



REGULATIONS

2026

**MEET YOUR
EXTRAORDINARY**





TENERIFE BLUETRAIL BY UTMB® RULES

2026 EDITION - from 19 to 22 of March

ORGANISATION

IDECO, S.A. organises the "Tenerife Bluetrail by UTMB®" sporting event with the technical and operational assistance of UTMB IBERIA S.L. and with the support of the Cabildo Insular de Tenerife and the Town Halls where the events take place.

ACCEPTANCE OF THE RULES AND ETHICS OF THE RACE

Participation in the UTMB® events implies the express and unreserved acceptance of these rules, its appendices, the ethics of the event, and any instructions given by the organiser to the participants.

DEFINING THE TRIALS

Tenerife Bluetrail by UTMB® is an event where different races take place in the middle of nature, using the trails and tracks around the island of Tenerife and the urban environment of Puerto de la Cruz. Each race takes place in a single stage, at a free pace, in a limited time.

100M CATEGORY



- TENERIFE BLUETRAIL 110k:

A race covering around 110 km with 6,250 metres of positive height gain, starting in Arona, climbing to the summit of the Mount Teide and arriving at Puerto de la Cruz, semi-autonomously and in a maximum time of 27 hours.

100KM CATEGORY



- TENERIFE BLUETRAIL 73k:

Approximately 73km with 3,024 metres of positive elevation gain, starting from Vilaflor. A third of the race takes place at an altitude of over 2,000 metres through the Teide National Park, semi-autonomously and in a maximum time of 16 hours.

50K CATEGORY



- TENERIFE BLUETRAIL 47k:

The race will cover 47km with 2,600 metres of elevation gain, starting from the Pinolere Ethnographic Park in La Orotava, and will take a maximum of 11 hours and 30 minutes to reach the finish line in Puerto de la Cruz, semi-autonomously.

20K CATEGORY



- TENERIFE BLUETRAIL 24k:

The race is about 24 km long with about 1,300 metres of positive height gain, starting from Palo Blanco in Los Realejos. The finish line in Puerto de la Cruz has to be reached in a maximum of 6 hours.

OTHER RACES

- VERTICAL NIGHT CHALLENGE:

A 3.5 km race with 759 metres of positive height gain, a vertical night-time race starting from the Plaza Viera y Clavijo in Los Realejos and going up to the Asomadero, open to runners from 15 years of age, adapting the distances and starting times to the corresponding age groups.

- TENERIFE BLUETRAIL 47k RELAY:

The race will cover 47 km with a total of 2,600 metres of positive height gain, starting from the Pinolere Ethnographic Park in La Orotava, and finishing in Puerto de la Cruz, semi-autonomously, in a maximum of 11 hours and 30 minutes for the two participants. However, the first relay has 5 hours to reach Chanajiga and cover the 22.5 kilometres that separate them from the start. The categories are men's, women's and mixed.

- JOËLLETES:

Running around 8km from the Mirador de San Pedro to the finish in Puerto de la Cruz along the same route shared with the rest of the long races of the *Tenerife Bluetrail by UTMB*.

- **CHALLENGE:**

There are three distances of approximately 8, 5 and 1 km to the finish line shared by all the races to include people who, due to their disability, cannot access the rest of the races.

- **FAMILY RACE:**

A route of about 5 km. starting from the esplanade in Barranco San Felipe on a 60% track/trail and 40% urban route. Maximum of 5 persons in a family group, which must include one adult and one minor.

- **PEQUE (KIDS) RACE:**

Approximately 1 km of urban route for an adult and another person under 7 years of age to cross the finish line of the Tenerife Bluetrail by UTMB.

PARTICIPANTS' COMMITMENT

Participants in the *Tenerife Bluetrail by UTMB* races, especially in the 110k and 73k races, but also in the other races, are required to:

- Be fully aware of the length and specificity of the test, and be fully prepared to participate in it.
- 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 weather conditions that can be very difficult due to altitude (night, wind, cold, fog, rain or snow) without external help.
 - 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 organisation is not to help participants manage their problems.
 - Be fully aware that in order to carry out such an activity in the mountains, safety depends first and foremost on the ability of each participant to adapt to problems, whether foreseeable or not.
- Inform and raise 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. The *Tenerife Bluetrail by UTMB*® races take place in a single stage, at a free pace, in the time indicated by the time barriers specific to each distance. Semi-autonomy is defined as the ability to be autonomous between two refreshment points, both in terms of food and clothing and safety equipment, while being able to adapt to foreseeable or unforeseeable problems (bad weather, physical problems, injury, etc.).

