well as Rat Race team captains and NGO Rat Race team representatives before 31st December 2019.
2. An awards ceremony will be held after the completion of the races on event day.
3. The following is a list of awards for participants:
 - i. Big Rat Cup — for the fastest senior executive in the Big Rat Race
 - ii. Rat Race Cup — for the fastest team in the Rat Race
 - iii. NGO Rat Cup — for the fastest team in the NGO Rat Race
 - iv. Junior Rat Cup — for the fastest participant in the Junior Rat Race
 - v. Top Five Speedy Rats Award — for the five fastest teams in the Rat Race
 - vi. Rat Leader Award — for the team captain who best leads his/ her team members in all activities
 - vii. Fat Rat Award — for the team that raises the most funds
 - viii. Best Team Spirit Award — for the team with the best team spirit in the Rat Race
 - ix. Fancy Rat Award — for the participant with the best costume
 - x. Best Dressed Rat Team Award — for the team with the most outstanding uniforms
 - xi. Best Dressed Junior Rat Award — for the child (aged 12 or under) with the best costume
 - xii. Best Dressed NGO Cheering Team Award — for the non-governmental organisation cheering team with the best costume
 - xiii. DigiCheese Cup - for the team with the most combined pieces of cheese after finished Rat Race a) earned during the CENTRAL Rat Race Digital Cheese Challenge and b) awarded from the Mr Rat's Cheese-venture Online Game

Withdrawal

Participating teams or individual participants who wish to withdraw from the CENTRAL Rat Race 2019 must inform the Race Organiser in writing before 13th September 2019. In any event, donations received will not be refunded.

Disqualification

1. The Race Organiser may disqualify any participant found to be subverting or tampering with the operation of the races; colluding with competing teams or participants or other third parties; acting in a disorderly or unsportsmanlike manner; or engaging in any conduct detrimental to the spirit or rules of the CENTRAL Rat Race or the reputation of the Race Organiser, or which may subject the Race Organiser to public criticism or disapproval.
2. A participant can be disqualified for any of the following reasons:
 - i. failure to pass the "briefcase" to his/ her teammate at the leg-change areas;
 - ii. failure to return the "briefcase" to the designated area at the finish line;
 - iii. deliberate deviation from the race route;
 - iv. deliberate attempt to injure an opponent;
 - v. deliberate attempt to injure a race official, timekeeper, volunteer or spectator; or
 - vi. wearing or possessing materials that could cause harm or damage to himself or herself or to any other person or their property.
3. A participating team will automatically be disqualified if any one of its team members becomes disqualified.
4. A participant can be disqualified due to any misconduct penalty. Misconduct penalties may be imposed at the discretion of any race official. A misconduct penalty shall be imposed on the team or participant if:
 - i. any participant, or any person who acts on behalf of a team, uses any obscene, profane or abusive language or gesture against any person;
 - ii. any participant challenges or disputes the rulings of any race official without reasonable grounds;
 - iii. any participant acts in a destructive manner that results in any damage to any property during the race;
 - iv. any participant is guilty of unsportsmanlike conduct including, but not limited to, hair-pulling, biting, grabbing hold of face masks, fighting or causing bodily harm to any person;
 - v. any participant acts in a provocative manner (including using any threatening or abusive language or gestures or similar actions) designed to incite an opponent to commit an act that results in the imposition of a misconduct penalty on the opponent; or
 - vi. any person interferes in any manner with any race officials in the performance of their duties.
5. Any participant who persists in any act of misconduct, in respect of which a misconduct penalty has been imposed, shall be disqualified. If the offender is not registered as a member of any team or as a participant but has acted on behalf of a team or a participant, a misconduct penalty will be imposed on the team or the participant at each instance of misconduct committed by the offender.

Personal Fitness & Risk

1. Participants are strongly recommended to undertake adequate training and team-building preparation before the event.
2. Any individual who is pregnant or suffering from any chronic disease such as heart disease or high blood pressure should not participate in the event. The Race Organiser reserves the right to suspend any participant who is known or suspected to be unfit to participate in the event.

3. All participants must ensure that they are medically fit to participate in the race. They must obey and accept the terms and conditions of participation and abide by any decision of a CENTRAL Rat Race 2019 official, before or during the race, regarding their ability to participate safely in the race.
4. Medical support for the race will be provided by a voluntary medical service provider, who may be called upon to provide assistance on event day. Participants must agree to receive treatment from such medical personnel and accept medical decisions about their fitness to participate or continue in the race.

Insurance & Liability

1. The Race Organiser only covers public liability insurance. All participants are responsible for providing their own insurance, including accident insurance, in respect of their participation in the race.
2. Participants must be aware of the potential risks associated with participating in this obstacle race event, including but not limited to tripping over or coming into physical bodily contact with other participants, volunteers or spectators, dangerous traffic conditions along and around the race route, and dangerous course conditions and adverse weather conditions (including high temperature and humidity). All participants must take part in the race entirely at their own risk and must not hold the Race Organiser or any sponsor or supporting organisation or any of their partners, employees or supporters responsible for any injury, death, incapacity, accident, damage, loss or destruction of property or any other economic loss or claims arising from any accident or mishap or otherwise connected with the race, and whether during or after the event or in preparation for it or otherwise.
3. The Race Organiser will not provide any storage for personal items and will not be liable for any loss or damage to personal property. All belongings, including valuable items brought to the race site, are at the risk of their owners.
4. The Race Organiser, its sponsors, partners, employees and supporters will accept no responsibility for any liability or loss, whether directly or indirectly arising out of participation in the race. In addition, the Race Organiser and its sponsors shall not be held responsible for any loss of, or damage to, personal items and equipment.
5. Each participant and/ or anyone entitled to act on his/ her behalf must waive and release the Race Organiser, its sponsors, partners, employees and supporters from any claims and liabilities of any kind arising in connection with his/ her participation in the race even if such liability arises as a result of the negligence or default of any such party.

Use of Appearance

1. All participants (including the parents/ guardians of Junior Rat Race participants and NGO Rat Race participants below the age of 18) must consent to their appearance in any CENTRAL Rat Race photo and video coverage, recorded or incorporated in whole or in part, in any television programme, film, video, website, broadcast and/ or newsprint of whatever nature, by all means and in all media and formats, whether currently existing or subsequently invented in connection with the event.
2. All participants (including the parents/ guardians of Junior Rat Race participants and NGO Rat Race participants below the age of 18) must consent to the use and reproduction of their name, likeness, appearance and photographs, films and recordings, by all means and in all media, for the purpose of advertising, publicity and otherwise in relation to the promotion of the CENTRAL Rat Race

and the commercial rights relating to the CENTRAL Rat Race.

Appeal

Any appeal of the overall ranking shall be submitted to the Race Organiser (attention to Mr Ronald Ho) before the Award Presentation Ceremony scheduled on event day.

Event Cancellation

The Race Organiser reserves the right to cancel the event in case of adverse weather conditions or if the red rainstorm signal, black rainstorm signal, or typhoon signal #3 or above is hoisted on event day. Should such circumstances arise, an announcement will be made to that effect at www.CENTRALratrace.com by 6:00am on event day. In the event of a cancellation, all proceeds raised from the CENTRAL Rat Race 2019 are non-refundable and will be donated to MINDSET.

The Race Organiser reserves the right to interpret and amend the rules and regulations without prior notice.