1. ORGANISATION

UTMB UK organises the sports event "Ultra-Trail Snowdonia by UTMB®".

2. DEFINITION OF THE RACES

Ultra-Trail Snowdonia by UTMB® is an event which includes several races in the open country, winding through the great hiking trails of Snowdonia. Each race takes place in one single stage, at an undefined pace and within a time limit.

100M CATEGORY ~ **UTS 165:** Around 165km with 10,000 meters elevation gain, starting from Llanberis, in semi-autonomy. Around 300 runners.

100K CATEGORY ~ **UTS 100**: Around 100km and about 6,600 meters elevation gain, starting from Llanberis, in semi-autonomy. Around 600 runners.

50K CATEGORY ~ **UTS 50**: around 50km and about 3,100 meters elevation gain, starting from Llanberis, in semi-autonomy. Around 600 runners.

3. RUNNER'S COMMITMENT

To participate in Ultra-Trail Snowdonia by UTMB®, in particular **UTS 165** and **UTS 100**, it is essential:

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it.
- To have acquired, previous to the race, a real capacity of personal autonomy in the mountains allowing for the management of problems induced by this type of event, and notably:
  - Know how to confront, without outside help, climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow).
  - Know how to manage, including when one is isolated, physical or mental problems arising from a great fatigue, digestive problems, muscle or articular pains, small wounds...

- To be totally conscious that the organisation's role is not to help a runner manage these problems.
- To be totally aware that for such an activity in the mountains, security depends upon the runner's capacity to adapt to the problems encountered or foreseen.
- To inform and to sensitise the members of the runner's entourage towards the respect of nature, people and the regulations of the race.

4. SEMI-AUTONOMY

The principal of an individual race in semi-autonomy is the rule. Ultra-Trail Snowdonia by UTMB® events take place in one single stage, at an undefined pace, within the limits of the time barriers which are specified for each event. Semi-autonomy is defined as having the capacity to be autonomous between two refreshments posts, as much on the food front as that of clothing and security, allowing for adaptation to problems encountered or foreseen (bad weather, physical problems, injury, etc.).

This principal implies, in particular, the following rules:

1. Each runner must have with them throughout the duration of the race the totality of their mandatory equipment. They transport this equipment in a pack; tagged during race-bib distribution and which cannot be changed along the race route. At any moment of the race, the race stewards can verify the pack and its contents. The runner is obliged to submit to these checks in good humor, at the risk of exclusion from the race.

2. The refreshment posts supply drinks and food to be consumed on site. The organisation only supplies still water or energy drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each refreshment post, the quantity of drink and food which is necessary to keep them going until the following refreshment post. For slower runners, the longest sections without refreshments can be more than 4hrs during UTS 165 and UTS 100.

3. For UTS 165 and the UTS 100, a personal assistant is tolerated exclusively at certain refreshment posts (*), in the zone specifically reserved for this use and at the discretion of the chief of the post. One person can only give this assistance, without specific equipment other than a bag with a maximum volume of 30 liters. Assistance given by a team of professionals, or any medic or paramedic, is strictly forbidden. The rest of the refreshment post is strictly reserved for the runners. No assistance is allowed, at any point along the race route, during UTS 50.

4. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the tolerance zones which are clearly marked in the proximity of the refreshment posts.

No runner may be accompanied by a dog or any other animal or pet.

5. A participant who accepts being accompanied outside of the expressly designated zones contravenes the principle of semi-autonomy. The race stewards witnessing irregularities are authorised to penalise the participants, in order to guarantee the spirit of trail-running events.

(*) Personal assistance is tolerated at the following posts:

UTS 165: Locations to be specified early 2022. UTS 100: Locations to be specified early 2022.

It is forbidden at all other aid stations, as well as at any other point of the race route.

UTS 50: no assistance is allowed at any point throughout the race.

5. MANDATORY EQUIPMENT

In order to ensure their security and the smooth running of the event, each participant must carry with them all the items listed in the mandatory equipment checklist (see below) and take all the equipment with them during the race, even if the runner is not using it.

Systematic and/or random checks will be carried out during the race. A penalty up to disqualification will be applied to runners who do not have all the mandatory equipment with them (see 18. PENALTIES & DISQUALIFICATION).