This principle implies, in particular, the following rules:

1. Each participant must carry all of his or her compulsory equipment with him or her throughout the race. Carry the equipment in a rucksack (or similar), which cannot be changed during the walk. Throughout the race, race stewards may check the backpack (or similar) and its contents. The runner is obliged to submit to these controls with cordiality, under penalty of disqualification.
2. The refreshment points have food and drink available for consumption on site. The organisation only provides water or energy drinks to fill jerry cans or bags with liquids. The runner must ensure that, at the exit of each refreshment point, he/she has enough food and drink to reach the next refreshment point.
For the slower runners, the longest sections without refreshments can last more than 4 hours in the 110k mode.
3. In the 110k and 73k, personal assistance is tolerated exclusively at certain refreshment points (*), in the area specifically reserved for this use and at the discretion of the head of the point. This assistance can only be given by a single person, with no specific equipment other than a bag with a maximum volume of 30 litres. Assistance provided by professional teams or any medical or paramedical professional is strictly prohibited. Only small sore/chafing treatments and massages that can be done with the rider seated in a chair, without having to lie down for this purpose, are allowed.
The remaining areas within the refreshment point are strictly reserved for runners.
No assistance is allowed, at any point of the course, in the 47k and 24k 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 refreshment points. Participants are not allowed to run with a dog, or any other animal, including guide animals.
5. Any participant who agrees to be accompanied beyond the expressly designated areas contravenes the principle of semi-autonomy. The race marshals who witness these irregularities are empowered to penalise participants in order to guarantee the spirit of trail running events.

(*) Personal assistance is authorised in the REFRESHMENTS AREAS at the following points:

- 110k: Vilaflor, Portillo Alto and Tigaiga.
- 73k: Tigaiga.

Assistance is forbidden at the other refreshment points, as well as at any other point along the route.

47k and 24k: no assistance is allowed at any point along the course.

RESPECTING THE ENVIRONMENT

By registering for one of the UTMB® 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, etc.) on the route. Litter bins are available at each refreshment post and must be used at all refreshment points. The race stewards carry out checks along the route.

- All participants must keep their waste and packaging in the containers provided at the refreshment points. The organisers advise runners to bring a bag to carry waste to the next refreshment point. Plastic bags for collecting toilet paper are given with the race bib. They should be used following a "footpath side emergency".
- It is compulsory to follow the trails as marked, without shortcuts. Leaving a path causes damaging erosion of the site.
- No disposable tableware (cutlery, cups, bowls) will be distributed at the refreshment points. This measure is due to the aim of reducing the consumption of plastic by runners and® UTMB volunteers. Therefore, we invite you to bring your own cutlery and plate if you wish to eat hot food at a refreshment point.
- Participants in the ULTRA and TRAIL modality are only allowed to use rubber-tipped poles inside the Teide National Park. The start and end of the Park is clearly signposted.
- Participants in the ULTRA category are forbidden to use walking poles when passing through the Roques de García before the start of the ascent to Teide, this prohibition being indicated by information signs.

POLES USE

- Participants in the 110k and 73k races must carry their poles when collecting their bib numbers. This will ensure they have a rubber tip that won't easily come off, and they must be validated and marked.
- Any participant who chooses to carry poles must carry them throughout the race. It is prohibited to start without poles, and it is prohibited to obtain and use them during the race.
- The use of poles at the start is prohibited.
- Participants in the 110k and 73k races are only permitted to use rubber-tipped poles within Teide National Park. The start and finish of the park are clearly marked with informational signs.
- • Participants in the 110k race are prohibited from using poles while passing through the Roques de García before the start of the Teide climb. This prohibition is posted on informational signs.

MANDATORY MATERIAL AND EQUIPMENT

In the interest of safety and the smooth running of each event, all participants must have a complete list of the compulsory equipment detailed below. All equipment, whether in use or not, must be carried with him throughout the race.

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

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

It is essential to pack 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).

