



LENGGONG MAN CHALLENGE 2026

OFFICIAL COMPETITION RULES AND REGULATIONS

ADVENTURE RACING SPRINT

Categories: 4-Hour and 8-Hour | Two-Person Teams

Location: Lenggong Global Geopark, Perak, Malaysia

Organiser: Akademi Orienteering Global Resources

PART I — GENERAL PROVISIONS

RULE 1: COMPETITION NAME AND FORMAT

1.1. This competition is known as Lenggong Man Challenge 2026 and is conducted in the Adventure Racing Sprint format.

1.2. The competition combines physical endurance, land navigation, race strategy and teamwork.

1.3. The main competition disciplines are:

- Trekking or trail running.
- Mountain biking (MTB).
- Navigation using the official map and compass.
- Kayaking or stand-up paddleboarding (SUP).

1.4. The competition is offered in two formats:

- 4 hours (4H).
- 8 hours (8H).

1.5. All participants must comply with these regulations, official competition instructions, the technical briefing and safety instructions issued by the Race Director.

RULE 2: COMPETITION CATEGORIES

2.1. Each team consists of two participants.

2.2. The four official championship categories are as follows:

CODE	CATEGORY	TEAM COMPOSITION
4H-M	4-Hour Men	2 male participants
4H-X	4-Hour Mixed	1 male and 1 female participant
8H-M	8-Hour Men	2 male participants
8H-X	8-Hour Mixed	1 male and 1 female participant

2.3. Each team may compete in only one category per entry.

2.4. Both participants must be officially registered and use the race bib number or team identification assigned by the organiser.

2.5. Age eligibility, entry conditions and identity-verification requirements shall be stated in the official competition bulletin.

2.6. Any participant substitution must receive written approval from the secretariat before the specified substitution deadline.

2.7. The organiser reserves the right to reject or cancel any entry that does not meet the competition requirements.

RULE 3: REGISTRATION AND PARTICIPANT VERIFICATION

3.1. Each team must complete registration before the stated closing date.

3.2. All participants must:

- Provide true and accurate registration information.
- Sign a health declaration and acknowledgement of risk.
- Complete the required liability waiver documents.
- Attend the mandatory technical briefing.
- Undergo a pre-start equipment inspection if instructed.

3.3. Participants are responsible for ensuring that their physical condition and health are suitable for the competition.

3.4. The organiser may prohibit a participant from starting or continuing the race where there is a reasonable safety risk.

3.5. Failure to attend the mandatory briefing or comply with safety inspections may result in the team being prohibited from starting.

PART II — RACE FORMAT AND CONDUCT

RULE 4: RACE DURATION

- 4.1. The 4H and 8H categories refer to the estimated fastest durations allocated for the respective race formats and do not constitute absolute time limits for completing the race.
- 4.2. The official start time for each category will be determined by the organiser. The actual race duration and Cut-Off Time (COT) will be set according to the event schedule, route conditions, safety considerations and participants' arrival at the finish line.
- 4.3. Participants must report to the finish line immediately after completing the race. Each team's official finish time will be recorded using the timing system adopted by the organiser.
- 4.4. The organiser may set or amend the Cut-Off Time (COT), including section cut-off times, based on route conditions, weather and safety considerations.
- 4.5. Participants who fail to comply with safety instructions or time limits set by the organiser must follow the instructions of marshals or the Race Director. Failure to comply may result in a penalty or DNF (Did Not Finish) classification, subject to the organiser's decision.
- 4.6. Any changes to start times, time limits or race duration will be announced through the official competition channels.

RULE 5: COURSE AND DISCIPLINES

- 5.1. The course is determined by the Race Director and technical team. Navigation must be conducted using the official race map; teams may not use any race map other than the one supplied by the organiser.
- 5.2. The course may include trails, permitted forest tracks, village routes, paved roads, MTB routes and designated navigation areas.
- 5.3. Water activities may be included only after a risk assessment and safety approval. If water activities are not approved, the organiser must announce the substitute discipline or course change before the competition.
- 5.4. Participants must use permitted routes and comply with all official route instructions, including those shown on the race map supplied.
- 5.5. Participants must not enter restricted areas, private land without permission, hazardous areas or areas closed by the authorities.
- 5.6. The organiser may alter, shorten or close any section if conditions are unsafe.
- 5.7. Detailed course information, checkpoint sequence, discipline-transition areas and specific instructions will be provided in the Race Book.