Please note: the items included in the mandatory equipment checklist are the basic pieces which each trail-runner must adapt according to their own skills. In particular, **you should not choose the lightest possible clothing but prefer clothing that really provides good protection in the mountains against cold, wind and snow, and therefore better safety and performance.**

UTS 165 & **UTS 100** Mandatory Equipment:

- Pack destined to transport obligatory equipment throughout the race.
- Suitable footwear. Road/barefoot style shoes are not acceptable.
- Map (supplied at registration), compass and ability to use both effectively.
- Mobile phone (smartphone strongly recommended):
    - The runner must be reachable at any time before, during and after the race:
    - Mobile phone with international roaming allowing for its use in UK (load into its memory the organisation's security numbers, don't mask your number and don't forget to start with the battery fully charged).
    - Keep the phone on, airplane mode is prohibited and could result in the issue of a penalty.
    - For smartphones: Live Run application installed and activated.
    - An external battery is highly recommended.
- Personal cup 150ml minimum, suitable for consuming hot drinks/soup (bottles or flasks with lids are not acceptable).

- Plates and cutlery to eat. At the aid stations, cutlery will be provided.
- Capacity to carry minimum 1.5-liter water/fluids. At the departure of some aid stations, it will be mandatory to leave with 1.5-liter of fluids, depending on the section to be covered, or the weather conditions.
- 2× fully functioning torches, BOTH with spare, separate batteries (i.e., a power-bank or similar only counts as ONE spare torch battery). Recommendation: 200 lumens or more for the main torch.
- Survival blanket (minimum size 2m x 1.4m) or bag (bag preferred - EXAMPLE).
- Whistle.
- Self-adhesive elasticated bandage which can serve as a bandage or strapping (minimum 100cm x 6cm).
- Emergency food reserve. Recommendation: 800kcal (2 gels + 2 energy bars of 65g+ each).
- Jacket with hood which will withstand bad weather in the mountains and made with a waterproof* and breathable** membrane (e.g., Outdry) (*minimum recommended 10,000 Schmerber. **RET recommended inferior to 13).
    - The jacket must, imperatively, be fitted with an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
    - The seams must be sealed.
    - The jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back), since they do not damage in any obvious way the impermeability, are accepted. It is the runner's responsibility to judge, with these criteria, if their jacket fits the regulations stated and is thus suitable for bad weather in the mountains. However, during a check, the judgment is made by the person or steward in charge of the check point.
- Waterproof over trousers with taped seams.
- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely (they can be carried in the backpack in case its use is necessary).
- Warm hat (*'Buff'* acceptable).
- Warm gloves.
- Additional warm second layer: a warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 180g (men's size medium (M)) OR the combination of a warm long-sleeved underwear (first or second layer, cotton exclude) of a minimum weight of 110g (men's size medium (M)) and a durable water repellant (DWR protection) windproof jacket*.

*The wind-proof jacket does not replace the obligatory waterproof jacket, and vice versa.

All clothing must be the correct size for the competitor and without having been modified in any way after leaving the factory. You carry this equipment in a pack which must be tagged during race-bib distribution and is not interchangeable during the race.

Due to the lengthy nature of the event, runners may need to consider planning to ensure any electronic devices have adequate battery life to function throughout the whole race. This may mean choosing equipment that can be charged on-the-go. UTS 100/165 runners: please consider making use of the drop bag facility to change/recharge device batteries.

Other recommended equipment (list not exhaustive):

- Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury. Synthetic insulation mid-layer/gilet, to keep warm at aid stations, etc.
- Waterproof bag (dry bag or carrier bag) in which to carry spare thermal top and leggings to keep them dry.
- Personal first aid kit including a minimum of plasters for blisters, paracetamol, etc.
- Hiking poles* and the ability to use them effectively, for your security on slippery ground.
- Additional spare warm hat or *'Buff'* and gloves, also carried in waterproof bag, for use in an emergency or for warmth at aid stations.
- Additional lightweight waterproof gloves.
- Anti-chafing cream.
- GPS watch and knowledge to use effectively.
- Full change of clothes/socks/shoes in drop bag for 165/100 runners.
- Knife or scissors for cutting elasticated bandage.
- Emergency sewing kit.
- £40 cash for shops.