TENERIFE BLUETRAIL 110k and 73k MANDATORY EQUIPMENT

- Closed shoe suitable for trail running. Barefoot running is not allowed.
- A rucksack or similar to carry the obligatory equipment during the race.
- Mobile phone (smartphone is MANDATORY): 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 (include 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 fully charged battery).
 - Keeping the phone switched on, aeroplane mode is prohibited and may be penalised.
 - Livetrail application installed and activated.
 - An external battery is recommended.
- Personal glass of 15cl minimum (jerry cans or containers with stoppers are not accepted).
- Water reserve of 1.5l minimum. At the start of some refreshment points, it will be compulsory to leave with 1.5l of drink, depending on the stretch to be covered or the weather conditions.
- For 110k: 2 front ends in good working order with batteries or spare batteries for both front ends *Recommendation: 200 lumens or more for the main front.*
- For 73k: 1 front panel in good working order with spare batteries or rechargeable batteries. 200 lumens or more for the main front.
- Thermal survival blanket. Minimum dimensions of 1.40m x 2 m / 55 inches x 80 inches.
- Whistle.
- Food supply. *Recommendation: 800kcal (2 gels + 2 energy bars).*
- Jacket with hood to withstand bad weather in the mountains and made with a waterproof membrane minimum 10,000 mm water column and breathable (recommended RET less than 13). It is imperative that the jacket has an integrated hood or a hood attached by a system originally provided 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 rider's responsibility to judge, according to these criteria, whether his jacket is suitable for the rules and therefore for bad weather in the mountains. At checkpoints, the judgement of the control officer or marshal shall prevail.
- Second additional thermal layer: A long-sleeved second layer thermal garment (cotton excluded) weighing at least 180g (men, size M) OR the combination of a long-sleeved thermal undergarment (first or second layer, cotton excluded) of a minimum weight of 110g (men, size M) and a windbreaker* with water-repellent protection resistant (DWR protection) *the windbreaker is not a substitute for the waterproof jacket with hood, and vice versa.
- Waterproof over trousers
- Long-legged running pants or tights
- Cap or bandana or piece of clothing covering the head.
- Warm, waterproof gloves.

All garments must be of the participant's size and unaltered after leaving the factory. Dress properly. All the material will be transported in a backpack or similar that cannot be changed during the route. All equipment will be properly packed to prevent it from getting wet inside the backpack in rainy conditions.

Other recommended material (non-exhaustive list):

- Thermal replacement garments, essential in case of cold or rain or in case of injury.
- Walking sticks in case of rain or snow for safety on slippery terrain.
- Water purification tablets or jerry cans with filter.
- Dishes and eating utensils. No food supplies are provided at the refreshment points.
- Vaseline or anti-scratch cream.
- Sun protection.
- GPS watch.
- Adhesive elastic band to allow bandaging or strapping (min. 100 cm x 6 cm).
- Knife or scissors to cut the elastic adhesive tape.
- Sewing kit, etc.

Any participant who chooses to carry poles must carry them throughout the race. It is forbidden to start without poles and to obtain and use poles during the race. The use of walking 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. Walking sticks will not be accepted in the life bags provided by the organisation.

Music: Listening to music using headphones only is permitted, provided that it is safe to do so. Headphones MUST be removed when crossing any road, as well as when approaching and while at any checkpoint, and when approaching and overtaking any member of the Security Team.

TENERIFE BLUETRAIL 47k, RELAYS AND 20k MANDATORY MATERIAL

- Closed shoe suitable for trail running. Barefoot running is not allowed.
- A rucksack or similar to carry the obligatory equipment during the race.
- Mobile phone (smartphone is MANDATORY): 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 (include 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 fully charged battery).
 - Keeping the phone switched on, aeroplane mode is prohibited and may be penalised.
 - Livetrail application installed and connected.
 - An external battery is recommended.
- Personal glass of 15cl minimum (jerry cans or containers with stoppers are not accepted).
- Water reserve of 1l minimum.
- Survival blanket 1.40m x 2m minimum.
- Whistle.
- Food supply. *Recommendation: 800kcal (2 gels + 2 energy bars).*
- Jacket with hood to withstand bad weather in the mountains and made with a waterproof membrane minimum 10,000 mm water column and breathable (recommended RET less

than 13). It is imperative that the jacket has an integrated hood or a hood attached by a system originally provided 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 rider's responsibility to judge, according to these criteria, whether his jacket is suitable for the rules and therefore for bad weather in the mountains. At checkpoints, the judgement of the control officer or marshal shall prevail.

