

SET OF RULES OF TRANSVULCANIA BY UTMB[®]

EDITION 2023 – FROM 4 TO 6 OF MAY 2023

ORGANIZATION

UTMB[®] IBERIA S.L., EL CABILDO DE LA PALMA and SODEPAL organise the Sporting event TRANSVULCANIA by UTMB[®] with the support of the municipalities of la Isla de la Palma.

ACCEPTANCE OF THE RULES AND ETHICS OF THE RACE

Participation on UTMB[®]'s races imply the express and unreserved acceptance of these regulations, its annexes, the ethics of the event and any instructions given by the organizer to the participants.

RACES DEFINITION

TRANSVULCANIA by UTMB[®] is an event in which different races are proposed in the middle of nature, using the long-distance trails of the island of La Palma. Each race takes place in a single stage, at a free pace, in a limited time.

100K CATEGORY



- **ULTRA**

Around 72km with about 4.600 metres of elevation gain, starting from EL FARO DE FUENCALIENTE, in semi-autonomy and in 16 hours maximum.

50K CATEGORY



- **VOLCANES**

Around 48km with about 2,850 metres of elevation gain, starting from EL FARO DE FUENCALIENTE, in semi-autonomy and in 11 hours maximum.

20K CATEGORY



- **EL ROQUE / EL ROQUE PROMESAS**

Around 28km with about 840 metres of elevation gain and 2.900 metres of elevation loss, starting in EL ROQUE DE LOS MUCHACHOS, in semi-autonomy and in 7 hours maximum.

OTHER RACES

- **VERTICAL CHALLENGE**

Around 1,5km with about 250 meters of elevation gain, starting in the PLAYA DE TAZACORTE.

- **TRANSVULCANIA KIDS-JUNIOR**

Closed-circuit where the different distances will be adapted according to the categories (U7, U9, U11, U13 and U15).

COMMITMENT TO PARTICIPANTS

To participate in the races of TRANSVULCANIA by UTMB[®], especially in the ULTRAMARATON, it is essential:

- Be fully aware of the length and specificity of the race and be fully prepared for it.
- To have acquired, before the race, a real capacity for personal autonomy in the mountains that allows the management of the problems inherent to this type of event, mainly:
 - Know how to cope without outside help with climatic conditions that can be very difficult due to altitude (night, wind, cold, fog, rain or snow).
 - Know how to manage, even in isolation, physical or mental problems caused by severe fatigue, digestive problems, muscular and/or joint pain, minor injuries...
 - Be fully aware that the role of the organization is not to help participants manage their problems.
 - Be fully aware that for such an activity in the mountains, safety depends first and foremost on the ability of each participant to adapt to problems, predictable or not.
 - Informing and raising awareness among accompanying persons about respect for the territory, the people and the rules of the race.

SEMI-AUTONOMY

The principle of individual running in **semi-autonomy** is the rule. Transvulcania by UTMB[®]'s races take place in a single stage, at a free pace, in the time indicated by the time barriers specific to each race. Semi-autonomy is defined as the capacity to be autonomous between two aid stations, in terms of food as well as clothing and safety equipment, with the possibility of adapting to problems which may or may not occur (bad weather, physical problems, injury...).

This principle implies, in particular, the following rules:

1. Each participant must carry all his or her mandatory equipment with him or her throughout the race. The equipment must be carried in a back (or similar) which is marked during the bib pick-up, and which cannot be changed during the race. Throughout the race, race marshals may check the back (or similar) and its contents. The runner is obliged to submit to these controls with cordiality, under penalty of disqualification.
2. Aid stations have drinks and food to be consumed on site. The organization will only provide water or energy drinks to fill the flasks or bags with liquids. The runner must ensure that, at the exit of each aid station, he/she has enough food and drink to reach the next aid station. For the slowest runners, the longest sections

without refreshments can last more than 4 hours (ULTRAMARATHON and VOLCANES).

3. In the ULTRAMARATHON personal assistance is permitted at certain aid station's points (*), in the area specifically reserved for this use and at the discretion of the head of the point. This assistance may only be given by a single person, with no specific equipment other than a bag with no specific equipment with a maximum volumen of 30 litres. Assistance provided by professional teams or any medical or paramedical professional is strictly forbidden. The aid station where assistance is permitted are: REFUGIO EL PILAR and ROQUE DE LOS MUCHACHOS. The remaining aid stations are strictly reserved for runners.