*If you choose to take poles, they must be carried for the duration of the race. It is forbidden to start without poles and recuperate them during the course of the race. **No poles are authorised in the drop bags.** The use of poles will be forbidden in certain zones along the route marked by specific signs, for safety or environmental reasons.

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones MUST be removed when approaching or crossing any roads, at any checkpoints and when approaching and passing any Safety Team members.

UTS 50 Mandatory Equipment:

- Pack destined to transport obligatory equipment throughout the race.
- Suitable footwear. Road/barefoot style shoes are not acceptable.
- Map (supplied at registration), compass and ability to use both effectively.
- Mobile phone (smartphone strongly recommended):
    - The runner must be reachable at any time before, during and after the race:
    - Mobile phone with international roaming allowing for its use in UK (load into its memory the organisation's security numbers, don't mask your number and don't forget to start with the battery fully charged).
    - Keep the phone on, airplane mode is prohibited and could result in the issue of a penalty.

    - For smartphones: Live Run application installed and activated.
    - An external battery is highly recommended.
- Personal cup 150ml minimum, suitable for consuming hot drinks/soup (bottles or flasks with lids are not acceptable).
- Plates and cutlery to eat. At the aid stations, no cutlery will be provided.
- Capacity to carry water/fluids of 1 liter minimum.
- 1× torch in good working order with spare cell/batteries Recommendation: 200 lumens or more.
- Survival blanket (minimum size 2m x 1.4m) or bag (bag preferred - EXAMPLE).
- Whistle.
- Self-adhesive elasticated bandage which can serve as a bandage or strapping (minimum 100cm x 6cm).
- Food reserve. Recommendation: 800kcal (2 gels + 2 energy bars of 65g+ each).
- Jacket with hood which will withstand bad weather in the mountains and made with a waterproof* and breathable** membrane (e.g., Outdry) (*minimum recommended 10,000 Schmerber. **RET recommended inferior to 13).
    - The jacket must, imperatively, be fitted with an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
    - The seams must be sealed.
    - The jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back), since they do not damage in any obvious way the impermeability, are accepted. It is the runner's responsibility to judge, with these criteria, if their jacket fits the regulations stated and is thus suitable for bad weather in the mountains. However, during a check, the judgment is made by the person or steward in charge of the check point. It is the runner's responsibility to judge, with these criteria, if their jacket fits the regulations stated and is thus suitable for bad weather in the mountains, but, during a check, the judgment is made by the person in charge of the check or the steward.
- Waterproof over trousers with taped seams.
- Warm hat (*'Buff'* acceptable).
- Warm gloves.
- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely (they can be carried in the backpack in case its use is necessary).

All clothing must be the correct size for the competitor and without having been modified in any way after leaving the factory. You carry this equipment in a pack which must be tagged during race-bib distribution and is not interchangeable during the race.

Other recommended equipment (list non exhaustive):

- Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury. Synthetic insulation mid-layer/gilet, to keep warm at aid stations, etc.
- Additional warm second layer: a warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 180g (men's size medium (M)) OR the combination of a warm long-sleeved underwear (first or second layer, cotton exclude) of a minimum weight of 110g (men's size medium (M)) and a durable water repellant (DWR protection) windproof jacket, which does not replace the obligatory waterproof jacket, and vice versa.
- Waterproof bag (dry bag or carrier bag) in which to carry spare thermal top and leggings to keep them dry.
- Personal first aid kit including a minimum of plasters for blisters, paracetamol, etc.
- Hiking poles* and the ability to use them effectively, for your security on slippery ground.
- Additional spare warm hat or *'Buff'* and gloves, also carried in waterproof bag, for use in an emergency or for warmth at aid stations.
- Additional lightweight waterproof gloves.
- Anti-chafing cream.
- GPS watch and knowledge to use effectively.
- Full change of clothes/socks/shoes in drop bag for 165/100 runners.
- Knife or scissors for cutting elasticated bandage.
- Emergency sewing kit.
- £40 cash for shops.

*If you choose to take poles, they must be carried for the duration of the race. It is forbidden to start without poles and recuperate them during the course of the race. **No poles are authorised in the drop bags.** The use of poles will be forbidden in certain zones along the route marked by specific signs, for safety or environmental reasons.