- Cap or bandana or piece of clothing covering the head.
- For the 20k: 1 front panel in good working order with spare batteries or rechargeable batteries. 200 lumens or more for the main front.

All garments must be of the participant's size and unaltered after leaving the factory. Dress properly. All the material will be transported in a backpack or similar that cannot be changed during the route.

Other recommended material (non-exhaustive list):

- Thermal replacement garments, essential in case of cold or rain or in case of injury.
- Dishes and eating utensils. No food supplies are provided at the refreshment points.
- Water purification tablets or jerry cans with filter.
- Walking sticks in case of rain or snow for safety on slippery terrain.
- Vaseline or anti-scratch cream.
- Sun protection.
- GPS watch.
- Adhesive elastic band to allow bandaging or strapping (min. 100 cm x 6 cm).
- Knife or scissors to cut the elastic adhesive tape.
- Sewing kit, etc.

Any participant who chooses to carry poles must carry them throughout the race. It is forbidden to go out without poles and to obtain poles during the race. The use of walking 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. Walking sticks will not be accepted in the life bags provided by the organisation.

Music: Listening to music using headphones only is permitted, provided that it is safe to do so. Headphones **MUST** be removed when crossing any road, as well as when approaching and while at any checkpoint, and when approaching and overtaking any member of the Security Team.

VERTICAL MANDATORY MATERIAL

- Closed shoe suitable for trail running. Barefoot running is not allowed.
- A rucksack or similar to carry the obligatory equipment during the race.
- Mobile phone (smartphone is **MANDATORY**): 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 (include 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 fully charged battery).

- Keep your phone switched on, airplane mode is prohibited and you may be penalised.
- Livetrail application installed and connected.
- Personal glass of 15cl minimum (jerry cans or containers with stoppers are not accepted).
- Water reserve of 0.5l minimum.
- 1 front panel in good working order with spare batteries or rechargeable batteries.
Recommendation: 200 lumens or more.
- Survival blanket 1.40m x 2m minimum.
- Whistle.
- Jacket with hood to withstand bad weather in the mountains and made with a waterproof membrane minimum 10,000 mm water column and breathable (recommended RET less than 13). It is imperative that the jacket has an integrated hood or a hood attached by a system originally provided 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. The runner is responsible for judging, according to these criteria, whether the jacket is suitable for the rules and therefore for bad weather in the mountains, but in a control, the judgement of the person in charge of the control or the commissaire shall prevail.

All garments must be of the participant's size and unaltered after leaving the factory. Dress properly. All the material will be transported in a backpack or similar that cannot be changed during the route.

Other recommended material (non-exhaustive list):

- Essential thermal clothing in case of cold or rain or in case of injury.
- Walking sticks in case of rain or snow for your safety on slippery terrain.
- GPS watch.

Music: Listening to music using headphones only is permitted, provided that it is safe to do so. Headphones **MUST** be removed when crossing any road, as well as when approaching and while at any checkpoint, and when approaching and overtaking any member of the Security Team.

CHALLENGE, FAMILY RACE, JOELETES AND PEQUE RACES MANDATORY MATERIAL

- Closed shoe suitable for running. Barefoot running is not allowed.
- Mobile phone (smartphone is **MANDATORY**): 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 (include 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 fully charged battery).
 - Keep your phone switched on, airplane mode is prohibited and you may be penalised.

- A rucksack or similar to carry the obligatory equipment during the race.
- In the case of the Jöelettes and Family Race, half a litre of water for each member of the team.

ANTI-DOPING CONTROLS

Any competitor may be subject to doping control before, during or at the end of the event. In case of refusal or failure to do so, the Athlete shall be sanctioned in the same manner as if he or she had been found guilty of doping.

RACE BIBS

The race bibs are issued individually to each runner on presentation of:

- A photo ID or passport.

The bib must be worn on the chest or belly and must be visible permanently and in its entirety throughout the race. It must always be positioned on top of any garment and under no circumstances may it be attached to the backpack (or similar) or a leg. The name and logo of the contributors must not be changed or hidden. The race bib acts as the necessary pass to access the buses, refreshment points, first-aid, rest rooms, showers, bag deposit or recovery areas. The race bib will never be taken away except in the case of refusal to obey the decision of a race official. In case of abandonment, it will be cut off and deactivated.