No assistance is permitted at any point along the course in the VOLCANES, EL ROQUE/ROQUE PROMESAS and the VERTICAL CHALLENGE races.

4. It is forbidden to be accompanied or to accept to be accompanied during all or part of the course by a non-registered person, beyond the clearly marked tolerance zones in the vicinity of the aid stations.
5. Any participant who accepts to be accompanied beyond the expressly designated zones contravenes the principle of semi-autonomy. The race marshals who witness these irregularities are empowered to penalize participants to guarantee the spirit of trail running events.

ENVIRONMENT RESPECT

Prohibition of the use of hiking poles

In order to preserve the natural areas and the Caldera de Taburiente National Park, it has been decided to restrict the use of hiking poles in the following areas:

a) ULTRAMARATHON'S runners

- The use of hiking poles is forbidden from the start at the Faro de Fuencaliente to the aid station at Los Canarios.
- The use of hiking poles is forbidden from El Pico de Las Ovejas to the Refugio de Punta de Los Roques.
- The use of hiking poles is forbidden from el Mirador de los Andenes to the Telescopio Isaac Newton.

b) VOLCANES' runners

- The use of hiking poles is forbidden from the start at the Faro de Fuencaliente to the aid station at Los Canarios.

c) EL ROQUE / ROQUE PROMESAS' runners

- The use of hiking poles is forbidden in all the circuit.

At all the points there will be race's signs to inform the beginning and the end of the

restriction area.

The hiking poles use in any of the aforementioned areas will result in the immediate disqualification (with withdrawal of the race bib on site or at the next aid point) of the runner. This disqualification may be carried out by the race marshals, the environmental marshals accompanied by the forest rangers, or any person from the organization. See in detail in the penalties and disqualifications section.

Depending on the indications of the management of the Caldera de Taburiente's National Park, these restrictions may be extended to other points, as well as possible modifications in the route of the races in the area of the National Park.

Abandonment of path

The races pass through areas of high ecological value and fragile existence. And with very specific administrative regulations. For this reason, **it is mandatory to follow the paths as they have been marked out and are delimited, without shortcuts**. Leaving a path causes damaging erosion of the site. Overtaking off the paths is forbidden. Leaving the path, cutting off or overtaking outside the path will result in immediate disqualification.

All the runners must ensure that our impact on the terrain is minimal, so that we can enjoy more editions in the future. Let's preserve the Paradise that is the island of La Palma.

By registering for one of the UTMB®'s races, the participants undertake to respect the environment and the natural spaces crossed.

In particular:

- It is strictly forbidden to leave waste (gel containers, paper, organic waste, plastic packaging...) on the course. There are litter bins at each aid stations and it is compulsory to use them. The race marshals will carry out checks along the route.
- All the runners must keep their waste and packaging until they can dispose of it in the containers provided at the aid stations. The organisers advise runners to take a bag to carry their waste to the next Aid stations. Plastic bags for collecting toilet paper are provided with the race bib. They must be used after and "emergency at the edge of the path".
- No disposable tableware (cutlery, cups, bowls...) will be distributed at the aid stations. This is to reduce the consumption of plastic by the runners as well as by the UTMB® volunteers. We therefore invite you to bring your own **cutlery and bowl** if you wish to eat hot food at the aid station.
- It is forbidden to produce noise that disturbs the natural peace and quiet of the environment, to carry music without headphones...

MANDATORY EQUIPMENT

For reasons aimed at ensuring the safety and smooth running of each race, all participants must have at their disposal the complete list of mandatory equipment detailed below. All equipment, whether in use or not, must be carried with them during the race.

Systematic and/or random checks will be carried out during the race. A penalty or even disqualification will be applied to those runners who do not carry all the mandatory equipment (see PENALTIES).

It is important to bear in mind that the mandatory equipment imposed by the organization is a vital **minimum that each runner must adapt according to his or her own abilities**. It is **better not to choose the lightest possible clothing in order to save a few grams, but to opt for clothing that really provides good protection in the mountains against the cold and wind, and therefore provides greater safety and better performance**.