Music: Listening to music using earphones only, is tolerated, so long as it is safe to do so. Any earphones MUST be removed when approaching or crossing any roads, at any checkpoints and when approaching and passing any Safety Team members.

6. RACE BIBS

Race-bibs are handed over to each runner upon presentation of a valid ID with photo.

The race-bib must be worn on the chest or stomach and must remain permanently and completely visible during the whole race.

It must always be placed on top of all clothing and must not be positioned on a leg or on the pack. The runner's name and partner's logos must not be altered or hidden. The bib is the pass to access the shuttles, buses, aid stations, medical points, rest rooms, showers, bag drop-off or pick-up areas... The bib is only withdrawn if the runner refuses to comply with the race director's decision. If the runner abandons the race, the bib is cut and deactivated.

7. DROP BAGS

UTS 165: At the race-pack collection, each participant receives a 30-liter bag. After filling them with the items of their choice and closing them, they can drop them off the start.

UTS 100: at the race-pack collection, each participant receives a 30-liter bag. After filling it with the items of their choice and closing it, they can drop it off the start.

UTS 50: at the race-pack collection, each participant receives a 30-liter bag. After filling it with the items of their choice and closing it, they can drop it off the start.

The location where the drop bags will be available will be specified early 2022.

How to get your bags in Llanberis: The bags are returned to either the runner or a family member or friend, only upon presentation of the race-bib. The bags must be retrieved no later than two hours after the end of the race.

The organisation will take to Llanberis the bags of runners who drop out, on condition that their withdrawal is registered. Because of logistical factors, the organisation cannot guarantee that all bags are brought to Llanberis before the end of the race.

Only bags supplied by the organisation will be transported. Poles are not allowed in these bags. As the items in the bags are neither checked nor controlled, we will accept no claims on that matter. We recommend not to put any valuable items in the bags. We advise you to keep toiletries and spare clothes in Llanberis.

8. AID STATIONS

Along the race route, there are some points where runners can get food and drinks supplies. Aid stations supply drinks and food for consuming in-situ. The organisation supplies water and energising or isotonic drinks for filling water bottles/hydration packs and personal beakers are mandatory. The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station.

For further information concerning aid stations, visit the page “Aid Station Guide” in the organisation’s website.

Only runners with a visible and properly placed race-bib have access to the aid stations.

The race guide and the relevant pages on our website provide an exhaustive list of aid stations and what kind of food/drinks runners may find there.

9. CHECKPOINTS

Runners are checked upon arrival at an aid station and at some security points.

Unexpected checkpoints are set up along the route. Their location is kept a secret.

10. WAY MARKING

Way markers are made of a reflective material that catches the light from your headlamp, so that you can easily spot them even at night.

WARNING: If you can't see any way marker, turn back!

Because we respect the environment, we do not use any paint on the trails.

11. SECURITY & MEDICAL ASSISTANCE

There are several medical stations along the route. These stations are directly linked to the race security HQ in Llanberis. There are medical staff at the race HQ in Llanberis during the events.

Medical stations are intended to assist any person in danger, with the organisation's own or public means.

It is up to a runner in trouble or seriously hurt to call for the help:

- By going to a medical station.
- By calling the race HQ.
- By asking another runner to alert the security service.
- By using the SOS app LiveRun.

Every runner must give assistance to any person in danger and alert the security services.

If you are unable to call the race HQ, and only if it is an absolute emergency, you may call directly one of the national security services (especially if you are crossing an area where only emergency calls are possible): 999.

Do not forget that any kind of unexpected events - linked to the environment and the race - could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.

All medical, paramedical, first aid and guide staff, as well as any person appointed by the race direction are able to:

- Exclude from the race any participant who is deemed to be unable to continue the event.
- Demand to any competitor to use any item of the mandatory equipment.
- Evacuate by any means the runners they deem to be in danger.
- Refer patients to the most appropriate care structure.

A runner who contacts a doctor or search and rescue staff submits to their authority and agrees to accept their decisions. If a runner's state of health justifies treatment via intravenous drip, the runner shall compulsorily withdraw from the race.

There is a medical base in Llanberis available for runners with severe medical problems. Comfort care is based on decision of the medical staff within the limits of the availability.

