

ULTRA-TRAIL KOSCIUSZKO BY UTMB®

2024 RACE RULES

These Ultra-Trail Kosciuszko by UTMB® Race Rules (the **Race Rules**) govern participation in the 2024 Ultra-Trail Kosciuszko by UTMB® event (the **Race**). Where indicated, certain rules may apply to a particular Race distance only (being the **Kosci30**, **Kosci 50**, **Kosci 100** and **Kosci Miler**). These Race Rules incorporate any Race distance particulars set out on the Race website (<https://kosciuszko.utmb.world/>) under the header Runners > Entry Info > Terms and Conditions > Race Rules. To the extent of any inconsistency between these Race Rules and the UTMB World Series Race Regulations, these Race Rules will prevail.

Failure to comply with any of the Race Rules may result in an athlete being deemed ineligible to participate (pre-race), receiving a time penalty during the race, disqualification from the race (during or after) or suspension from future events (where indicated in the Race Rules only). Any such penalties are at the organisers' discretion and are final.

1. ON-COURSE

1. Athletes must follow the directions of event staff and course marshals at all times.
2. All Race distance starts are self-seeding. Athletes are required to self-seed based on ability when entering the start chute, with faster athletes to place themselves towards the front and those looking to take their time to place themselves further back.
3. Athletes must not permit someone else to compete under their name, or compete under someone else's name. Violation of this rule will result in the suspension of both parties from competing in the Race in future years.
4. Athletes must stay on the marked course and not leave the trail. Short cuts are prohibited (including on any switchbacks). In the event that an athlete becomes lost, that athlete should return to the last sighted marking.
5. Athletes must follow all information signage, such as track closures, etc. Athletes should also observe all informational signage if training in the area prior to Race day, and must contain all training to publicly accessible areas and public land.
6. Athletes must withdraw if notified by event staff or course marshals that they have missed a time cut-off at either a checkpoint or on course.
7. Athletes who withdraw from the Race (including those athletes required to withdraw under Rule 6) must do so at a checkpoint, unless assisted from the course by the Race medical team. To withdraw at a checkpoint, an athlete must notify event staff and complete and sign the checkpoint withdrawal form.
8. Athletes requiring First Aid help on the course must use the phone numbers in their Participant Emergency Instructions Card (on the back of each athlete's bib) to contact the event safety team who will arrange retrieval. Unauthorised persons (including Support Crews and/or Spectators) are not allowed to enter the course to collect athletes.
9. Athletes must not:
 - a. litter on course, at any Race venue or in any surrounding areas;
 - b. leave human faeces on the course or any track. Athletes who need to relieve themselves should either use a toilet, a wag bag or get well off the track and follow the 'leave no trace' principles;
 - c. smoke or light any fire on course, at any Race venue or in any National Park; and
 - d. take dogs on any part of the course (and, where the Race requires athletes to attend a National Park, anywhere in that National Park). Exceptions may apply for registered assistance/service dogs, please contact the Race organiser for details.
10. Athletes must leave gates as they are found. If closed, an athlete may open a gate to pass

through but it is each athlete's responsibility to close the gate behind them.

11. **Kosci 100 and Kosci Miler only:** Only if used as part of the course, Athletes must observe the 5km mandatory walking section on the metal grated walkway between Eagles Nest and Rawson's Pass prior to the Mt Kosciuszko summit. If applicable, this will be marked on the ground. This section of the course, if utilised, will be a Neutral Zone and will be timed as specified in the Runner Guide.
12. Athletes must respect the rights, dignity and worth of every individual at the Race including other athletes, staff, marshals, volunteers and spectators. Athletes must at all times act responsibly and maintain high standards of behaviour and language and must not discriminate against or harass any person on any grounds but in particular based on sex, sexual orientation, ethnicity, religion, ability or performance.

2. SPECTATORS AND SUPPORT CREW

For the purposes of these Race Rules:

- **Spectators** are those athlete supporters who attend the Race to provide encouragement to their athlete and view the Race from areas that are publicly accessible. Spectators are not permitted to provide outside assistance in any distance of the Race. **Spectators are permitted for all Race distances.**
 - **Support Crew** are those athlete supporters whose designated role on Race day is to provide outside assistance to their athlete at designated checkpoints. Support Crew numbers are limited to the number of passengers in an athlete's allocated Support Crew vehicle. **Support Crew are only permitted for the Kosci 50, Kosci 100 and Kosci Miler Race distances.**
1. Spectators and Support Crew are not permitted to pace participating athletes (see Section 3 below for further detail on Pacers).
 2. Spectators and Support Crew are not permitted to run on course with their athlete at any time, with the sole exception of running down the finish chute with their athlete. Any Spectator or Support Crew member(s) intending to do so must:
 - a. corral themselves at the start of the finish chute shortly in advance of their athlete's arrival;
 - b. when entering the finish chute, follow all instructions of Race staff and course marshals;
 - c. conduct themselves in a safe manner; and
 - d. do so at their own risk.
 3. **Kosci 30 only:** Outside assistance is not permitted. This includes at checkpoints, aid stations, water points or any other location during the Race. Assistance from event staff is permitted.
 4. **Kosci 50, Kosci 100 and Kosci Miler only:** Outside assistance from Support Crew is permitted, subject to the following rules:
 - a. Support Crew assistance is only permitted at the checkpoints specified in the Runner Guide and on the Race website. Athletes must not receive outside assistance at any other points on the course. Assistance from event staff is permitted.
 - b. Each Athlete is responsible for the actions of their Support Crew.
 - c. Support Crew must comply with all instructions from Race staff and course marshals. Athletes may be penalised or disqualified for breaches of these Rules by their Support Crew.
 - d. Support Crews must obey all road rules and drive within the speed limits. Please ensure that Support Crew get sufficient rest and are not tired when driving.
 - e. Support Crews must follow the instructions of all event staff, course marshals and

road traffic controllers.

- f. Support Crews must not eat the provided food at checkpoints. Supplied food at checkpoints is for athletes only.
- g. Where specified in the Runner Guide and/or on the Race website, the number of Support Crew vehicles per athlete may be limited at particular checkpoints (where parking or vehicular access is limited). If necessary, Athletes will be given one Support Crew car sticker with their athlete bib number. To be allowed into the checkpoint parking areas, this sticker must be stuck to the outside of the Support Crew vehicle's front windscreen at the top left hand side beyond the reach of the windscreen wipers.
- h. Race organisers are not responsible for the safety or whereabouts of Support Crew. Support Crew must always conduct themselves in a safe manner, and do so at their own risk.

3. PACERS

1. **Kosci30, Kosci 50, Kosci 100 only:** Pacers are not permitted.
2. **Kosci Miler only:** Athletes are permitted to use pacers, subject to the following rules:
 - a. Pacers MUST register online, and must complete and sign the entry waiver.
 - b. Pacers must wear a compulsory race bib number and must attend Runner Check-in to collect their bib. Pacer numbers will be yellow and correspond to the athlete they are pacing.
 - c. Pacers must be aged 18 or over.
 - d. Pacers must carry their own set of Pacer Mandatory Gear (as specified in the Runner Guide and/or the Race website).
 - e. Pacers must only meet their athletes at the designated pacer pick-up locations set out in the Runner Guide and/or on the Race website. Pacers cannot meet their athlete at other locations or at intermediate points. Doing so results in disqualification.
 - f. Athletes may use up to THREE (3) pacers during the Race, but only ONE (1) pacer at a time. Pacers must change over at a checkpoint, at which time the outgoing pacer must hand over their pacer number to the next pacer.
 - g. Pacers are responsible for their own transport.
 - h. Pacers may not carry for, or provide to, their athlete any extra water, food or equipment.
 - i. With the exception of an emergency or medical situation, pacers cannot provide any material or physical assistance to their athletes.

4. EQUIPMENT & MANDATORY GEAR

1. Trekking poles are permitted for all Race distances, subject to the following rules:
 - a. Trekking poles must be fully collapsible so they can either fit inside a running pack or be strapped to the outside of a running pack (and not protrude) when not in use. Athletes must not hold trekking poles in their hands when not in use.
 - b. Trekking poles must always be used in a safe manner so as not to affect the safety of other athletes or persons.
2. Athletes must ensure their bib number is visible at all times on the outside of their clothing and on the front of their body over the abdomen or chest. It must not be worn on pants or legs. Athletes must not cover their bib number with any backpack strap or article of clothing (such as thermal top, waterproof jacket (including see-through jackets) or, if mandatory, a high visibility safety vest. Athletes must not fold, cut or change their bib number in any way. It must be worn as is, unfolded.
3. Athletes must ensure their bag timing tag is attached securely to the back of their running

backpack. Athletes who change backpacks during the Race must re-attach the bag tag to their new backpack.