LIFE BAGS

TENERIFE BLUETRAIL 110k: each participant in the TENERIFE BLUETRAIL 110k category receives an identification label with the race number and 1 30-litre bag. After filling them with those items of clothing and utensils that the runner considers appropriate, they will be deposited in a place close to the start line to be taken by the organisers **to the refreshment point at El Parador**. When the runner arrives at this refreshment point, they will be able to collect the bag. When the runner leaves the refreshment point, the runner must deposit the bag in person in the area indicated for this purpose. The organisation will return the bags to the finish line in Puerto de la Cruz.

Bag retrieval: The bags left at the start and the El Parador life bag will be given to the runners or their relatives on presentation of the race bib. They must be retrieved at the finish line no later than 1 hour after the end of the race. Once this time has elapsed, the runner must go in person to collect the bag at the organisation's offices in the Pabellón Insular de Tenerife Santiago Martín.

The organisation assures the return of the bags of the runners who have abandoned, provided that the abandonment has been registered. The return time of the bag will depend on logistical requirements. The organisation does not guarantee the return of all bags in Puerto de la Cruz before the end of the race.

Only bags provided by the organisation will be transported*. Walking sticks cannot be carried in the bags. The contents of the bags will not be verified, no complaints about the contents will be entertained. We recommend that you do not deposit valuables.

We recommend that you have spare clothes and hygiene products in Puerto de la Cruz.

*For logistical reasons, the UTMB® World series only accept the life bags which have been distributed at the time of the delivery of the race bib. These bags are reusable and runners are asked to use them each time they take part in a UTMB race® World series.

REFRESHMENT POINTS

The organisation guarantees solid and liquid refreshments along the entire route. The refreshment points have drinks and food to be consumed on the spot. The organisation provides water and energy or isotonic drinks to refill the obligatory liquid bags and individual cups. It is the runner's responsibility to have the necessary amount of food and drink to get to the next refreshment point when leaving the refreshment point. **Only participants wearing a visible and properly worn race bib have access to the refreshment points.**

The runner's guide and the website will provide a precise list of the refreshment points and their composition.

CONTROL CHECKPOINTS

Checks are carried out at all refreshment point and at some security points. **There are random checkpoints at places other than security checkpoints or refreshment points.** The organisation does not communicate its location.

BEACON

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

PLEASE NOTE: If you don't see beacons, turn back!

However, we recommend that you keep track of the route on your GPS watch.

Out of respect for the environment, no paint is used on the trails.

SECURITY AND MEDICAL ASSISTANCE

There are various help points 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 a medical team will be present throughout the race.

The aid points are intended to facilitate assistance to any person in distress with the organisation's own or public means.

Each participant experiencing difficulties is responsible for asking for help by:

- Reporting to the aid point.
- Calling the Race Control Centre (CC).
- Asking another participant to ask for help.
- Using the SOS function of the Livetrail application.

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 CC, it is possible to call the emergency services directly (particularly in areas where only emergency calls are possible) via the **telephone number 112**.

Eventualities of all kinds, linked to the environment and the race, may justify a delay in attendance. During the wait, your safety depends on the quality of the products you carry in your backpack. The participant will have their own resources to ensure safety.

Medical professionals and official first aiders, as well as any person designated by the race management, are authorised to:

- **Any participant who is deemed unfit to continue the race shall be removed from further participation.**
- Forcing any participant to wear any of the compulsory equipment.
- Evacuate by any means any participant they judge to be in danger.
- Hospitalise any participant whose state of health makes it necessary.

Any participant treated by a doctor or lifeguard, rescue team or rescued, submits to their authority and agrees to accept their decisions.

If a participant's health warrants intravenous treatment, he/she will be immediately withdrawn from the race.

A nurse's station will be available at the finish line for the duration of the races. Any participant with severe medical problems will be able to attend. Comfort treatments are subject to the discretion of the medical staff, depending on their availability.

All participants must stay on the marked route, even for sleeping.

In case you need to sleep on the route, it is highly advisable to use the "sleep bib" provided by the organisation. This bib allows you to indicate that you feel like getting some sleep without being disturbed.

Any participant who voluntarily departs from the marked route is no longer under the responsibility of the organisation.

