



REGULATIONS

2026

MEET YOUR
EXTRAORDINARY





SET OF RULES HOKA VAL D'ARAN BY UTMB®

2026 EDITION – from 1st to 5th july 2026

ORGANIZATION

HOKA Val d'Aran by UTMB® is an event organized by UTMB® Iberia S.L.U. UTMB®. The mere act of acquiring a participation right implies acknowledgment of these regulations and their legal conditions and therefore constitutes the participant's express and unconditional acceptance. At the time of registration, through our registration platform, the participants affirm their knowledge of these sporting rules through electronic verification.

This contractual document sets out the sporting rules governing the organization of the various races that form part of the event.

There is a separate document containing the legal and financial conditions related to the registration and participation process for runners in the HOKA Val d'Aran by UTMB® races, which can be found on the website.

HOKA Val d'Aran by UTMB® is a sporting event comprising different independent competitive races taking place in the mountains of the Val d'Aran:

Race	UTMB category
VDA (Torn dera Val d'Aran)	100M
CDH (Camins d'hèr)	100K
TDL (Termières dera libertat)	100K
PDA (Peades d'aigua)	50K
EXP (Experiència d'Aran)	50K
SKY Baqueira Beret	20K
SKY PROMESAS	20K
VIELHA 10K	n/c
SANGLIERS	n/c
KIDS	n/c

ACCEPTING THE RULES AND ETHICS OF THE RACE

Participation in the HOKA Val d'Aran by 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

HOKA Val d'Aran by UTMB® is an event that offers various races set in the heart of nature, largely using the long-distance trails of the Val d'Aran. Each race takes place in a single stage, at the participant's own pace, within a set 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.

- **TDL** - Termières dera Libertat:

Approximately 75 km with around 5,100 meters of positive elevation gain, starting from Bossost, in semi-self-sufficiency, with a maximum time of 20 hours.

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 18 km with about 900 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.

10K CATEGORY

- **VIELHA 10K:**

Approximately 10 km with around 600 meters of positive elevation gain, a circular race through the Tuca Forest with start and finish in Vielha, in semi-self-sufficiency, with a maximum time of 2:30 hours.

RUNNER'S COMMITMENT

To participate in the HOKA 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 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.
 - Those 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 principle of individual racing in **semi-autonomy** is the rule. The HOKA Val d'Aran by UTMB® races take place in a single stage, at free pace, within the time limits established by the specific cut-off times for each distance.

Semi-autonomy is defined as the ability to be self-sufficient between two aid stations, both in terms of food and drink supply, as well as clothing and safety equipment, with the capacity to adapt to foreseeable or unforeseen circumstances (such as adverse weather, physical problems, injury, etc.).

This principle 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 drinks 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 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 TDL, PDA, EXP, SKY and VIELHA10k.
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, Salardú, Arties

CDH: Salardú, Arties

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

TDL, PDA, EXP, SKY and VIELHA 10K: no assistance is allowed at any point throughout the race.

RESPECT THE ENVIRONMENT

By registering for one of the HOKA Val d'Aran by UTMB® races, participants commit to respecting the environment and the natural areas crossed. 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). And disqualification for any participants who refuse to pass a checkpoint, even if it is repeated.

It is important to note that the equipment required by the organization represents a **minimum essential that each runner must adapt according to their own abilities**. In particular, **it is better not to choose the lightest possible clothing just to save a few grams, but rather to opt for garments that provide genuine protection in the mountains against cold, wind, and snow, thereby ensuring 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, CDH AND TDL MANDATORY EQUIPMENT CHECKLIST

At the bib collection area, a voluntary mandatory equipment check point will be set up, where participants can verify whether their equipment meets the established requirements.

- Closed shoes suitable for trail running. Barefoot running is not allowed.
- 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 bag or emergency bivvy bag. This must have minimum dimensions of 2.0m x 0.9m. It is recommended that this is a thermal bag which retains body heat. A survival blanket or foil blanket is not acceptable.
- 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 runner's responsibility to judge, according to these criteria, whether their jacket complies with the regulations and is suitable for bad weather in the mountains. At the checkpoints, the on-site assessment of the checkpoint official or race marshal will take precedence.

- A long-sleeve thermal layer (cotton excluded) with a minimum weight of 180 g (in the runner's size)
- Long-legged trousers or race leggings OR a combination of leggings and socks which cover the legs completely.
- Waterproof trouser cover.
- Cap or bandana or Buff®.
- Warm and water-proof gloves.

