



1. ACCEPTING THE RULES AND ETHICS OF THE RACE

Participating in the Ultra-Trail Snowdonia by UTMB® events implies full and unreserved acceptance of the race regulations and the document presented hereinafter, the ethics of the event and any instructions addressed by the organisation to the participants.

2. RUNNER'S COMMITMENT

To participate in Ultra-Trail Snowdonia by UTMB®, in particular **UTS 100M & UTS 100K**, it is essential:

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it.
- To have a real capacity for personal autonomy in the mountains (1) allowing for the runner to manage any sort of problems that might occur during this type of event:
 - Know how to face up to weather conditions which could be very difficult to deal with at high altitude (night, wind, cold, fog, rain or snow) without any help.
 - Know how to manage, including when alone, physical or mental problems arising from a great fatigue - such as digestive problems, muscle or articular pains, small wounds...
 - To be totally aware 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 on the runner's ability to adapt to these problems
 - That runners inform their crews that they must respect nature, people and the regulations of the race.
 - To accept to receive newsletters providing information about the event.

Participating in UTMB® World Series qualifying races in order to gain the required number of points to register is also useful for acquiring this experience.



3. RESPECTING THE ENVIRONMENT

When registering for one of the UTMB® events, participants agree to respect the environment and the natural areas they pass through. In particular:

- Littering is strictly forbidden (gel packaging, paper, organic detritus, plastic wrappers...). Rubbish bins are available at each aid station, and they must be used. The race stewards will be checking all along the race route.
- All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station. Runners should carry a bag or pouch to carry their waste until the next bin. Plastic bags for soiled paper are handed out with the race-bibs. They must be used for collecting any paper used during any urgent need along the route.
- You must follow the paths as they are way-marked, without short-cutting them. Actually, short cutting a path causes erosion thus damaging the site.
- No disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. This is to reduce the plastic waste by runners, as well as by the volunteers. We invite you to bring your own utensils if you wish to eat hot meals at the aid stations.

4. QUARTZ EVENT PROGRAM

The organisation of Ultra-Trail Snowdonia by UTMB® will work with the QUARTZ Event Program to protect participants' health and to contribute to a clean sport.

The QUARTZ Event Program has neither the vocation nor the competence to replace anti-doping rules but aims to strengthen the medical supervision before, during and after the competition.

The QUARTZ Event program is managed by an Experts Commission solely composed of doctors. This Medical Commission can take advice from experts of its choice and specifically that gives a consultative advice to the race direction on the medical condition of participants.

This Experts Commission can go as far as to suggest to the race direction that a participant should be excluded from competition for health reasons before competition (« no start ») or not ranked after the competition for non-compliance with the procedures.

The QUARTZ Event Program is for each participant who agrees to:

1. Declare to the Experts Commission the following information:
 - a. Any medical history and/or pathology, in particular those which may increase risks during competition.
 - b. The use of regular treatments or medication or dietary supplements at least during the 30 days prior to the start of the competition.
 - c. Request or use of a substance or method subject to a Therapeutic Use Exemption (TUE). The declaration of medical information to the Experts Commission is done through the QUARTZ health space for which each

participant has access from the website: <https://quartzprogram.org>. The declared medical information is only accessible by the Experts Commission, the QUARTZ Program Team members as well as to the medical team during an eventual care during the competition.

2. Provide all urinary and/or blood and/or hair and/or salivary samples required from 30 days before the competition and up to 15 days after the competition and also consent to the associated analysis of these samples, on the understanding that the costs for sampling and analyses are covered directly by the Organisation.
3. Respect the 2021 Prohibited list from World Anti-Doping Code but also do not participate in the competition when using:

Within 60 days before the start of the competition and during the competition:

- Intravenous iron infusion.

Within 7 days before the start of the competition and during competition:

- Intravenous infusion.
- Gas inhalation.
- Substance subject to a Therapeutic Use Exemption (TUE) according to the WADA (World Anti-Doping Agency) Prohibited List published annually.
- All glucocorticoids regardless of the mode of administration.
- Thyroid synthesis hormones except in case of partial or total removal of the thyroid or hypothyroidism of medical origin.

Within 24 hours before the start of the competition and during competition:

- All beta-2-agonist regardless of the mode of administration.
- All painkillers including Tramadol and Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) regardless of the mode of administration.
- All substances included in the 2021 WADA Monitoring Program.

The possible use of these different substances may be identified in the context of the analysis carried out before and/or after the competition or any other means of investigation.

4. Accept to answer any meeting request on site or remotely (phone or videoconference) that the Experts Commission may ask for in order to discuss their ability or not to participate in the competition or not to be rank after the competition.
5. Submit any doping control form legible completed within 30 days before the start of the competition and up to 15 days after the competition.
6. Accept the use, for the only purpose of research and in a strictly anonymous way, of data concerning him. Each participant has a right of access, rectification and opposition to data concerning him. The Expert's Commission is the authority with which the participant can exercise this right.

Any unreasonable breach, refusal, or transmission of erroneous information in connection with the QUARTZ Event Program can result in the exclusion of the participant from the competition before the competition or not to be rank after the competition.

5. RIGHTS FOR IMAGES

Every competitor expressly foregoes the right for any images during the event, just as they renounce any right of appeal to the organisers and their partners for the use of their image. Only the organisation can transfer this right for images to any media, via an accreditation or relevant license. Ultra-Trail® and UTMB® are legally registered trademarks. All communication about the event or the use of images from the event must respect the name of the event, the registered trademarks and have official approval from the organisation.

6. INDIVIDUAL SPONSORS

Runners who are sponsored can only display their sponsor's logos on their clothing and equipment during the race. All other sponsoring items — such as flags or banners — are forbidden along the race route including at the finishing line. Breaking these rules might give rise to a penalty decided by the Race Director.

7. POLITICAL EXPRESSION

As per our [ethical charter](#), any ostentatious display of political messages or images during the event is prohibited.