MAXIMUM AUTHORISED TIME AND TIME LIMITS

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

- TENERIFE BLUETRAIL 110k: 27 hours
- TENERIFE BLUETRAIL 73k: 16 hours
- TENERIFE BLUETRAIL 47k: 11 hours and 30 minutes.
- TENERIFE BLUETRAIL 47k RELAY: 11 hours and 30 minutes. 5 hours first relay and 6 hours and 30 minutes second relay.
- TENERIFE BLUETRAIL 24k: 5 hours and 30 minutes.

The departure cut-off times (time) 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 time barriers are also communicated by social media, or by e-mail, or by SMS/text message.

These time barriers are calculated to allow the participants to reach the finish line in the maximum time imposed, with occasional stops (lunch, rest, etc.). **In order to be allowed to continue the race, participants must leave the checkpoint before the set time limit** (regardless of the time of arrival at the checkpoint).

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

ABANDONMENT AND RETURN TO THE FINISH LINE

Unless there is an injury, a runner may only abandon at a checkpoint. There you must notify the person in charge of the checkpoint, or notify the Race Control Centre. In this case, the bib will be marked as "drop out".

In case of a decision to abandon between 2 checkpoints, the participant must reach a checkpoint where he/she will indicate his/her abandonment.

Participants must keep their race bib as a safe-conduct for access to official transport, treatment rooms.

The return to finish line works as follows:

- Buses and vehicles are available at the exit of some of the refreshment points marked with a "bus" pictogram on the route maps to return runners who have abandoned the race to the finish.
- Participants who abandon at another aid or refreshment point, but whose state of health does not require evacuation, must reach the nearest evacuation point as soon as possible and by their own means.
- With regard to refreshment and aid points accessible by car or 4x4:

- After the closure of a point, the organisation will, within the means available, return to the finish line those participants who have abandoned and are still present at the point.

In the event of unfavourable weather conditions that justify the partial or total suspension of the race, the organisers will ensure that all participants return to the finish line in the shortest possible time.

REACHING THE FINISH LINE

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

The finisher runners will have access to a final refreshment point in Puerto de la Cruz, with restricted access to the runners, and for one time only.

SHOWERS

A shower service will be available to runners only at the end of the race. They will have to show their race bib to access the showers. During the race, if showers are available, they will only be available under medical prescription.

Access to the rest rooms or showers will only be allowed to runners and without running shoes.

RANKINGS AND PRIZES

For each race, there is a general classification, male and female, and a classification for each category, male and female (*see below for each category*).

In each race, the first 5 men and the first 5 women in the overall ranking receive a trophy. Trophies and prizes are only distributed at the ceremony, therefore, the presence of the winners at the ceremony is mandatory.

The first and the first ranked in each age category will receive a trophy which will be presented at the prize-giving ceremony.

Results are available at live.utmb.world

UTMB® World Series age categories
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+

Prizes are considered income by the State. Athletes domiciled in Spain must include it in their tax return. For all athletes, the Spanish State withholds a percentage (according to the legislation in force at the time) before the organisation pays the prize money. The prizes delivered to those domiciled outside Spanish territory will be subject to the withholdings determined by the corresponding economic legislation.

Clasificación 110k	Premio H/M	100M
1		3.500 €
2		2.500 €
3		1.500 €
4		750 €
5		500 €

Clasificación 73k	Premio H/M	100K
1		3.000 €
2		2.000 €
3		1.000 €
4		500 €
5		250 €

Clasificación 47k	Premio H/M	50K
1		2.500 €
2		1.500 €
3		500 €
		250 €
		100 €

Clasificación 24k	Premio H/M	20K
1		800 €
2		600 €
3		400 €
4		200 €
5		100 €

Clasificación Vertical	Premio H/M
1	300 €
2	250 €
3	200 €

UTMB WORLD SERIES QUALIFICATION

You can find all the information about the fast track to the UTMB® World Series Finals in Chamonix at: <https://utmb.world/es/elite-runners-utmb-world-series-finals>

