

MAJOR

VALD'ARAN
PYRENEES

BY **UTMB®**

REGULATIONS 2024

MEET YOUR
EXTRAORDINARY

UTMB®
WORLD SERIES



SET OF RULES VAL D'ARAN BY UTMB®

2024 EDITION – from 3rd to 7th July 2024

ORGANIZATION

The Associació Esportiva TRAIL RUNNERS ARAN organises the sporting event "Val d'Aran by UTMB®" with the technical and operational assistance of the group UTMB IBERIA S.L. and with the support of the Conselh Generau d'Aran and the town councils of the area.

ACCEPTING THE RULES AND ETHICS OF THE RACE

Participation in the UTMB® events implies the express and unreserved acceptance of the present regulations, its annexes, the ethics of the event, and any instructions given by the organization to the participants.

DEFINITION OF THE RACES

Val d'Aran by UTMB® is an event which includes several races in the middle of nature, winding through the great hiking routes of Val d'Aran region. Each race takes place in one single stage, at an undefined pace, and within a time limit.

100M CATEGORY



VDA (Torn dera Val d'Aran):

Circular race of around 163 km with around 10,000 metres of elevation gain, starting from Vielha, in semi-autonomy, and in 48 hours maximum.

100K CATEGORY



CDH (Camins d'Hèr):

Approximately 110 km with 6,400 metres of elevation gain, starting from Les, in semi-autonomy, and in 28 hours maximum.

50K CATEGORY



PDA (Peades d'Aigua):

Around 55 km with an elevation gain of 3,300 metres, starting from Salardú, in semi-autonomy, and in 14 hours maximum.

EXP (Experiència d'Aran):

Around 32 km with about 2,100 metres of elevation gain, starting from Vielha, in semi-autonomy and in 7 hours and 15 minutes maximum.

20K CATEGORY



SKY BAQUEIRA BERET:

Around 15 km with about 850 metres of elevation gain, a circular race around Pla de Beret, in semi-autonomy and in 4 hours maximum. Two categories. SKY Promesas, open to runners aged between 16 and 19. SKY Master, open to runners aged 20 and over.

RUNNER'S COMMITMENT

To participate in the Val d'Aran by UTMB® competitions, especially in the VDA and the CDH, but also in the other races, 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, prior to 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 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 organization's role is not to help a runner manage these problems.
 - To be totally aware that for such an activity in the mountains, safety depends on the runner's ability to adapt to the problems encountered or foreseen.
 - That runners inform their crews that they must respect nature, people and the regulations of the race.
- To inform and educate the runner's supporters towards the respect of nature, people, and the regulations of the race.

SEMY AUTONOMY

The principal of an individual race in semi-autonomy is the rule. The Val d'Aran 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 aid stations, as much on the food front as that of clothing and security, allowing for adapting to problems encountered or foreseen (bad weather, physical problems, injury...).

This principal implies the following rules:

1. Throughout the duration of the race each runner must have with them all their mandatory equipment. This equipment will be carried in a pack (backpack or belt) and cannot be changed along the race route. At any moment of the race, the race stewards/marshals can verify the pack and its contents. The runner is obligated to comply with these gear checks. Any non-compliant runner is at the risk of disqualification from the race.
2. The aid stations provide drinks and food to be consumed on site. The race organizer only provides still water and/or sports/electrolyte drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the following aid station.

For slower runners, the longest sections without aid stations can last more than 4 hours on the VDA and the CDH.

3. For the VDA and the CDH, a personal assistant is allowed at certain aid stations (*), in the area specifically reserved for this use and at the discretion of the team leader. Only one person is allowed to provide assistance, which only includes providing the runner a bag with a maximum volume of 30 liters. Medical assistance given by a member of the runner's crew, is strictly forbidden. Only small cares are allowed like massage and treating a blister as

long as the runner remain seated on a chair and doesn't have to lie. The rest of the aid station is strictly reserved for the runners.

No assistance is allowed, at any point along the race route, during the PDA, EXP or the SKY.

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 spectator run zones which are clearly marked in the proximity of the aid stations. Runners are not allowed to participate with a dog or any other animal, including service animals.

