

ShUOC Rules

Rule #1 - Obey the rules

If you break the rules you will have to down a pint unless otherwise stated.

Rule #2 - Lead by example

It is forbidden for someone familiar with the rules to knowingly assist another person to breach them.

Rule #3 - Guide the uninitiated

No matter how good you think your reason is to breach these rules, it is never good enough.

Rule #4 - No sympathy

None. None, whatsoever.

Rule #5 - Harden the fuck up

Rule #6 - Represent

You are running for ShUOC, you should enter as ShUOC. If you fail to follow this basic rule of life you must prove your loyalty by wearing the infamous Aviemore dress to the next Monday pub/social.

Rule #7 - Finish what you started

If you start a race, you should finish it. Barring valid injury, there is not an excuse. See Rule #5 for clarification. Furthermore, if you fail to complete the race correctly you have not completed the race. Don't mis-punch. There is no reason to. You are not a special case. It's just rude if you don't and clearly you need to train more, so some naked runs around the C of E shall suffice. For a relay this is an even worse crime, and you must buy your entire relay team a drink and anyone who else who turns up to Monday pub.

Rule #8 - Think before you speak

That great story you wanted to tell everyone: where your mate was like, catching a bus at 4am and you bet him that he couldn't pull a girl at ROAR and still catch his bus in the morning and he said that he couldn't.. Is a shit story and you have wasted everyone's time. Do some press ups.

Rule #9 - Chains

We are a friendly club, sometimes too friendly. If someone you have had the chance of sharing a cheeky romance with happens to partake in a kiss with someone else, then said new member of this love triangle shall buy the original member a pint. This shall be continued in a chain for each new conquest. The chains shall start from September and run until August.

Rule #10 - The "One"

If you are beaten by "the one" on the run in of a competition, thou hast brought shame to the club and shall be punished. A strike by a trout from Millar shall suffice.

Rule #11 - Socials

If you fail to turn up to a social without a good excuse (I'm tired does not count, I have work does not count – prioritise your lives, you know when the social starts so get the work done), or fail to commit to a socials theme, you must make amends to the club. To do so you shall first make a formal apology to the club (either via Facebook, standing up at circuits/pub, or via the weekly mail - submit it to Matt in writing to be put there). Additionally to prove you aren't just like member of a club from that STNGOC you must finish a fine beverage at the weekly get together on Mondays.

Rule #12 - Please respect the ground you fertilise

Although people like to be overly friendly at times - in this case: sharing is NOT caring. Singletons may spread the ShUOC seed as far as they like, however once you've committed you commit. Here are three simple rules:

- 1. Don't mix your crops*
- 2. Water and nourish your ground*
- 3. The grass is never greener on the other side*

Should these simple rules be broken, the opposite sex (to the offender) will be granted a 'Power Hour' at the next social.

#RelationshipGoals

Enjoy.