MANDATORY EQUIPMENT FOR ULTRAMARATHON

- Closed trail running shoe.
- Back or similar to carry the mandatory equipment during the race.
- Mobile phone (smartphone recommended): the runner must be available and answer the phone at any time before, during and after the race:
 - Mobile phone that can be used in Spain (included the organisation's security numbers in the contacts, keep the phone switched on, do not hide the number, and do not forget to leave with a charged battery)
 - Keep the phone switched on, airplane mode is forbidden and may be penalized.
 - For smartphones: LiveRun application installed and parameterized.
 - An external battery is recommended.
- Personal glass of 15cl minimum (bottles or flasks with lids are not accepted).
- Water reserve of 1.5l minimum. At the exit of some aid stations, it will be mandatory to leave with 1.5l of drink, depending on the weather conditions.
- 1 headlight with red rear light in good working order with batteries or replacement batteries. Recommendation: 200 lumens or more. It can be a front and a separated rear red light.
- Survival blanket of 1.40m x 2m minimum.
- Whistle.
- Adhesive elasticated band to allow bandaging or strapping (min. 100cm x 6cm).
- Food reserve. Recommendation: 800kcal (2gels + 2 energy bars of 65g each).
- Jacket with hood to withstand bad weather in the mountains and made of a waterproof membrane with a minimum water column of 10.000mm and breathable. The jacket must have an integrated hood, or a hood attached with

a system originally not have any parts made of a non-waterproof fabric, only the vents provided by the manufacturer (under the arms, on the back), and as long as they do not obviously according to these criteria, whether his jacket is adapted to the regulations and therefore to bad weather in the mountains.

- Second additional thermal layer: a long-sleeved T-shirt a technical composition and thermal function (no sleeves), weighing at least 180g (men, size M). Or the combination of a long-sleeve thermal base layer (first or second layer, cotton excluded) weighing at least 110g (men, size M) and a durable windcheater* with water repellent protection (DWR protection).
- Cap or bandana or piece of clothing that covering the head.
- Warm waterproof gloves.

All clothing must be of the participant's size and unaltered after leaving the factory. All the material will be transported in a backpack or similar which must be marked during the delivery of the bib, and which cannot be changed during the race.

Other recommended equipment (non-exhaustive list):

- Thermal replacement garments, essential in case of cold or rain or in case of injury.
- Vaseline or anti-chafing cream
- Sun's cream.
- Sunglasses.
- Saharan-type cap to protect the head and neck from the sun.
- **Bowl and reusable cutlery** for meals.
- GPS watch with the track of the race.

Any participant who chooses to carry hiking poles must carry them throughout the race. It is forbidden to start without hiking poles and to obtain and use it during the race. Hiking poles will not be accepted in the equipment bag.

For safety or environmental reasons, the use of hiking poles is forbidden in certain areas marked by specific panels along the route (see Forbidden of the use of hiking poles).

Music: *listening to music with headphones only is permitted, if it is safe to do so. Headphones MUST be removed when crossing roads, as well as when approaching checkpoints and when approaching any member of the security team.*

MANDATORY EQUIPMENT FOR VOLCANES

- Closed trail running shoe.
- Back or similar to carry the mandatory equipment during the race.
- Mobile phone (smartphone recommended): the runner must be available and answer the phone at any time before, during and after the race:

- Mobile phone that can be used in Spain (included the organisation's security numbers in the contacts, keep the phone switched on, do not hide the number, and do not forget to leave with a charged battery)
- Keep the phone switched on, airplane mode is forbidden and may be penalized.
- For smartphones: LiveRun application installed and parameterized.
- An external battery is recommended.
- Personal glass of 15cl minimum (bottles or flasks with lids are not accepted).
- Water reserve of 1.5l minimum. At the exit of some aid stations, it will be mandatory to leave with 1.5l of drink, depending on the weather conditions.
- Survival blanket of 1.40m x 2m minimum.
- Whistle.
- Adhesive elasticated band to allow bandaging or strapping (min. 100cm x 6cm).
- Food reserve. Recommendation: 800kcal (2gels + 2 energy bars of 65g each).
- Jacket with hood to withstand bad weather in the mountains and made of a waterproof membrane with a minimum water column of 10.000mm and breathable. The jacket must have an integrated hood, or a hood attached with a system originally not have any parts made of a non-waterproof fabric, only the vents provided by the manufacturer (under the arms, on the back), and as long as they do not obviously according to these criteria, whether his jacket is adapted to the regulations and therefore to bad weather in the mountains.
- Second additional thermal layer: a long-sleeved T-shirt a technical composition and thermal function (no sleeves), weighing at least 180g (men, size M). Or the combination of a long-sleeve thermal base layer (first or second layer, cotton excluded) weighing at least 110g (men, size M) and a durable windcheater* with water repellent protection (DWR protection).
- Cap or bandana or piece of clothing that covering the head.
- Warm waterproof gloves.

