



ILLAWARRA HASH HOUSE HARRIERS

SETTING A TRAIL

1. **The purpose is to have all the pack return at the same time.**
2. It must be interesting with **different environments** and obstacles. Use should be made of loops, creeks, bush tracks, lanes, alleys, steps, water, shiggy (mud/crap), hills, mountains, gullies etc. Winter time should be marked under street lights, summer time should be through bush.
3. The run should take **between 45 minutes to 1 hour.**
4. The **TRAIL** should be well marked with arrows or ribbons. You can use flour, chalk, gyprock for streets or toilet paper, coloured ribbon, lime in bush or grassy areas.
5. **The trail should be easily seen** and followed.
6. Place arrows in the same position along the trail eg on top of the left hand gutter. If you continually change the position, confusion sets in.
7. Arrows should be large & 20 metres apart (closer in the bush or grass).
8. **CHECKS** are indicated with arrows and circles eg ←○→
They make the **FRBs** (Front Running Bastards) work harder and allow **BOP** (Back of Pack / Knitting Circle) to catch up for a rest.
There should be at least 6 to 10 Checks to keep the pack together.
The trail should resume in about 100 metres (closer in bush) in any direction from a Check.

9. **CHECK BACKS (CB)** give FRBs more exercise. Indicated by **CB** or **X**.
Go back to the last check. Aim to have at least 2 to 4 on a run.
10. **FALSE TRAILS** lead nowhere. A good way to upset FRBs.
Go back to the last check. Aim to have at least 1 on a run.
11. **HASH WAIT (HW)** Used after long periods without a rest. The FRBs must wait for slower runners so the pack regroups. Indicated by **HW**.
This is an ideal place to have a drink stop of beer, port, H2O etc.
NOTE: Anyone on the Committee can call a **HASH PAUSE** when deemed appropriate to regroup the pack during a run.
12. **HASH HOME (HH)** This is the holy grail for the pack - it represents the end of the trail. The pack must get their way back to the bucket.
HASH HOME must not be more the **1 km** from the starting point.
13. **LIVE HARES** Used in the event of wet weather or the trail being washed out. The LIVE HARE sets out 10 to 30 minutes before the pack and must under no circumstance be caught or they forfeit their pants.
14. Only under exceptional circumstances (thick bush, obliterated trail) should the HARE run with the pack.
15. See the **TRAIL MASTER** or **GM** (Grand Master/Mistress/Mattress) for advice or assistance in setting a run.
16. Once the run is set, you need to think about the **ON-ON**. This can be as simple as hot chips or full on like nachos.
HASH CASH will reimburse you (up to \$30) for the cost of food.

GOOD LUCK

Remember, it is all about having fun!! ON ON

Rules for HASH as per Malaysia Hash House Harriers

THE HASH COMMANDMENTS

1. The G.M. is always right.
2. When the G.M. is wrong, Rule 1 applies.
3. The H.S. (Hash Steward) is always right except when Rule 1 applies and there shall be no defence.
4. The penalty for any transgression is one Down-Down, standing except when with shame when taken on the knees.
5. The H.S. checks on proper behaviour before the run, during the run, after the run and between runs. It is left to H.S.'s discretion as to whether he will ignore any transgression, give a private reprimand or make a Charge. No witnesses whatsoever are required for a Charge; if a Charge is made, a penalty will automatically follow.
6. NO POOFTERS! no touching up! (or down) or poofy dress or lipstick except on foreskin!
7. Due to the high regard in which unmentionables are held by the M.H.3, it is inconceivable that they should be allowed to suffer the same iniquities as Hashers. Therefore no unmentionables are allowed on the run. It is the Official Ball Checker's duty to make sure this rule is strictly obeyed. In performing his duties the O.B.C. must use his implement. He may request and require any assistance necessary from fellow Hashers.
8. Upon arrival at the Bemo Spot, every Hasher is invited to find his card and Hash Cash, and to happily hand over to him the required amount of money. At the time of going to press this is Rp 3,000.
9. Any one having any knowledge of a transgression by a fellow hasher may make a Charge during the Down-Downs. A charge will always result a penalty for either the accuser, the accused or both unless of course G.M. decides otherwise. Charges from the floor can be defended but poor defence will incur Down-Down with shame (see 4 above).
10. After completing 3 runs, a new Hasher will be given a Hash Name. He will subsequently be known only by this Hash Name. Failure to observe this Rule will result in a Charge.
11. After completing 50, 100, 150, etc. runs a hasher will be rewarded with a trophy that will be his to keep. He will also get a Down-Down and has to sing before receiving his trophy or entertain the hash.
12. At more or less regular intervals every Hasher is asked to set a run. Since being a Hare is a great honour, refusals are neither expected nor accepted. If the run is passably good, then the Hares will be awarded a Down-Down. If the run or anything about the run is considered to be below standard for the M.H.3, the Hares may face a Flap Pot containing the regulation Hash Shit, in which case the names of the Hares will grace the Hash toilet seat which one of them will wear until some other hare gets the honour. The lesser honour of hash piss may be awarded at discretion of G.M.
13. Intelligence is neither required nor appreciated by the M.H.3. Thinking is not allowed on the run.
14. Short-cutting is allowed, being caught short-cutting is a serious offence.
15. The Hash has certain standard forms of communication:-
When on paper, shout ON ON.
When checking, shout CHECKING.
When calling someone back to the correct trail, shout ON BACK
All calling should be performed at an appropriate high decibel level, failure to do so could result in a charge of Silent Running.
16. All Hashers should be strongly committed to the Hash and attend our Monday gathering whenever possible. Irregular attendance will be noticed and punished. (i.e. Returning runner after two absences).
17. No Crop-Bashing will occur during the run. Down-Down with shame.
18. Hash Impedimenta will be held in the high regard that it deserves. No Hasher will mistreat the said Hash Impedimenta. The Incoming Committee has the duty to reconsecrate All Hash Impedimenta.
19. The Hash drinks beer, Drinking Without Beer is a serious offence.
20. Harriettes clothing is not allowed on the Hash.
21. Stationary checking or refusal to check when so requested by the H.S. will undoubtedly result in a Charge.
22. The basic idea of the Hash is a non-competitive run through the local countryside in order to encourage a thirst for beer that should already exist.
Aggressive Running is totally banned.
23. Leading the Hash astray is easy, however the perpetrator of this crime will be made to suffer.
24. The Rules are not comprehensive and therefore Rule 25 applies.
25. The G.M. can add, delete or change any Rule at anytime. No public announcement will be deemed necessary, however transgressions will still result in a Charge.
26. Representation of unmentionables forms is allowed but not mention of their names (i.e. it is the name that is unmentionable).
27. The Hash is democratic, fair, but will obey G.M. in all matters.
28. Beer is to be drunk when down-downing or poured over the head. Blow-jobs or excessive waste will result in a second down-down with shame.
29. No more than 3 hares except for special runs.
30. At the down-down session harriers wearing a hat and receiving a down-down will have their hat bashed by the basher. Beer used to lubricate hat during bashing is not waste of beer.