4. Headphones are not recommended, but are permitted for all race distances subject to the following rules:
 - a. Athletes must ensure that their use of headphones does not impact their ability to carry a mobile phone with an appropriately charged battery at all times.
 - b. Athletes must switch off headphones when running on single track so that they can hear communication from other athletes attempting to pass and on any public roads so that they can hear approaching traffic.
 - c. Athletes must switch off headphones at all checkpoints so that instructions from event staff can be heard and followed.
 - d. Athletes who choose to use headphones must do so in a safe and sensible manner and at a volume which still allows the athlete to remain aware of their surroundings.
5. **Athletes must carry all Mandatory Gear specified for their Race Distance in the Runner Guide and on the Race website (and must do so at all times during the Race).**
6. Random gear checks will be performed during the Race. For the sake of fairness to all athletes, a 40 minute time penalty will apply for every item that is missing. For on-course gear checks, this time penalty will be served at the location of the gear check so athlete will not be able to proceed on course until the time penalty is served. During this time, the athlete must arrange for the missing item(s) to be replaced or they will not be allowed to continue on course even after the time penalty has been served. Where an athlete is found to be missing any Mandatory Gear items in a subsequent gear check, the athlete may be disqualified. Where it is not feasible to serve a time penalty on course, the time penalty will be added to the athlete's overall Race time. The time penalty will also be listed within the Race results spreadsheet.
7. Athletes should pay particular attention to any communications received from the Organiser in Race week indicating which weather dependent Mandatory Gear items are required.
8. **Kosci 100 and Kosci Miler only:** A High Visibility Safety Vest (that complies with Australian Standard AS/NZS 4602:1999 or AS/NZS 4602:2010 or AS/NZS 4602: 2011 as well as Class D/N for day and night time wear) is required to be worn over the top of each athlete's torso and back pack at the times and locations as specified in the Runner Guide. Athletes must ensure their bib number is still visible at all times on the outside of the High Visibility Safety Vest.

5. ANTI-DOPING

Capitalised words in this Section 5 take their meaning from the World Anti-Doping Code.

1. All athletes in UTMB events (including this Race) are subject to both In and Out of Competition testing, and are responsible for understanding and complying with the World Anti-Doping Code and associated International Standards, as issued by the World Anti-Doping Agency (e.g., the International Standard for Therapeutic Use Exemptions, the List of Prohibited Substances and Prohibited Methods, and the International Standard for Testing and Investigations) and applicable anti-doping rules adopted by the race Organiser.
2. Any Race entrant who has been declared Ineligible (or is subject to a Provisional Suspension) by a WADA Code Signatory, may not, during a period of Ineligibility or Provisional Suspension, participate in any capacity in the Race.
3. **TESTING:**
 - a. ALL athletes are subject to testing, which includes both blood and urine.

- b. Athletes are solely responsible for anything that athlete uses, attempts to use or is found in that athlete's system, regardless of how it got there and whether it was the athlete's intention to cheat.
- c. Never been tested? Check out the video which illustrates the Doping Control Process.

4. PROHIBITED SUBSTANCES AND METHODS:

- a. BEFORE taking, athletes should check the status of all medications, substances, supplements and treatment methods against the WADA Prohibited List.
- b. Use GlobalDRO.com to do an online search.
- c. Use the resources of the relevant National Anti-Doping Agency- use their online tools and speak to their staff when questions arise.
- d. Confirm Therapeutic Use Requirements (TUE) if using or intending to use a prohibited substance or prohibited method.

5. SUPPLEMENTS:

- a. All athletes need to be informed consumers when it comes to decisions related to supplements and sports nutrition products. Choosing supplements that have been screened for prohibited substances by an independent laboratory can significantly lower the risk of a positive test or an adverse health effect.
- b. WADA does not certify, approve, endorse, or guarantee any supplement. Some products on the market imply, or state directly, that they are WADA certified or approved, but they are not.
- c. Before taking a supplement, an athlete should:
 - i. Assess the need: seek advice from a medical professional or nutritionist on the need to use supplement products.
 - ii. Assess the risk: Thoroughly research any product an athlete considers taking. Look for products that have been screened for prohibited substances by an independent laboratory.
 - iii. It is important to know if a supplement is high-quality and free from prohibited substances **BEFORE** use. A thorough third-party certification program that tests for performance enhancing drugs is an important risk-reduction step.
 - iv. Being told by a supplement company that its products are "safe" and have been screened is not sufficient.
 - v. Unless a supplement has been independently certified by one of the following organisations listed below, it should be considered high-risk: NSF Certified for Sport, HASTA Certified, Informed Sport Certified, Informed Choice Certified.
 - vi. Any questions? Please reach out to iamtrue@ironman.com for assistance.