All clothing must be of the participant's size and unaltered after leaving the factory. All the material will be transported in a backpack or similar which must be marked during the delivery of the bib, and which cannot be changed during the race.

Other recommended equipment (non-exhaustive list):

- Thermal replacement garments, essential in case of cold or rain or in case of injury.
- Vaseline or anti-chafing cream
- Sun's cream.
- Sunglasses.
- Saharan-type cap to protect the head and neck from the sun.
- **Bowl and reusable cutlery** for meals.
- GPS watch with the track of the race.

Any participant who chooses to carry hiking poles must carry them throughout the race. It is forbidden to start without hiking poles and to obtain and use it during the race. Hiking poles will not be accepted in the equipment bag.

For safety or environmental reasons, the use of hiking poles is forbidden in certain areas marked by specific panels along the route (see Forbidden of the use of hiking poles).

Music: *listening to music with headphones only is permitted, if it is safe to do so. Headphones MUST be removed when crossing roads, as well as when approaching checkpoints and when approaching any member of the security team.*

MANDATORY EQUIPMENT EL ROQUE/ROQUE PROMESAS

Runners are reminded that the start at EL ROQUE/ EL ROQUE PROMESAS race takes place early in the morning from an altitude of more than 2.400m, so weather conditions at that time and place may be unfavorable.

- Closed trail running shoe.
- Back or similar to carry the mandatory equipment during the race.
- Mobile phone (smartphone recommended): the runner must be available and answer the phone at any time before, during and after the race:
 - Mobile phone that can be used in Spain (included the organisation's security numbers in the contacts, keep the phone switched on, do not hide the number, and do not forget to leave with a charged battery)
 - Keep the phone switched on, airplane mode is forbidden and may be penalized.
 - For smartphones: LiveRun application installed and parameterized.
 - An external battery is recommended.
- Personal glass of 15cl minimum (bottles or flasks with lids are not accepted).
- Water reserve of 1l minimum.
- Survival blanket of 1.40m x 2m minimum.
- Whistle.
- Adhesive elastic band to allow bandaging or strapping (min. 100cm x 6cm).
- Food reserve. Recommendation: 400kcal (1gels + 1 energy bars).
- Jacket with hood to withstand bad weather in the mountains and made of a waterproof membrane with a minimum water column of 10.000mm and breathable. The jacket must have an integrated hood, or a hood attached with a system originally not have any parts made of a non-waterproof fabric, only the vents provided by the manufacturer (under the arms, on the back), and as long as they do not obviously according to these criteria, whether his jacket is adapted to the regulations and therefore to bad weather in the mountains.
- Cap or bandana or piece of clothing that covering the head.
- Warm waterproof gloves.

All clothing must be of the participant's size and unaltered after leaving the factory. All the material will be transported in a backpack or similar which must be marked during the delivery of the race bibs and which cannot be changed during the race.

Other recommended equipment (non-exhaustive list)

- Thermal replacement garments, essential in case of cold or rain or in case of injury.
- Vaseline or anti-chafing cream
- Sun's cream.
- Sunglasses
- Saharan-type cap to protect the head and neck from the sun.
- GPS watch with the track of the race.

Music: *listening to music with headphones only is permitted, if it is safe to do so. Headphones MUST be removed when crossing roads, as well as when approaching checkpoints and when approaching any member of the security team.*

MANDATORY EQUIPMENT VERTICAL CHALLENGE

- Closed trail running shoe.
- 1 headlight with red rear light in good working order with batteries or replacement batteries. Recommendation: 200 lumens or more.
- Mobile phone (smartphone recommended): the runner must be available and answer the phone at any time before, during and after the race:
 - Mobile phone that can be used in Spain (included the organisation's security numbers in the contacts, keep the phone switched on, do not hide the number, and do not forget to leave with a charged battery)
 - Keep the phone switched on, airplane mode is forbidden and may be penalized.
 - For smartphones: LiveRun application installed and parameterized.
- Personal glass of 15cl minimum (bottles or flasks with lids are not accepted)

Other recommended equipment (non-exhaustive list)

- Thermal replacement garments, essential in case of cold or rain or in case of injury.
- GPS watch with the track of the race.

