

Competitor Guide - National Ruralympics Competition

(Rules and Responsibilities for Competitors)

Team Structure

- Each team consists of **four members**.
- The same four members must take part in all games.
- A minimum of **three members** must participate in each activity.

Substitutions:

- Only allowed in exceptional circumstances.
 - Permission must be granted by the **Chief Umpire** before a substitute joins.
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Games & Format

You will complete up to **eight different games**, spending **3 minutes** at each. You will rotate through games in a set order, with **2 minute** to change stations.

Games are typically announced on the day of the event.

Note: The Skills & Events Committee may change or update activities.

General Rules

- Follow all instructions from umpires, scorers, and timekeepers — **their decisions are final**.
 - Teams arriving late to a station will incur **penalty points**.
 - No cheating, foul play, or interference with another team's equipment.
 - If you must leave early, please tell your umpire before departure.
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Scoring

Each activity is scored individually using the rules provided at that station.

After all activities:

- Teams are ranked for each game.

- Points awarded:
 - 1st = 10
 - 2nd = 9
 - 3rd = 8
 - ...and so on.
- All game points are added together.

The team with the **highest total score** wins.

Ties

A tie-breaker game (not used earlier in the competition) will be played if required.

What to Bring

- Comfortable sports clothing
- Indoor trainers suitable for sports halls
- Water bottle
- Cash for raffle or refreshments (optional)

All equipment for games is provided.

Timing of the Day

- Typically, batch one begins at **12 noon**.
 - Competition ends around **3.00 pm**.
 - Raffle and Awards Ceremony to follow.
 - Expected finish around **4.00 pm**.
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Travel & Expenses

- SWI Central Office no longer offers travel reimbursement.
 - Federations are encouraged to support their teams financially where possible.
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