5. A participant who accepts being accompanied outside of the designated zones violates the principle of self-sufficiency. The race stewards/marshals or team leaders, witnessing this violation, are authorized to penalize the participant in order to enforce the rules.

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

VDA: Bossòst, Beret, Arties

CDH: Beret, Arties

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

PDA, EXP and SKY: no assistance is allowed at any point throughout the race.

RESPECT 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 tubes, paper, organic detritus, plastic wrappers...). Trash/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.
- All runners 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 of the UTMB®. We invite you to bring your own cutlery and plate if you wish to eat hot meals at the aid stations.

EQUIPMENT AND MANDATORY EQUIPMENT

In order to ensure their security and the smooth running of each 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, or even disqualification, will be applied to those runners who do not have all the mandatory equipment with them (see PENALTIES).

Please note: the items included in the mandatory equipment checklist are the basic pieces of equipment each runner must carry with them. In particular **you should not 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, wind and snow, and therefore provides greater safety and better performance.**

It is essential to package all this material in such a way that it is protected from rain/snow and is not wet when it has to be used (e.g. by using waterproof plastic bags).

VDA and CDH mandatory equipment checklist

- The appropriate closed-toe shoe for trail running.
- Pack (or similar) destined to transport mandatory equipment throughout the race.
- Mobile phone (smartphone MANDATORY):
 - the runner must be reachable at any time before, during and after the race:
 - mobile phone with international roaming allowing for its use in Spain and France (load into its memory the organization's security numbers, don't mask your number, and don't forget to start the race with the battery fully charged).
 - keep the phone on, airplane mode is prohibited and can be penalized.
 - Livetrail application installed and activated.
 - an external battery is highly recommended.
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted).
- Minimum 1.5l water reserve. At the departure of some aid stations, it will be mandatory to leave with 1.5l of drink, depending on the section to be covered or the weather conditions.

- 2 torches in good working order with spare cells/batteries for each torch. Recommendation: 200 lumens or more for the main torch.
- Survival bivouac bag.
- Whistle.
- Food reserve. Recommendation: 800kcal (2 gels + 2 energizing bars of 65g each).
- Jacket with hood which will withstand bad weather in the mountains and made of a waterproof* and breathable** membrane with a minimum 10 000 mm water column (recommended RET less than 13). The jacket must have an integrated hood attached by the original system designed for that purpose by the manufacturer. The seams must be heat-sealed. The jacket must not have any parts made of non-waterproof fabric, only the vents provided by the manufacturer (under the arms, on the back) and as long as they do not obviously alter the waterproofing, are accepted. It is the responsibility of the runner to judge, according to these criteria, whether his jacket is adapted to the regulations and therefore to bad weather in the mountains. At the checkpoints, the judgement of the person in charge of the checkpoint or the commissaire shall prevail.
- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely.
- Waterproof trouser cover.
- Cap or bandana or Buff®.
- Warm and water-proof 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 items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory. The mandatory equipment must be carried in a running pack for the duration of the whole race and is not interchangeable during the race. All equipment will be properly packed to prevent it from getting wet inside the backpack in rainy conditions.

Other recommended equipment (list non exhaustive):

- Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury.
- Poles in the case of rain or snow for your security on slippery ground.
- Water purification tablets or drums with filter.
- Plates and cutlery to eat. At the aid stations, no material is provided to be able to eat.

- Vaseline or anti-heat cream.
- Sun protection.
- GPS watch.
- Adhesive elastic band that allows bandaging or strapping (min. 100 cm x 6 cm).
- Knife or scissors for cutting elasticated bandage.
- Emergency sewing kit...

If you choose to take poles, it is for the duration of the race. It is forbidden to start without poles and recuperate them during the course of the race. The use of poles may be prohibited in certain areas of the route for safety or environmental reasons. In such cases it will be indicated by specific signs along the route. No poles are authorized in the drop bags.