Music: *listening to music with headphones only is permitted, if it is safe to do so. Headphones MUST be removed when crossing roads, as well as when approaching checkpoints and when approaching any member of the security team.*

QUARTZ EVENT PROGRAM

Transvulcania by UTMB's organization has decided to incorporate the QUARTZ Event Program which is destined to protect the health of the participants and contribute to clean sport.

UTMB®'s organization has decided to incorporate the Quartz Event Program aimed at protecting the health of the participants and contributing to **clean sport**.

QUARTZ Event Program has neither the vocation nor the competence to replace existing national or international anti-doping regulations; it is intended to reinforce medical control before, during and after 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:
 - o Any medical history and/or pathology, in particular those which may increase risks during competition.
 - o The use of regular treatments or medication or dietary supplements at least during the 30 days prior to the start of the competition.
 - o 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 Organization.

3. **Respect the 2022 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 **Experts** 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.

ANTI-DOPING CONTROL

Any participant could be subject to an anti-doping control before, during or after the event. In the case of refusal or abstention, the athlete will be sanctioned as if they were found guilty of doping.

BIBS

Race-bibs are handed over to each runner upon presentation of:

- **A valid ID with photo or passport.**

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.

DROP BAG

Runners of the ULTRAMARATON, VOLCANES, EL ROQUE / ROQUE PROMESAS and VERTICAL CHALLENGE will receive a 30-litre bag when collecting their race bibs.

After filling it with those items of clothing and utensils that the runner considers appropriate, the bag will be deposited at the start line before the start of the race. The bag will be taken by the organisation to the finish line in Los Llanos de Aridane (ULTRAMARATON, VOLCANES, EL ROQUE / ROQUE PROMESAS). In the VERTICAL CHALLENGE there will be a designated area where you can leave your bag at the start of the race and pick it up afterwards.

ULTRAMARATHON: deposit of the bag at the start at the Faro de Fuencaliente and transfer to the finish line.

VOLCANES: deposit of the bag at the start at the Faro de Fuencaliente and transfer to the finish line.

EL ROQUE / ROQUE PROMESAS: deposit of the bag at the start at the Roque de los muchachos and transfer to the finish line.

How to get your bags: 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 2 hours after the end of the race. After that time, the runner must come, in person, to retrieve their bag, at their own cost, at the organization headquarters.

The organisation assures the return of the bags of runners who have abandoned, provided that the abandonment has been registered. The time to return the bag will depend on logistical needs. The organisation does not guarantee the return of all bags in Los Llanos de Aridane before the end of the race.

Only the bags provided by the organisation will be transported. Walking poles cannot be transported in the bags. The content of the bags will not be checked, no complaints about their content will be dealt with. It is recommended not to deposit valuables.

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 organization supplies water and energizing 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.

At the departure of some aid stations (ULTRAMARATON and VOLCANES) it will be imperative to leave with 1.5 litres of drink, depending on the route to be covered or the weather conditions.

For further information concerning aid stations, visit the Runner's Guide and the website.

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

The runner's 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.

CHECK POINTS

A check is carried out at all aid stations and at some security points. **There are random checkpoints at places other than security posts or aid stations.** Their location is not communicated by the organisation. It is the responsibility of the runner to ensure that he/she passes through the time controls set by the organisation.

WAY-MARKING

A large part of the route is not waymarked because it passes along the GR131 (red and white markings) and the GR130 (red and white markings). You will find waymarks at intersections and areas that may be conflictive.

For better vision at night, the markers are equipped with a reflective material that reflects the light from the front.

WARNING: Do not leave the track!

SECURITY AND MEDICAL ASSISTANCE

There are several medical stations along the route. These points are communicated by radio or telephone with the Race Control Centre (CC) (the number will be communicated in the Runner's Guide and printed on the race bib), where there will be a medical team throughout the race.

Medical stations are intended to assist any person in danger with the organization'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 CC.
- By asking another runner to alert the security service.
- By using the SOS app LiveRun.