RULE 6: NAVIGATION

- 6.1. The primary navigation method for the competition is the official map and compass.
- 6.2. Participants are responsible for determining direction and routes between checkpoints using permitted information.
- 6.3. The organiser may provide printed maps, topographic maps or competition-specific maps as required for technical purposes.
- 6.4. Participants may not use GPS to determine their position, locate checkpoints, plan routes or obtain navigation guidance.
- 6.5. The use of GPX files, navigation apps, location-enabled digital maps and navigation functions on smartwatches is prohibited throughout the competition, unless the Race Director officially announces an exception.
- 6.6. A smartwatch may be used to record time or fitness data, provided it is not used for navigation and does not contravene technical instructions.
- 6.7. Mobile phones carried for emergencies must not be used for navigation or to obtain unauthorised route assistance.
- 6.8. The organiser may use GPS trackers or electronic tracking systems for safety, operational monitoring and team tracking. The organiser's use of such systems does not authorise participants to use GPS for navigation.
- 6.9. Breaches of navigation rules may result in time penalties, point deductions or disqualification, depending on the severity of the offence.

RULE 7: TEAM MOVEMENT

- 7.1. Both team members must start, complete the course and finish the race as one team.
- 7.2. Both team members must remain within a maximum distance of 30 metres of each other, unless a shorter distance is specified for a particular section.
- 7.3. Both team members must report to and confirm their presence at all mandatory checkpoints.
- 7.4. A participant may not register a checkpoint on behalf of a teammate who is outside the permitted distance.
- 7.5. Participants may assist teammates with navigation, equipment management and safe physical assistance.
- 7.6. If a participant is injured or experiences a medical emergency, their teammate must assist as far as safely possible and contact race personnel if necessary.

7.7. If one team member withdraws, the team must cease competing and report the withdrawal to a marshal or the control centre.

7.8. The remaining participant may not continue the race individually to obtain an official placing, unless otherwise instructed by the Race Director for safety or operational reasons.

PART III — CHECKPOINTS AND SCORING SYSTEM

RULE 8: CHECKPOINTS

8.1. A checkpoint (CP) is an official control point designated by the organiser to verify a team's route.

8.2. Mandatory checkpoints must be visited and verified in accordance with the instructions.

8.3. Checkpoints may be verified using an electronic system, control card, punch card, QR code or marshal confirmation.

8.4. Both team members must comply with the prescribed verification procedure.

8.5. Failure to verify a checkpoint means that the checkpoint will not count, unless the technical team accepts reasonable evidence of a system failure.

8.6. Participants must not move, damage, conceal or interfere with a checkpoint.

8.7. Participants must not register a checkpoint for another team or falsify proof of attendance.

8.8. If a checkpoint becomes unusable due to damage or circumstances beyond control, the Race Director may verify the CP using alternative evidence or declare it void for all affected teams.

RULE 9: DETERMINATION OF WINNERS

9.1. The winner in each category will be the team that completes all checkpoints and mandatory course sections in the fastest time, subject to official confirmation of the results by the organiser.

9.2. Each team must complete the mandatory checkpoints and follow the prescribed route sequence as stated in the Race Book.

9.3. The official finish time is based on the team's recorded time when crossing the finish line and is verified through the timing system used by the organiser.

9.4. A team that fails to complete any mandatory checkpoint or course section is not eligible to be classified as a category winner, unless otherwise stated in the specific competition rules. Such teams will be classified according to their finish status and the organiser's official determination.

PART IV — SAFETY AND EQUIPMENT

RULE 10: MANDATORY EQUIPMENT

- 10.1. All teams must carry the mandatory equipment specified for their respective categories.
- 10.2. The organiser will publish a Mandatory Equipment List distinguishing individual equipment from team equipment, including any additional items specific to MTB or water activities.
- 10.3. All mandatory equipment must be carried or worn throughout the designated sections.
- 10.4. Equipment inspections may be conducted before, during or after the race.
- 10.5. Participants who fail to carry mandatory equipment may be penalised, instructed to obtain the missing equipment or disqualified on safety grounds.
- 10.6. A helmet meeting safety requirement must be worn and properly fastened throughout MTB sections.
- 10.7. A suitable life jacket complying with the instructions of water-safety officers is mandatory.
- 10.8. The organiser may require participants to carry additional equipment based on weather, race timing and course risk assessments.

RULE 11: PARTICIPANT SAFETY

- 11.1. Participant safety must take priority in all competition decisions.
- 11.2. Participants must comply with all safety instructions and directions from medical personnel.
- 11.3. Participants must provide reasonable assistance to anyone involved in an accident or emergency without endangering themselves or others.
- 11.4. All serious incidents must be reported to the control centre as soon as possible.
- 11.5. The organiser may stop a participant from continuing if their health condition presents a reasonable risk.
- 11.6. The organiser may stop or shorten the competition in the event of severe weather, flooding, landslides, fire, security threats or other conditions that compromise safety.
- 11.7. Participants instructed to stop or turn back for safety reasons must comply immediately.