Runners must stay on the marked path, even when they sleep. If you need to sleep along the way, you are highly recommended to use the "sleep bib" supplied by the organisation. This bib clarifies that you need to take a little nap without being disturbed.

All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organisation.

12. TIME LIMITS & CUT-OFF TIMES

The cut-off time for finishing each race is:

- UTS 165: Will be specified early 2022.
- UTS 100: Will be specified early 2022.
- UTS 50: Will be specified early 2022.

You may find the time limit (cut-off times) for leaving the main aid stations on our web site and in the Runner's Guide. In case of any changes (see Exceptional Conditions), the new cut-off times will be announced via SMS/text message.

Cut-off times are calculated to allow participants to reach the finish within the time limit. **In order to be authorised to continue a race, all participants must leave the check point/aid station before the cut-off time** (whatever their time of arrival at the check point).

All participants excluded from the race who wish to continue the route can only do so after having returned their race-bib and under their own responsibility and in complete autonomy.

13. DROP-OUT & REPATRIATION

Except in case of injury, a runner wishing to abandon the race must do so only at a check point/aid station. They must inform the person responsible for the point or report their abandonment via the LiveRun app and inform the race HQ.

If a runner wishes to abandon while on the route between 2 checkpoints, they must reach the nearest checkpoint where they must report their abandonment.

Runners who drop out must keep their race bib because it is the pass to access shuttles, buses, meals, treatment rooms...

Repatriation works as follows:

- Buses are available at some aid stations - marked by a pictogram «bus» on time charts - to take runners who drop out back to Llanberis.
- Runners who abandon at any other aid station or check point but whose state of health does not require them to be evacuated must return as quickly as possible and by their own means to the nearest point of repatriation.
- As for aid stations or security points accessible by car or 4x4:
    - After the closing of the aid station/security points, the organisation might repatriate any runners who have abandoned and haven't left the aid station yet.
    - In the event of bad weather conditions justifying the partial or total stop of the race, the organisation will make sure that all runners are repatriated as soon as possible

14. FINISH

When you finish your race, you will receive the finisher's gift.

Finisher runners will have access to a final aid station located in Llanberis with restricted access to runners, and only once.

15. SHOWERS

Runners may take a shower only at the end of the race. Runners need to show their race bib in order to enter the shower.

During the race, showers - when available - are only accessible on medical advice.
Access to the rest room and showers at the finish is strictly limited to barefoot runners.

16. REST

During the race, runners will have some rest areas in some aid stations, with camp beds and blankets.

Runners having finished their race and wishing to prolong their stay must have their own accommodation.

17. RANKING & AWARDS

For each race, there is a general ranking - men and women - and a category ranking - men and women - (see below further details for each category).

The first 5 men and the first 5 women in the general ranking receive a trophy. Trophies are only distributed at the ceremony, so the presence of the winners is mandatory.

Age Categories UTMB® World Series
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70-74
75-79
80-84
85+

The first 3 men and the first 3 women in each age category will also receive a trophy.

18. PENALTIES & DISQUALIFICATION

If a runner breaks the rules, the Race Director and aid station/security points team leaders can instantly apply (*) a penalty according to the following charts:

UTS 165 & UTS 100

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION
Short-cutting the route.	At the Race Director's discretion.
Missing item(s) of the mandatory equipment checklist (no water supply of a volume of a minimum of 1.5 liter, no waterproof jacket with hood, no torch, no survival blanket, no smartphone).	Disqualification.
Absence of other mandatory equipment items (race leggings or long trousers, only one torch, cap or bandana, hat, warm and waterproof gloves, long-sleeved top, waterproof over-trousers, whistle, self-adhesive elasticated bandage, food reserve, beaker).	1 hour penalty.
Refusal to have mandatory equipment checked.	Disqualification.
Smartphone turned off or in airplane mode.	15 minute penalty.

