



## Rules for KDR RISE – Oct 2022

Welcome to KDR RISE 2022. The following rules will be followed for the month of Oct 2022. These rules can be changed by the RISE Management with prior information to team captains.

There are 3 separate categories and separate teams will be formed for participants in each category.

**RISE Warriors** - pure running experience + high mileage over the 3 months duration of the challenge. These would mostly be regular runners who are already used to long runs and are looking to have more mileage to prepare for an upcoming event, TMM 42 kms for example. Warriors will have separate teams.

**RISE Challengers** - Those registering as Challengers have 2 options:

**Option 1** - Opt for only running - comfortable mileage over the course of the challenge - These would mostly be new runners who have just started or wanting to start, those who are coming back from a break and wanting to get back on track and those who run occasionally but want to get into the habit of running regularly. These participants will gain points for team only based on their running activities.

**Option 2** - Opt for running + cycling - comfortable mileage over the course of the challenge - like in option 1 these would also be runners who have just started, coming from break etc. but they would also like to include cycling as part of their training. These participants will gain points for team based on their running as well as cycling activities. Running is a compulsory activity for these participants. Cycling is an additional cross training option provided to these participants.

RISE Challengers will have separate team and each team will have mix of option 1 + option 2 participants

**RISE Champions for Kids**- these are for participants between the age of **8 to 16** and they too have 2 options as Challengers. Kids will have separate teams too.

1. **RISE Warriors Points Table:**

Refer Annexure A below.

2. **RISE Challengers Points Table:**

Refer Annexure B below.

3. **RISE Champions Points Table:**

Refer Annexure C below.

4. **Max distance allowed in a month:**

	Running Only	Running & Cycling	
	Running	Running	Cycling
RISE Warriors	150 Kms	NA	NA
RISE Challengers	95 kms	60 Kms	125 kms
RISE Champions	65 Kms	40 Kms	80 Kms

**Note:** These are maximum distances for which points will be allotted. These are not minimum commitments.

5. The week will be counted as Sunday to Saturday except the first week which will be from Saturday (1<sup>st</sup> October) to Saturday (8<sup>th</sup> October).
6. 2 days would be **compulsory rest** for all participants. E.g., if activity is done between Sunday to Thursday on all days, then Friday and Saturday will be compulsory rest and no points will be counted irrespective of activity done.
7. Only 1 activity will be allowed in a day. The activity must be done in one go and not in parts or basis full day steps.
8. Date of the activity will be as on the start time of the activity. Example: If you start your activity at 11.59 pm on 1<sup>st</sup> Oct, then date of activity will be 1<sup>st</sup> Oct, even if the activity ends on 2<sup>nd</sup> Oct.
9. **Bonus** will be allocated to a team if **80%** of the team members do the activity in a day. **30 points** will be allocated to the team.
10. If **less than 30%** players do activity in a day, then **15 points will be deducted as penalty** from the team tally.
11. If the activity is submitted and approved by Referee, then no changes will be accepted.
12. There could be a marginal difference between GPS watch data Strava synced data, so it is advised to cover additional distance to ensure kms/points are not missed by the team. No Manual edit can be done in app data. The App data and submission has to compulsorily match. If you do 10k in watch and due to sync, it turns to 9.99, then only 9k will be considered.
13. The activity data has to be submitted and approved within 3 days of the activity. Else the activity cannot be considered and no manual changes will be accepted. Even if submitted, it can be rejected by the Referee.
14. The data at the month end has to be closed within 1 day to ensure timely results.
15. No Fudged data should be uploaded for approval. If found, can result into penalties to the team including disqualification of the player involved. Referee can ask for any details deemed necessary to approve the activity.
16. Pushing players beyond their comfort is discouraged in KDR RISE. Any player who is not comfortable for the distance being asked to be covered by Captain/team can refer it to the team referee/KDR RISE Management for intervention.
17. **Activities in KDR RISE 2022:**
  - o Running/Walking (Should be supported by app link or screenshot for workout with **Distance, Start time, Time taken, Average time and GPS Map**)
  - o Cycling (Should be supported by app link or screenshot for workout with **Distance, Start time, Time taken, Average time and GPS Map**).
  - o If you are not submitting the activity on the same day, then the activity details needs to clearly display the date of the activity.
  - o **Pace Limit:**
    - o **Running/Walking** Speed will be limited to a max of **15 mins per km for Challengers and Champions** and **12 mins per km for Warriors**. Anything above these designated pace, will be rejected by the Referee. Pace will be based on **Average Elapsed time** and not Average Moving Time. If the player is going for trek/hike, then the referee has to be informed in advance and he can relax the pace while approving the activity. Referee can still reject if the whole day's steps are entered and the elevation does not justify the Hike/Trek.
    - o **Cycling** speed will be limited to a max of **7 mins per km**. Anything above this designated pace, will be rejected by the Referee. This will be based on **Average Elapsed time** and not Average Moving Time.
18. Minimum and Maximum limit of an activity for a week.