RULE 12: MTB AND WATER-ACTIVITY SAFETY

- 12.1. All MTB participants must use bicycles that are safe and suitable for the course.
- 12.2. Helmets must be worn throughout MTB sections. Participants must control their speed and comply with marshal instructions and applicable road rules.
- 12.3. Participants must not ride dangerously, deliberately obstruct other participants or use an unsafe bicycle.
- 12.4. Water activities may only be conducted after technical and safety approval has been granted.
- 12.5. Participants must not enter a water section without authorisation or when it has been closed by safety personnel.

PART V — CONDUCT AND OUTSIDE ASSISTANCE

RULE 13: OUTSIDE ASSISTANCE

- 13.1. Outside assistance that provides a competitive advantage is prohibited, except in areas or circumstances officially approved by the organiser.
- 13.2. Emergency assistance to an injured participant or someone in danger does not constitute a breach of these rules.
- 13.3. Participants must not accept motorised transport or use any prohibited method to shorten the course.
- 13.4. Participants must not receive navigation guidance from outside parties that gives them an unauthorised advantage.
- 13.5. Any assistance from another team must comply with technical instructions. Emergency assistance must still be provided when required.

RULE 14: ENVIRONMENT AND PROPERTY

- 14.1. All participants must respect the environment, local residents, public and private property, and the areas through which they travel.
- 14.2. Participants must not litter along the course, damage vegetation, disturb wildlife or pollute water sources.
- 14.3. All waste must be carried out or disposed of at designated locations.
- 14.4. Participants must comply with route-use instructions and must not enter prohibited areas.

14.5. Deliberate environmental offences may result in point penalties or disqualification, depending on their severity.

RULE 15: CONDUCT AND INTEGRITY

15.1. Participants must show respect towards other participants, event staff, marshals, local residents and the organiser.

15.2. Cheating, falsifying records, interfering with checkpoints, aggressive behaviour and breaches of official instructions are prohibited.

15.3. Participants must not use prohibited substances or be in a condition that compromises competition safety.

15.4. Participants must report any serious breach they become aware of to the Race Director or an official.

15.5. The Race Director may take disciplinary action based on the evidence and severity of the offence.

PART VI — PENALTIES, DISQUALIFICATION AND PROTESTS

RULE 16: PENALTY PRINCIPLES

16.1. Penalties are intended to maintain fairness, competition integrity and participant safety.

16.2. Actions may include a warning, time penalty, loss of a checkpoint, DNF or DSQ (Disqualified).

16.3. Penalties must be recorded and communicated to the team concerned.

16.4. Penalties imposed must be based on the published schedule and reasonable evidence.

16.5. Serious breaches that threaten safety may result in immediate disqualification (DQ).

RULE 17: PROPOSED PENALTY SCHEDULE

The following table is an initial proposal for confirmation by the Race Director. Final values must be confirmed before the Race Book is published.

No.	Type of offence	Proposed action
2	Failure to complete a mandatory checkpoint	Ineligible for the official championship if designated as an eligibility requirement.
3	Failure to maintain the maximum team separation after a warning	10-minute penalty for each confirmed breach

4	Failure to carry non-critical mandatory equipment	15-minute penalty per item or until the item is provided
5	Failure to carry critical safety equipment	Not permitted to start or instructed to stop until the issue is resolved
6	Use of GPS or prohibited navigation devices	30-minute penalty; disqualification if repeated or if a material advantage is gained.
7	Receiving prohibited outside assistance	30-minute penalty.
8	Using a map other than the official race map	Point deduction or 30-minute penalty, depending on the severity of the offence
9	Entering a restricted area	Disqualification if the breach is deliberate or endangers safety
10	Littering or polluting the environment	15-minute penalty; disqualification for serious or repeated breaches
11	Failure to comply with a non-emergency marshal instruction	Warning or 15-minute penalty
12	Ignoring safety instructions or an order to stop	Disqualification
13	Falsifying checkpoint records or cheating	Disqualification
14	Deliberately damaging or interfering with a checkpoint	Disqualification
15	Aggressive behaviour or endangering other participants	Disqualification, subject to investigation and evidence
16	Failure to report after withdrawing	Team results withheld until safety status is confirmed; further action in accordance with official instructions
17	Exceeding the race time limit	Ineligible to win the category, unless an applicable official adjustment is made
18	Breaching critical water-activity or MTB safety rules	Disqualification or immediate order to stop

RULE 18: DNF AND DSQ

18.1. DNF (Did Not Finish) refers to a team that does not complete the race, withdraws, fails to meet the finish requirements or is instructed to stop, and therefore receives no official championship result.