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

PDA mandatory equipment checklist

- The appropriate closed-toe shoe for trail running.
- Pack or similar to carry the mandatory equipment during the race.
- Mobile phone (smartphone MANDATORY): the runner must be reachable at any time before, during and after the race:
 - mobile phone with international roaming allowing for its use in Spain (load into its memory the organization's security numbers, don't mask your number, and don't forget to start the race with the battery fully charged).
 - Keep the phone on, airplane mode is prohibited and could be penalized.
 - Livetrail application installed and activated.
 - An external battery is highly recommended.
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted).
- Supply of water of 1 litre minimum.
- 1 torch in good working order with spare cells/batteries. *Recommendation: 200 lumens or more.*
- Survival blanket of 1.40m x 2m minimum.
- Whistle.
- Food reserve. Recommendation: 800kcal (2 gels + 2 energizing bars).
- Jacket with hood which will withstand bad weather in the mountains and made of a waterproof* and breathable** membrane with a minimum 10 000 mm water column (recommended RET less than 13). The jacket must have an integrated hood attached by the original system designed for

that purpose by the manufacturer. The seams must be heat-sealed. The jacket must not have any parts made of non-waterproof fabric, only the vents provided by the manufacturer (under the arms, on the back) and as long as they do not obviously alter the waterproofing, are accepted. It is the responsibility of the runner to judge, according to these criteria, whether his jacket is adapted to the regulations and therefore to bad weather in the mountains. At the checkpoints, the judgement of the person in charge of the checkpoint or the commissaire shall prevail.

- Waterproof trouser cover.
- Warm and water-proof gloves.
- Cap or bandana or Buff®.
- 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.*

- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely.

All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory. The mandatory equipment must be carried in a running pack for the duration of the whole race and is not interchangeable during the race.

All equipment will be properly packed to prevent it from getting wet inside the backpack in rainy conditions.

Other recommended equipment (list non exhaustive)

- Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury.
- Plates and cutlery to eat. At the aid stations, no material is provided to be able to eat.
- Water purification tablets or drums with filter.
- Poles in the case of rain or snow for your security on slippery ground.
- Vaseline or anti-heat cream.
- Sun protection.
- GPS watch.
- Adhesive elastic band that allows bandaging or strapping (min. 100 cm x 6 cm).
- Knife or scissors for cutting elasticated bandage.
- Emergency sewing kit...

If you choose to take poles, it is for the duration of the race. It is forbidden to start without poles and recuperate them during the course of the race. The use of poles may be prohibited in certain areas of the route for safety or environmental reasons. In such cases it will be indicated by specific signs along the route. No poles are authorized in the drop bags.

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

EXP and SKY mandatory equipment checklist

- The appropriate closed-toe shoe for trail running.
- Pack or similar to carry the mandatory equipment during the race.
- Mobile phone (smartphone **MANDATORY**): the runner must be reachable at any time before, during and after the race:
 - Mobile phone with international roaming allowing for its use in Spain and France (load into its memory the organisation's security numbers, don't mask your number and don't forget to start the race with the battery fully charged)
 - Keep the phone on, airplane mode is prohibited and could give rise to penalties.
 - Livetrail application installed and activated.
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted).
- Supply of water of 1 litre minimum.
- Survival blanket of 1.40m x 2m minimum.
- Whistle.
- Jacket with hood which will withstand bad weather in the mountains and made of a waterproof* and breathable** membrane with a minimum 10 000 mm water column (recommended RET less than 13). The jacket must have an integrated hood attached by the original system designed for that purpose by the manufacturer. The seams must be heat-sealed. The jacket must not have any parts made of non-waterproof fabric, only the vents provided by the manufacturer (under the arms, on the back) and as long as they do not obviously alter the waterproofing, are accepted. It is the responsibility of the runner to judge, according to these criteria, whether his jacket is adapted to the regulations and therefore to bad weather in the mountains. At the checkpoints, the judgement of the person in charge of the checkpoint or the commissaire shall prevail.

All clothing items must fit the runner - in terms of size - and they must not be altered in any way after leaving the factory.

The mandatory equipment must be carried in a running pack for the duration of the whole race 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.
- Poles in the case of rain or snow for your security on slippery ground.
- Vaseline or anti-heat cream.
- GPS watch.

