

EUROPEAN SAUNA MARATHON

04.02.2017 RULES

1. **All team members** must be in the sauna for at least **3 minutes**.
2. If **all team members go** in a **hot tub**, your overall time will be reduced by **10 minutes**.
3. **If at least one of the team members** goes in the ice hole, your **overall time will be reduced by 10 minutes**.
4. **Time penalty of 30 minutes will be given per each sauna and marked sauna spot** on the sauna map that is not visited.
5. Teams **with 4 members** who make it to the **finish at 17.30 can participate in the award ceremony**.
6. After entering a sauna, **give the saunaowner your team sauna card**. The saunaowner confirms that you have been in the sauna by placing a special mark on your card. Visiting a hot tube or a ice hole will be marked as well.
7. **Signing a registration form confirms that you are medically fit to participate in the sauna marathon**.
8. Sauna owners and organizers are not responsible for competitors' injuries and any health problems during the competition and will not compensate for any injuries or health damages.
9. Sauna owners are not responsible for your personal belongings, which are left unattended.
10. Drunk competitors are not allowed in the saunas! Do not take glass bottles and alcohol with you in the sauna.
11. **Do not violate the Estonian traffic laws. Our good cooperation partner the police will take care of your safety**.