18.2. DSQ (Disqualified) refers to a team disqualified for a serious breach or an action designated as grounds for disqualification.

18.3. Teams classified DNF or DSQ must report to a marshal or the control centre and follow safety procedures.

18.4. A DSQ team is not eligible for an official championship placing.

18.5. DNF or DSQ decisions must be recorded by the technical team and communicated to the team concerned.

RULE 19: PROTESTS AND APPEALS

19.1. A protest may only be submitted by the registered team captain.

19.2. Protests must be submitted in writing to the secretariat or official.

19.3. A protest must state:

- The team's name and race bib number.
- The competition category.
- The issue or decision being contested.
- The time and location of the incident.
- Supporting evidence, if available.

19.4. The protest period must be specified in the Race Book. As a proposal, protests against provisional results should be submitted within 30 minutes after the results are posted, unless another period is officially announced.

19.5. The official may review checkpoint records, timing data, marshal reports, safety-tracking data and statements from relevant parties.

19.6. The decision on a protest must be recorded and communicated to the team concerned.

19.7. The final decision must be made by the authorised person or body within the competition structure.

PART VII — AUTHORITY OF THE RACE DIRECTOR

RULE 20: POWERS AND RESPONSIBILITIES

20.1. The Race Director has technical authority over the conduct of the competition, subject to the organiser's policies and legal requirements.

20.2. These powers include:

- Approving the course and checkpoint sequence.
- Setting checkpoint point values.
- Enforcing navigation rules.
- Determining timing and checkpoint-verification procedures.
- Ordering equipment inspections.
- Imposing penalties in accordance with the rules.
- Stopping or shortening the race for safety reasons.
- Determining DNF or DSQ status.
- Deciding technical matters not specifically covered, in accordance with the principles of fairness and safety.

20.3. Any material changes to the rules or scoring system must be announced to participants before it takes effect, except where an immediate safety instruction is necessary.

20.4. Decisions concerning participant safety take priority over standings or competition results.

RULE 21: POSTPONEMENT, SHORTENING OR CANCELLATION

21.1. The organiser may postpone, shorten or cancel the race for safety reasons, weather conditions, instructions from the authorities, disasters or circumstances beyond reasonable control.

21.2. If the race is stopped, the Race Director must determine how results are calculated based on valid checkpoints, the circumstances of the competition and fairness between teams.

21.3. Any results declared after the race is stopped must be officially communicated.

21.4. Terms relating to entry fees, refunds or rescheduling must be stated separately in the registration terms.

RULE 22: ACCEPTANCE OF THE RULES

22.1. By registering for and participating in Lenggong Man Challenge 2026, each participant is deemed to have read, understood and agreed to comply with these competition rules.

22.2. Failure to comply with these rules may result in a penalty, DNF or DSQ, depending on the offence.

22.3. These rules must be read together with the Race Book, technical briefing, safety instructions and any official notices issued by the organiser.

APPENDIX C — WITHDRAWAL AND EMERGENCY PROCEDURES

1. A team withdrawing from the race must report its status to a marshal, the control centre or the official competition emergency number.
2. Both team members must be identified and their safety status recorded.
3. Participants must not leave the competition area without reporting their status to the secretariat, except where immediate action is necessary to avoid danger.
4. In the event of injury or an emergency, participants must contact safety personnel and provide their location and the required information.
5. Race personnel may direct a team to a designated assembly point or evacuation location.
6. Failure to report after withdrawal may trigger a search operation and safety-status verification.
7. The Race Director may terminate the participation of any participant whose condition is unsafe.

APPENDIX D — DOCUMENT APPROVAL

This document must be reviewed and approved before being published as the official rules and regulations of Lenggong Man Challenge 2026

Prepared by:

Technical Committee

Lenggong Man Challenge 2026

Reviewed by:

Race Director

Name: _____

Signature: _____

Date: _____

Approved by:

Chairperson of the Organising Committee

Name: _____

Signature: _____

Date: _____

Effective date of the regulations: _____

CONCLUSION

All participants in Lenggong Man Challenge 2026 must comply with these rules to ensure that the competition is conducted fairly, safely and with integrity, while respecting the environment and local community.

Technical decisions made by the Race Director must be guided by the published rules, available evidence and the safety interests of participants.

LENGGONG MAN CHALLENGE 2026

Adventure Racing Sprint — Navigate. Endure. Work as One.