If you choose to take poles, it is for the duration of the race. It is forbidden to start without poles and recuperate them during the course of the race. The use of poles may be prohibited in certain areas of the route for safety or environmental reasons. In such cases it will be indicated by specific signs along the route. No poles are authorized in the drop bags.

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

DOPING CONTROLS

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.

RACE-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, pick-up areas... The bib is only withdrawn if the runner refuses to comply with the race director's instruction. If the runner withdraws from the race, the bib is cut and deactivated.

DROP BAGS / SPARE BAGS

VDA®: at the race-pack collection, each participant **receives three 30-liter bags**. After filling them with the items of their choice and closing them, they can drop them in a place close to the starting line. One of the bags is taken by

the organization to Bossòst, another one to Beret, and the other one to Arties. Upon arriving in those aid stations, runners will be able to collect the bag. When the runner leaves the aid station, the runner in person will have to deposit the bag in the area indicated for this purpose. The organization will return the bags to Vielha.

CDH®: at the race-pack collection, each participant **receives two 30-liter bag**. After filling it with the items of their choice and closing it, they can drop them in a place close to the starting line. One bag is taken by the organization to Beret and the other one to Arties. Upon arriving in those aid stations, runners will be able to collect the bag. When the runner leaves the aid station, the runner in person will have to deposit the bag in the area indicated for this purpose. The organization will return the bags to Vielha.

PDA®: 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 in a place close to the starting line. The bags are then returned to Vielha.

How to get your bags in Vielha: 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 the organization headquarters in Vielha.

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

Only bags supplied by the organization 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 Vielha.

*For logistics reasons, UTMB® World series events only accept the UTMB® World series spare bags that are distributed during the check-In. Those bags are reusable, so we ask the runners who already have received one of those bags to reuse it each time they take part in a UTMB® World Series event.

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.

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

The Runner's guide and the website will provide an exhaustive list of the aid stations and what kind of food/drinks runners may find there.

CHECK POINTS

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

Unexpected check points are set up along the route. Their location will not be publicized.

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.

SAFETY AND MEDICAL ASSISTANCE

There are several medical stations along the route. These points are communicated by radio or telephone with the Race Control Centre (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 Control Centre (phone number should be saved in mobile/cellphone).
- By asking another runner to alert the security service.
- By using the SOS app Livetrail.

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

In case of impossibility to contact the Race Control Center, it is possible to call the emergency services directly (particularly in areas where only emergency calls are possible) via the telephone number 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 any competitor to use any item of the mandatory equipment.
- evacuate by any means the runners they deem to be in danger.
- refer runners to the most appropriate care facility.

A runner who is treated by a doctor or reached by the search and rescue staff will defer to the professional's 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 during the races, 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 a runner needs to sleep along the way, they are highly recommended to use the "sleep bib" supplied by the organization. This bib clarifies that a runner needs to rest and does not want to be disturbed.

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 cut-off time for finishing each race is:

- VDA: 48 hours
- CDH: 28 hours
- PDA: 14 hours
- EXP : 7 hours 15 minutes

- SKY : 4 hours

*CDH, PDA and EXP: the cut-off times are calculated according to the start of the LAST “wave” of runners.

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 social networks, or e-mail, or SMS/text message.

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 runners who abandon, who are stopped by the organisation or who are outside the official time barriers, are not allowed to continue the race. Their bib will be cut off and they will be transported back to the event area by the organisation's transport. All runners are recommended to use the means of transport provided by the organisation to return to the finish line.

DROP OUT AND REPATRIATION

Except in case of injury, a runner wishing to withdraw the race must do so only at a check point. They must inform the person responsible for the point or report their withdrawal via the LiveRun app and inform the Race Control Center.

If a runner wishes to withdraw while on the route between 2 checkpoints, he/she must reach the nearest checkpoint where he/she must report their withdrawal.

Runners who withdraw 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 Vielha.
- Runners who withdraw 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

A finisher's medal will be awarded to those who complete the distance in the established time.

Finisher runners will have access to a final aid station located in Vielha, 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 rooms or showers will only be allowed to runners and without running shoes.