PENALTIES AND DISQUALIFICATIONS

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

TENERIFE BLUETRAIL 110k AND 73k

FAULTS/RULES	PENALTY (*) DISQUALIFICATION
Shortening the route	At the discretion of the race director
Shortening the route inside the Teide National Park	Disqualification
Lack of mandatory safety equipment (some of these items): not having a water reserve of at least 1.5 litres, waterproof jacket with hood, headlamp, thermal blanket, mobile phone (SMARTPHONE).	Immediate disqualification
Lack of other mandatory safety features. Missing any other of the mandatory items or only 1 race bib in the 100M	1 hour penalty. During this time the runner is invited to get the missing material.
Refusing a compulsory equipment check.	Disqualification
SMARTPHONE switched off or in airplane mode.	15 minute penalty.
Littering or not using the toilets provided by the organisation (voluntary act) by a runner or a member of the runner's entourage	1 hour penalty.
Not respecting people (organisation or other participants). Note: any participant whose companions show insensitivity or refuse to respect the organisation's instructions will be penalised.	Disqualification
Failure to assist a person in difficulty (in need of help).	Disqualification
Escort assistance in non-authorised areas and/or by more than one person	1 hour penalty.
The use of non-rubber-tipped poles is not allowed inside Teide National Park	1 hour penalty
Accompaniment on the route outside the clearly marked tolerance zones in the vicinity of the refreshment points.	15 minute penalty.

Cheating (e.g. use of a means of transport, bib sharing...).	Immediate and lifetime disqualification
No visible bib.	15 minute penalty.
Non-regulation bib.	15 minute penalty. (during which the runner must restore his/her bib in a compliant manner)
Proven dangerous attitude (e.g. batons with unprotected tips pointing towards other participants or spectators).	15 minute penalty.
Absence of chip.	According to the decision of the career committee
Failure to pass through a checkpoint.	According to the decision of the career committee
Refusal to obey an order from the race direction, a race steward, a marshal, a checkpoint leader, a doctor or a lifeguard.	Disqualification
Refusal to submit to an anti-doping control.	The participant shall be sanctioned in the same manner as if doping were proven
Departure from a checkpoint after the cut-off time.	Disqualification
Unmarked backpack.	1 hour penalty.
Use of poles without having carried them from the start of the race.	1 hour penalty.
Disrespect to others (organisation, volunteers or runners, including any kind of abuse, intrusion, theft or disregard for the rules). NB: a participant whose assistants are rude and/or refuse to respect the instructions of the organisation will be penalised.	Disqualification
Intentional departure from a checkpoint after the time limit	Disqualification and ban from participating in the UTMB World Series for 2 years.
Unauthorized change of starting wave departing earlier than assigned one (NB : no penalty will be applied for a wave departing later than the assigned one)	2 hours penalty

(*) Time penalties are applicable immediately on the spot, i.e. the participant must stop the race for the duration of the penalty. If the infringement of the rules is found after the race, the management may add penalty time to the final race time of the particular participant. Any other infringement of the rules shall be subject to a penalty decided by the Race Management. *In case of disqualification the participant is NOT entitled to a refund of the entry fee.*

TENERIFE BLUETRAIL 47k AND 24k

FAULTS/RULES	PENALTY (*) DISQUALIFICATION	-
Shortening the route.	At the discretion of the career committee	

Lack of mandatory safety equipment (any of these items): no water reserve of at least 1 litre, waterproof jacket with hood, survival blanket, SMARTPHONE.	Immediate disqualification
Lack of other mandatory safety features.	Penalty of 30 minutes. During this time, runners will be invited to obtain such material.
Refusing a compulsory equipment check.	Disqualification
SMARTPHONE switched off or in airplane mode.	10 minute penalty.
Littering or not using the toilets provided by the organisation (voluntary act) by a runner or a member of the runner's entourage.	30 minute penalty.
Not respecting people (organisation or other participants). Note: any participant whose companions show insensitivity or refuse to respect the organisation's instructions will be penalised.	Disqualification
Failure to assist a person in difficulty (in need of help).	Disqualification
Attendance outside authorised areas and/or by more than one person	30 minute penalty.
Accompaniment on the route outside the clearly marked tolerance zones in the vicinity of the refreshment points.	10 minute penalty.
Cheating (e.g. use of a means of transport, bib sharing...).	Immediate and lifetime disqualification
No visible bib.	10 minute penalty.
Non-regulation bib.	10 minute penalty (during which the runner must restore his/her bib in a compliant manner)
Proven dangerous attitude (e.g. batons with unprotected tips pointing towards other participants or spectators).	10 minute penalty.
Absence of chip.	According to the decision of the career committee
Failure to pass through a checkpoint.	According to the decision of the career committee
Refusal to obey an order from the race direction, a race steward, a marshal, a checkpoint leader, a doctor or a lifeguard.	Disqualification
Refusal to submit to a anti-doping control.	The participant shall be sanctioned in the same manner as if doping were proven
Departure from a checkpoint after the cut-off time.	Disqualification
Unmarked backpack.	30 minute penalty.
Use of poles without having carried them from the start of the race.	30 minute penalty.
Disrespect to others (organisation, volunteers or runners, including any kind of abuse, intrusion, theft or disregard for the rules). NB: a participant whose assistants are rude and/or refuse to respect the instructions of the organisation will be penalised.	Disqualification