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

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

- Closed shoes suitable for trail running. Barefoot running is not allowed.
- 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 runner's responsibility to judge, according to these criteria, whether their jacket complies with the regulations and is suitable for bad weather in the mountains. At the checkpoints, the on-site assessment of the checkpoint official or race marshal will take precedence.
- A long-sleeve thermal layer (cotton excluded) with a minimum weight of 180 g (in the runner's size)
- Long-legged trousers or race leggings OR a combination of leggings and socks which cover the legs completely.
- Waterproof trouser cover.
- Cap or bandana or Buff®.
- Warm and water-proof gloves.

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

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 whist at, any checkpoints and when approaching and passing any Safety Team members.

EXP AND SKY MANDATORY EQUIPMENT CHECKLIST

- Closed shoes suitable for trail running. Barefoot running is not allowed.
- 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 runner's responsibility to judge, according to these criteria, whether their jacket complies with the regulations and is suitable for bad weather in the mountains. At the checkpoints, the on-site assessment of the checkpoint official or race marshal will take precedence.

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

VIELHA 10K MANDATORY EQUIPMENT CHECKLIST

- Closed shoes suitable for trail running. Barefoot running is not allowed.
- 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).
- 1 headlamp in good working condition.
- Survival blanket, minimum 1.40 m x 2 m.
- Jacket with a hood suitable for bad weather in the mountains, made with a waterproof membrane of at least 10,000 mm water column and breathable (recommended RET below 13).

DOPING CONTROLS

As a leading global sports circuit, UTMB World Series is committed to supporting clean and fair sport, especially during a period of significant growth in the sport. The use of performance-enhancing substances or methods is fundamentally wrong and undermines the spirit of sport. The misuse of drugs can be harmful to the health of an athlete as well as to other competitors. It seriously damages the integrity, image, and value of sport, regardless of whether the motivation for drug use is performance enhancement.

To ensure integrity and fairness in sport, a commitment to fair play is essential. UTMB World Series aims to uphold the integrity of trail running through the implementation of a comprehensive anti-doping program, focusing equally on education/prevention and testing, with appropriate sanctions for those who violate the rules.

UTMB® World Series has delegated the management of its activities to the International Testing Agency (ITA) to ensure fair and transparent competition.

All participants, whether professional or amateur, may be subject to an anti-doping test before, during, or after the race, regardless of their final position in the standings. In case of refusal or failure to comply, the athlete will be sanctioned in the same way as if they had been found guilty of doping. More information is available on the website: <https://utmb.world/en/Anti-doping>

RACE-BIBS

Race bibs and personal wristbands are issued individually 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 and wristband are 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 Salardú, 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 bags. 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 Salardú 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.

TDL and 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. There are no intermediate drop bags along the course.

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

The organization provides solid and liquid aid stations throughout the course. These aid stations have been set up at strategic points along the route, taking into account both the safety of the runners and the logistical and access possibilities, especially in high

mountain areas. The aid stations offer food and drinks for consumption on-site. The organization supplies water and energy or isotonic drinks for refilling the mandatory liquid bags and individual cups. It is the runner's responsibility to ensure that, upon leaving an aid station, they have sufficient food and drink to reach the next aid station.

Only participants wearing a visible race bib and personal wristband 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

Aid stations also serve as checkpoints for passage and safety. **Additionally, there are random checkpoints located away from the safety stations or aid stations**, which may be either passage or safety controls. The organization does not disclose their locations.

WAY-MARKING

The race courses will be marked with recyclable and reusable signage featuring the event or UTMB WS logo. These markers are placed at regular intervals. The courses follow existing paths, and there may be GR trail markings that are not necessarily part of the race routes.

WARNING: if you can't see any way marker, turn back!

For better visibility at night, the markers are equipped with a reflective section that reflects headlamp light.

However, we recommend carrying the course track on your GPS watch. These tracks can be downloaded from the event website a few days before the race.

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 help:

- By reporting to a checkpoint or to the medical tent located in the village.
- By calling the race Control Center (CC).
- By asking another participant to request help.
- By using the SOS function in the Livetrail app.

All participants must assist any person in difficulty, activate the medical assistance protocol, and remain with the runner in distress until authorized race personnel arrive. Failure to cooperate may result in penalties or disqualification, in accordance with the penalty section of these regulations.

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 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.