REST

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

In the VDA, at the Bossòst, Beret and Arties aid stations.

In the CDH, at the Arties aid station.

There won't be a rest area in Vielha.

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

RANKING AND 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 in is mandatory.

The first male and female finisher in each age category will receive a trophy which will be awarded at the prize-giving ceremony. There will be no deliveries.

Results are available at live.utmb.world

Age categories UTMB® World Series
16-17
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+

The organization will award cash prizes to the three best ranked in the general category, women's and men', in the VDA, CDH and PDA.

Prizes are considered an income by the State. Athletes domiciled in Spain must include it in their income tax return. For all runners, the Spanish Government realizes a % retention (according to current legislation) before the amount is paid by the organisation.

Ranking	Prize
	H/F
1	2.000€
2	1.000€
3	600€

UTMB WORLD SERIES QUALIFICATION

You can find all the information about the shortcuts to the UTMB® World Series Finals in Chamonix at: [Elite runner's qualification for UTMB World Series Finals](#)

PENALTIES - DISQUALIFICATION

The Race Director, the race marshals present on the course, and the post chiefs 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:

VDA and CDH

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 bivouac bag, no smartphone.	Disqualification
Absence of other mandatory equipment items (race leggings or long trousers, only one torch, cap or bandana, warm and waterproof gloves, long-sleeved top, waterproof over-trousers, whistle, food reserve, beaker).	1 hour penalty
Refusal to have mandatory equipment checked.	Disqualification
Smartphone turned off or in airplane mode.	15 minutes penalty
Discarding of rubbish or non-use of toilets provided by the organisation (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
Assistance in unauthorized areas, and/or by more than one person.	1 hour 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 disqualification for life
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 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. In case of disqualification the runner is NOT entitled to a refund of the entry fee.

PDA , EXP and SKY

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 survival blanket, no smartphone.	Immediate disqualification

Absence of other mandatory equipment items: PDA: race leggings or long trousers, cap or bandana, warm and waterproof gloves, long-sleeved top, waterproof over-trousers, whistle, food reserve, beaker, and others. SKY AND EXP: whistle, beaker and others.	30 minutes penalty
Refusal to have mandatory equipment checked.	Disqualification
Smartphone turned off or in airplane mode.	10 minutes penalty
Discarding of rubbish or non-use of toilets provided by the organisation (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
Assistance outside of authorized zones, and/or by more than one person.	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 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 minutes penalty
Use of poles not carried from the beginning of the race.	30 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. In case of disqualification the runner is NOT entitled to a refund of the entry fee.

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.

Val d'Aran 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 manual photo search with the help of location and time, there is also the possibility to perform a GPS search, if the route has been recorded with GPX, by uploading the file, or with 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 to valdaran@service.utmb.world, within 2 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 or in relation to the sporting management of the race and its rules (eg. if a runner withdraws from the race) are not valid to be considered as a complaint.

EXCEPTIONAL CONDITIONS

If circumstances so require, the organisers reserve the right to modify at any time the route, the starting times, the time barriers, the position of the refreshment posts and aid stations, and any other aspect linked to the smooth running of the races.

In case of force majeure, unfavourable weather conditions, or any other circumstance that may affect the safety of the participants, or by order of the public administrations or security forces, the organisation reserves the right to:

- Modify the routes, even shortening their distance.
- Modify the starting time, even in hours.
- Modify the time barriers, even reducing them.
- Modify the starting date.
- Cancel the race (partially or totally).
- Neutralise the race.
- Stop the test in progress and terminate it definitively.
- Establish exceptional health measures, including wave starts.

Even a few days before the event. Without the participant being able to claim any type of compensation for this circumstance.

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.

Vielha, November 2023.

V.1



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WORLD SERIES

The logo is positioned in the lower center of the page. It features the text "UTMB" in a large, bold, white sans-serif font, with a registered trademark symbol (®) to its upper right. Below "UTMB" is a white rectangular box containing the words "WORLD" and "SERIES" in a smaller, bold, white sans-serif font, separated by a small gap.