Intentional departure from a checkpoint after the time limit	Disqualification and ban from participating in the UTMB World Series for 2 years.
Unauthorized change of starting wave departing earlier than assigned one (NB : no penalty will be applied for a wave departing later than the assigned one)	2 hours penalty

() Time penalties are applicable immediately on the spot, i.e. the participant must stop the race for the duration of the penalty. If the infringement of the rules is found after the race, the management may add penalty time to the final race time of the particular participant. Any other infringement of the rules shall be subject to a penalty decided by the Race Management. In case of disqualification the participant is NOT entitled to a refund of the entry fee.*

IMAGE RIGHTS

All participants expressly waive the right to assert their image rights during the event, and waive any recourse against the organiser and its partners for the use made of their image. Only the organisation can transfer this right to the image to any media, via an accreditation or an adapted licence. Ultra-Trail®, Ultra-Trail du Mont-Blanc®, UTMB® are legally registered trademarks. Any communication about the event or use of images of the event must be made respecting the name of the event, trademarks, and with the official agreement of the organisation.

Tenerife Bluetrail by UTMB® will work with a photography company, which will use 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 data protection laws required under 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 data processing is the above-mentioned legitimate interest, in accordance with Art. 6 Para. 1 lit. f GDPR. The participant has the right to object to this processing.

The company winning the photo service is obliged to publish on its official website how it treats personal data and about your right to object in its privacy policy. This information will be duly communicated to all participants.

INDIVIDUAL SPONSORS

Sponsored runners may only display their sponsor's logos on their clothing and equipment used during the race. Any other advertising accessory (flag, banner, etc.) is forbidden at any point of the course including the finish line under penalty of penalty at the discretion of the race direction.

POLITICAL EXPRESSION

In accordance with our ethical charter, any ostentatious display of political images or messages during the event is prohibited.

COMPLAINTS

Any complaints concerning the rankings must be submitted to the organisation, to a representative of the organisation, as soon as possible after the runner's arrival and confirmed by email within 2 days after the end of the race. Any other complaint must be submitted to the organisation by e-mail within 10 days after the end of the race. Any complaints or disagreements related to registration, or in relation to the sporting management of the race and its rules (e.g. if a runner drops out of the race), are not valid arguments 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 points 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 layouts, even shortening their distance.
- Change the time of departure, even by hours.
- Modify time limits, including lowering them.
- Change the departure date.
- Cancel the race (partially or totally).
- Neutralize the race.
- Stop the race in progress and terminate it definitively.
- Establish exceptional health measures, including wave exits.

Even a few days in advance of the race. The participant cannot claim any compensation for this circumstance.

CONDITIONS OF REGISTRATION APPENDIX

There is an appendix to these regulations which regulates the conditions of registration for the event.

DATA PROTECTION APPENDIX

An appendix to this regulation provides information on the data protection policy.

The original version of these regulations is written in Spanish. In the event of any inconsistency or discrepancy between the Spanish version and any of the other language versions of this Regulation, the Spanish version shall prevail.

Santa Cruz de Tenerife, june 2025.

The logo for the UTMB World Series is positioned in the bottom center of the page. It features the text "UTMB" in a large, bold, white sans-serif font. A registered trademark symbol (®) is located to the upper right of the "B". Below "UTMB", the words "WORLD SERIES" are written in a smaller, white sans-serif font. The text is contained within a white rectangular box that has a slight 3D effect, with a darker blue shadow on its right side. The background of the entire page is a dark navy blue, with several diagonal stripes in a lighter blue shade running from the bottom left towards the top right.

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WORLD SERIES