Discarding of rubbish (voluntary act) by a competitor or a member of their entourage.	1 hour penalty.
Lack of respect for others (organisation or runners) Note: a participant whose supporters are rude and/or refuse to respect the organisation's instructions will be penalised.	Disqualification.
Not assisting a person in difficulty (in need of care).	Disqualification.
Assistance.	1 hour penalty.
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	15 minute penalty.
Cheating (e.g.: use of a means of transport, sharing a race-bib, etc.).	Immediate disqualification & life ban.
Lack of visible race-bib.	15 minutes penalty.
Wearing a non-conforming race-bib.	15 minute penalty (during which time the runner places their race-bib in a manner which conforms to the rules).
Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators).	15 minute penalty.
No electronic chip.	According to the Race Director's decision.
No passage through a check point.	According to the Race Director's decision.
Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff.	Disqualification.
Refusal of anti-doping control.	The runner will be sanctioned in the same manner as they would be for drug taking.
Departure from a check point after the time barrier.	Disqualification.
Pack not tagged.	1 hour penalty.
Use of poles not carried from the beginning of the race.	1 hour penalty.

(*) The time penalties are immediately applicable in situ, that's to say that the runner has to interrupt their race for the duration of the penalty time. Any other breach of the rules will be subject to a penalty decided by the Race Directors.

UTS 50

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION
Short-cutting the route.	At the Race Director's discretion.
Missing item(s) of the mandatory equipment checklist (no water supply of a volume of a minimum of 1 liter, no waterproof jacket with hood, no torch, no survival blanket, no smartphone).	Immediate disqualification.
Absence of other mandatory equipment items (race leggings or long trousers, only one torch, cap or bandana, hat, warm and waterproof gloves, long-sleeved top, waterproof over-trousers, whistle, self-adhesive elasticated bandage, food reserve, beaker).	30 minute penalty.
Refusal to have mandatory equipment checked.	Disqualification.
Smartphone turned off or in airplane mode.	15 minute penalty.
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage.	30 minute penalty.
Lack of respect for others (organisation or runners) Note: a participant whose supporters are rude and/or refuse to respect the organisation’s instructions will be penalized.	Disqualification.
Not assisting a person in difficulty (in need of care).	Disqualification.
Assistance outside of authorised zones.	30 minute penalty.
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	10 minute penalty.
Cheating (e.g.: use of a means of transport, sharing a race-bib, etc.).	Immediate disqualification and life ban.
Lack of visible race-bib.	10 minute penalty.
Wearing a non-conforming race-bib.	10 minute penalty (during which time the runner places their race-bib in a manner which conforms to the rules).
Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators).	10 minute penalty.
No electronic chip.	According to the Race Director’s decision.
No passage through a check point.	According to the Race Director’s decision.

Refusal to comply with an order from the race directors, race stewards, aid station's team leader, doctors or search and rescue staff.	Disqualification.
Refusal of anti-doping control.	The runner will be sanctioned in the same manner as they would be for drug taking.
Departure from a check point after the time barrier.	Disqualification.
Pack not tagged.	30 minute penalty.
Use of poles not carried from the beginning of the race.	30 minute penalty.

(*) The time penalties are immediately applicable in-situ, that's to say that the runner must interrupt their race for the duration of the penalty time.

Any other breach of the rules will be subject to a penalty decided by the Race Director.

19. COMPLAINTS

Any complaint that involves a change in classification must be sent by email to the Race Organisation, within 24 hours after the end of the event.

Any other complaints must be made by email to the Race Organisation, within a maximum of 10 days after the race.

Any complaint or disagreement related to the registration (e.g., a runner is not selected in the lottery) or in relation to the sporting management of the race and its rules (e.g., if a runner abandons the race) are not valid to be considered as a complaint.

20. EXCEPTIONAL CONDITIONS

If necessary, the organisation reserves the right to modify at any time the routes, starting times, cut-off times, the position of aid stations and medical stations, and any other aspect related to the smooth running of the events.

In case of force majeure, bad weather conditions or any other circumstance endangering the participants' safety, the organisation reserves the right to:

- Postpone the start of the race.
- Modify the cut-off times.
- Change the start date.
- Adapt the race's course.
- Cancel the event.
- Neutralise the event.
- Stop the race in progress.

21. PUBLIC LIABILITY INSURANCE

The organisation has public liability insurance which is valid for the duration of the event. This public liability insurance guarantees the economic consequences derived from the public liability of its workers, volunteers and all participants.

22. ANNEX – REGISTRATION CONDITIONS

There is an annex to this set of rules that regulates the conditions of registration for the event. These can be viewed HERE.