Activity	Minimum Days	Maximum Days
Running	3	5
Cycling	0	2

19. All rules and regulations issued by the authorities need to be followed by all individuals participating in the challenge. If anyone is found violating these rules and regulations, the team points will be deducted as appropriate by the management team.
20. Rules can be changed by the KDR RISE Management committee as deemed necessary.

**\*\*\*All members should maintain sanity of RISE 2022 rules. No members should share any outside Activities, Events, Personal messages or Forwards in official WhatsApp group or Team WhatsApp groups\*\*\***

## Annexures:

### Annexure A:

#### RISE Warriors: Running Only

Running	Points
1	-
2	-
3	6.00
4	8.00
5	9.75
6	11.50
7	13.25
8	15.00
9	16.75
10	18.50
11	20.00
12	21.50
13	23.00
14	24.50
15	26.00
16	27.25
17	28.50
18	29.75
19	31.00
20	32.25
21	33.25

\*Points will be calculated in 2 decimals. In a month, Maximum 1 run of 21 kms and maximum 2 runs of 15-20 kms allowed. Minimum distance is 3k.

Activity below minimum distance won't be considered for Bonus as well.

#### Cycling:

There would be no cycling option for RISE Warriors

**Annexure B:****RISE Challengers: Running**

Running	Points
1	-
2	4.00
3	6.00
4	7.80
5	9.25
6	10.75
7	12.50
8	13.75
9	15.00
10	16.00

\*Points will be considered in 2 decimals. In a month, 1 run of 10k and 2 runs of 8-9k are allowed. Minimum distance is 2k. Activity below minimum distance won't be considered for Bonus as well.

**RISE Challengers: Cycling**

Cycling	Points
1	-
2	-
3	-
4	1.80
5	2.40
6	3.00
7	3.60
8	4.20
9	4.80
10	5.35
11	5.90
12	6.45
13	7.00
14	7.55
15	8.10
16	8.55
17	9.00
18	9.45
19	9.90
20	10.35
21	10.80
22	11.15
23	11.50
24	11.85
25	12.20
26	12.55
27	12.90
28	13.15
29	13.40
30	13.65

\*Points will be considered in 2 decimals. Maximum 1 Ride of 30 kms and maximum 1 ride of 20-29 kms allowed. Minimum distance is 4k.

Activity below minimum distance won't be considered for Bonus as well.

#### **Annexure C:**

##### **RISE Champions: Running**

Running	Points
1	5.00
2	8.33
3	11.66
4	14.66
5	17.66
6	20.46
7	23.26

\*Points will be considered in 2 decimals. Maximum 1 Run of 7k allowed in a month.

##### **RISE Champions: Cycling**

Cycling	Points
1	1.06
2	2.73
3	4.40
4	5.51
5	6.62
6	7.73
7	8.84
8	9.90
9	11.00
10	12.06
11	13.06
12	14.06
13	15.06
14	16.06
15	17.06
16	17.99
17	18.93
18	19.86
19	20.79
20	21.73
21	22.66

\*Points will be considered in 2 decimals. Maximum 1 Ride of 21k is allowed in a month.