All participants must assist any person in difficulty and activate the medical assistance protocol and remain with the runner in difficulty until the arrival of authorized staff from the organisation.

If you are unable to call the race CC, 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): 112.

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.

A medical station will be available at the finish line for the duration of the race. Any participant with severe medical problems will be able to go there. Comfort treatments are subject to the judgement of the medical staff according to their availability.

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

TIME LIMIT AND CUT-OFF TIMES

The maximum time of the race, for the entire course, is fixed at:

- ULTRA: 16 hours
- VOLCANES: 11 hours
- EL ROQUE / EL ROQUE PROMESAS: 7 hours

The departure cut-off times (time barriers) of the main checkpoints will be defined and communicated in the runner's guide and on the website. In case of change (exceptional conditions), the new cut-off times will be communicated by SMS, email, social media and on the website.

Cut-off times are calculated to allow participants to reach the finish within the time limit. **In order to be authorized 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.

DROP OUT AND REPATRIATION

Except in the case of injury, a runner may only abandon at a checkpoint. There he/she must inform the person in charge of the checkpoint or inform the race control centre (CC). In this case, the race bib will be marked as "abandonment".

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» pictogram on the course maps to return runners who have abandoned the race to the finish line.
- 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 organization might repatriate any runners who have abandoned and haven't left the aid station yet.
- In case of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are repatriated as soon as possible.

FINISH LINE

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

Finisher runners will have access to a final aid station located in Los Llanos de Aridane, with restricted access to runners, and only once.

SHOWERS

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

CLASIFICACIONES Y PREMIOS

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 in is mandatory.

Ages categories UTMB® World Series
18-19
20-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70-74
75-79
80-84
85+

Qualification for the UTMB World Series Finals

You can read all the information about the direct access to the World Series Finals in Chamonix here:
<https://utmb.world/es/elite-runners-utmb-world-series-finals>

PENALTIES - DISQUALIFICATION

The Race Director, the race marshals present on the course, and the post leaders at the various checkpoints and aid stations are empowered to enforce the rules and to immediately apply a penalty (*) if necessary, according to the following table:

ULTRAMARATON and VOLCANES

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).	Immediate disqualification
Absence of other mandatory equipment items: hat or bandana, gloves, whistle, elastic band, food reserve, cup, and other mandatory items.	1 hour penalty
Refusal to have mandatory equipment checked.	Disqualification
Smartphone turned off or in airplane mode.	Disqualification
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage.	1 hour penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification
Not assisting a person in difficulty (in need of care).	Disqualification
Companion assistance in unauthorized areas.	30 minutes penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	15 minutes penalty
Cheating (eg.: use of a means of transport, sharing a race-bib, ...).	Immediate and lifetime disqualification
Lack of visible race-bib.	15 minutes penalty
Wearing a non-conforming race-bib.	15 minutes penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Dangerous behavior (eg.: poles with unprotected points orientated towards runners or spectators).	15 minutes penalty
No electronic chip.	According to the race directors' decision
No passage through a check point.	According to the race directors' 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 shall be sanctioned in the same manner as if doping were proven.
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

Use of poles in any of the areas mentioned in the section on prohibition of poles.	Disqualification
Non-compliance with the regulations of the National Park. It is not permitted to leave the marked trails, to overtake other runners by leaving the trails. It is not permitted to produce noises that disturb the natural peace and quiet of the environment.	Disqualification

() 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. If the breach of the rules is found after the race, the management can add penalty time to the final race time of the specific rider. Any other breach of the rules will be subject to a penalty decided by the Race Directors.*

EL ROQUE / ROQUE PROMESAS

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: hat or bandana, gloves, whistle, elastic band, food reserve, cup, and other mandatory items.	30 minutes penalty
Refusal to have mandatory equipment checked.	Disqualification
Smartphone turned off or in airplane mode.	Disqualification
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage.	30 minutes penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification
Not assisting a person in difficulty (in need of care).	Disqualification
Companion assistance in unauthorized areas.	30 minutes penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station.	10 minutes penalty
Cheating (eg.: use of a means of transport, sharing a race-bib, ...).	Immediate disqualification for life
Lack of visible race-bib.	10 minutes penalty
Wearing a non-conforming race-bib.	10 minutes penalty (during which time the runner places their race-bib in a manner which conforms to the rules)

