Runners Rules

- You must wear your flag belt outside your clothing at all times.
- You cannot tuck your flags in, or tie your flags on.
- If all of your flags have been taken, you can continue, however you will not be eligible to win a prize.
- You may NOT take another runner's flags, chase other runners, or pick up flags off the ground.
- Participants must wear the RFYFL number clearly on their arm.
- NO sprigs on shoes will be permitted.
- Direct and intentional physical contact with any runner or zombie is strictly prohibited.
- You are not to touch, hit, punch, tackle, kick, slap, scratch, pinch, spit on, bite, or do anything harmful to the physical health of our zombies or other runners.
- Those in violation of this rule will automatically be disqualified and potentially escorted off of the grounds, without refund.
- If you skip an obstacle or tuck your flags into your clothing, you are automatically disqualified from a time-based award and your flag belt will be taken by a course official.
- Line up at least 10 minutes before your race time.
- Entry to your time slot will close 10 minutes after runners begin to cross the "Start" line.
- You must run in the slot that you registered for.
- Visibly intoxicated guests will not be allowed to participate in the race.
- Medical personnel may examine any participant who appears to be injured or suffering distress.
- The Medical personnel may remove any participant from the event if in the opinion of the medical personnel the participant needs to be removed.
- The RFYFL course will be approximately 5 kms.
- There will be some discrepancy due to part of the race being in a maze.

Team Rules

- Race officials have final say on all aspects of the race—especially Safety.
- All Teams will start and finish together as a team.
- Team members must hold hands as they cross the finish line.
- For the Teams Race, at least 1 runner must have 1 flag intact for the whole team to be eligible for the prizes.
- Every team must complete each obstacle to be qualified for prizes
- Team members may assist each other across all obstacles.
- No hostile contact with other teams.
- No interference with other teams navigation over or through obstacles.
- Each team must designate a captain.
- Team captains will ensure all teammates have visible
- race numbers and their flags are visible throughout the race.
- Teams will observe all safety requirements.

General Rules

- No weapons or mock weapons will be permitted on the premises.
- No drugs, or alcohol, are permitted on the property.
- Food and beverages will be available for purchase at the cafe.
- Runners and spectators must abide by all instructions given from the race directors, race staff, and medical personnel. Several photographers and videographers will be stationed along the course.
- By entering the race and Spookers property runners and spectators agree to allow the event producer, Spookers, to use any pictures or video footage of the event for future promotional purposes.
- Not all obstacles can be viewed by your non race supporters.