Dangerous behavior (eg.: poles with unprotected points orientated towards runners or spectators).	10 minutes penalty
No electronic chip.	According to the race directors' decision
No passage through a check point.	According to the race directors' 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 shall be sanctioned in the same manner as if doping were proven.
Departure from a check point after the time barrier.	Disqualification
Pack not tagged.	30 minutes penalty
Use of poles not carried from the beginning of the race.	30 minutes penalty
Use of poles in any of the areas mentioned in the section on prohibition of poles.	Disqualification
Non-compliance with the regulations of the National Park. It is not permitted to leave the marked trails, to overtake other runners by leaving the trails. It is not permitted to produce noises that disturb the natural peace and quiet of the environment.	Disqualification

() 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. If the breach of the rules is found after the race, the management can add penalty time to the final race time of the specific rider. Any other breach of the rules will be subject to a penalty decided by the Race Directors.*

VERTICAL CHALLENGE

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION
Short-cutting the route.	At the race director's discretion
Missing item(s) of the mandatory equipment checklist: survival blanket, no smartphone...	Immediate disqualification
Refusal to have mandatory equipment checked.	Disqualification
Smartphone turned off or in airplane mode.	5 minutes penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage.	5 minutes penalty

Lack of respect for others (organization or runners) Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	Disqualification
Not assisting a person in difficulty (in need of care).	Disqualification
Companion assistance in unauthorized areas.	5 minutes penalty
Being accompanied along the route outside the clearly defined zones of tolerance	5 minutes penalty
Cheating (eg.: use of a means of transport, sharing a race-bib, ...).	Immediate disqualification for life
Lack of visible race-bib.	5 minutes penalty
Wearing a non-conforming race-bib.	5 minutes penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Dangerous behavior (eg.: poles with unprotected points orientated towards runners or spectators).	5 minutes penalty
No electronic chip.	According to the race directors' decision
No passage through a check point.	According to the race directors' 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
Use of poles not carried from the beginning of the race	5 minutes 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. If the breach of the rules is found after the race, the management can add penalty time to the final race time of the specific rider. Any other breach of the rules will be subject to a penalty decided by the Race Directors.*

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 organizers and their partners for the use of

their image. Only the organization can transfer this right for images to any media, via an accreditation or relevant license. Ultra-Trail®, Ultra-Trail du Mont-Blanc®, 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 organization.

Transvulcania by UTMB® works with the company [Sportograf](#), which uses the data collected at the sporting events to fulfil its obligation as a provider of photographic services under the underlying contract with the Organiser. Participants' personal data will not be passed on to third parties. They will only work with photographers who comply with the required data protection laws in accordance with the EU General Data Protection Regulation.

In addition to offering the possibility of a manual photo search with the help of location and time, it is also possible to use the bib number or a photo (selfie). In the latter case, the anonymous and non-personal characteristics of the participants are determined with the help of an algorithm, independently of the bib number, with the help of which the personal images can be found at a later stage.

The legal justification for the data processing is the aforementioned legitimate interest in accordance with Art. 6 Para. 1 lit. f GDPR. The participant has the right to object to this processing.

Further information on how Sportograf processes personal data and on your right to object can be found in its privacy policy available at <https://www.sportograf.com/es/privacy>.

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 this rule might give rise to a penalty decided by the race directors.

POLITICAL EXPRESSION

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

COMPLAINTS

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

Other complaints must be made by email, within a maximum of 10 days after the race.

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

EXCEPCIONAL CONDITIONS

If necessary, the organization 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 organization reserves the right to:

- Modify the paths, even shortening their distance.
- Modify the departure time even in hours.
- Modify time barriers.
- Cancel the race (partially or totally).
- Neutralize the test.
- Stop the test in progress.
- Establish exceptional health measures, including wave departures.

ANNEX REGISTRATION CONDITIONS

There is an annex to this Set of Rules that regulates the conditions of registration for the event.

ANNEX PRIVACY POLICY

There is an annex to this Set of Rules that informs about the Privacy Policy.

The original version of this Set of Rules is written in Spanish. In case of inconsistency or discrepancy between the Spanish version and any of the other language versions of this Set of Rules, the Spanish version will prevail.

Santa Cruz de la Palma, November 2022.

V.0