Official medical professionals, referees, aid station chiefs, as well as any person designated by the race management are authorized to:

- **Exclude from the race any participant who is deemed to be unable to continue the event.**
- **Require any participant to use any item of mandatory equipment at any point along the course.**
- **Evacuate by any means any participant they consider to be in danger.**
- **Hospitalize any participant whose health condition makes it necessary.**

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
- TDL : 20 hours
- PDA: 14 hours
- EXP : 7 hours 15 minutes
- SKY : 4 hours
- VIELHA 10K : 3 hours 30 minutes

All maximum times and cutoff times, for all distances, have been calculated and established taking into account the start time of the last wave. Therefore, times are not extended based on the wave in which a participant starts.

HOKA Val d'Aran by UTMB is a competitive sporting event, and therefore has time limits to maintain the competitive level, as well as to ensure the safety of the runners.

The cutoff times for the main checkpoints will be defined and communicated in the runner's guide and on the website. In case of changes (due to exceptional conditions), the new cutoff times will also be communicated via social media, email, or SMS/text message.

These cutoff times are calculated to allow participants to reach the finish line within the maximum allotted time, including possible stops (for food, rest, etc.). **To be allowed to continue the race, participants must leave the checkpoint before the established cutoff time** (regardless of their arrival time at the checkpoint).

All runners who withdraw, are stopped by the organization, or exceed the official cutoff times are not permitted to continue the race. Their race bib will be cut, and they will be transported back to the event area by the organization's transport. All runners are encouraged to use the transport provided by the organization to return to the finish line area.

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 LINE

A finisher medal will be awarded to those who complete the distance within the established time for all distances. For the VDA, CDH, and TDL distances, a finisher garment will also be given.

Finisher runners will have access to a final aid station located in Vielha, with access restricted 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 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.

In the VDA, at the Bossòst, Salardú 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 an overall ranking - men and women - and an age 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.

Awards and trophies are only distributed at the prize giving ceremony. It's mandatory to be present in order to receive them.

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 shall award cash prizes to the top five overall performances in both the men's and women's absolute categories in the VDA, CDH, and PDA.

Such prizes are considered taxable income by the Spanish State. Athletes domiciled in Spain are required to declare them in their personal income tax return. For all athletes, the Spanish State shall apply a withholding tax (at the percentage in force under the applicable legislation at the time) prior to the payment of the prize by the organization.

Cash prizes shall not be disbursed until the classifications are deemed final, that is, once the organization has received the results of the anti-doping controls.

Ranking	Prize
	H/F
1	5.000€
2	3.000€
3	2.000€
4	1.250€
3	1.000€

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

HOKA Val d'Aran by UTMB® has race referees positioned throughout all courses. They are properly identified.

A Race Jury will be formed before the start of the races, consisting of the Race Director, the Technical Director, and the referees. An amateur runner, selected by lottery, will also be part of the jury.

The Race Director, course marshals on the route, and the heads of the various checkpoints and aid stations are authorized to enforce the regulations and immediately apply a penalty (*) if necessary, according to the following table:

VDA, CDH and TDL

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	Disqualification

of 1,5 liter, no waterproof jacket with hood, no torch, no bivouac bag, no SMARTPHONE.	
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).	A penalty of 1 hour or immediate disqualification, at the discretion of the race management.
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
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

(*) 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, SKY and VIELHA 10K

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.	A penalty of 30 minutes or immediate disqualification, at the discretion of the race management.
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	Disqualification

refuse to respect the organization's instructions will be penalized.	
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
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	2 hours penalty

applied for a wave departing later than the assigned one)	
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() 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.*

In the case of multiple infractions, the penalties listed in the previous table are cumulative. Each infraction will be recorded in the runner's participation file and communicated to the Race Jury. Affected runners may submit a claim within 24 hours after completing their participation. Such claims must be sent by email to: valdaran.service@utmb.world

In these cases, the Race Jury will review the penalty or disqualification in the presence of the runner who is a member of the jury and will issue a verdict, either upholding or revoking the sanction as appropriate.

Any claims related to the results must be submitted to the organization as soon as possible after the runner's finish and confirmed by email within 2 days following the end of the event.

Any other claims must be sent to the organization by email within a maximum of 10 days after the end of the event.

Complaints or disagreements related to registration, the sporting management of the race, or its rules (for example, a runner's withdrawal during the race) will not be considered valid claims.

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.

HOKA 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 finish line. Breaking this rule might give rise to a penalty decided by the race directors.

POLITICAL EXPRESSION

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

EXCEPTIONAL CONDITIONS

If circumstances require, the organization reserves the right to modify at any time (including during the race) the course, start times, cutoff times, the location of aid stations and assistance points, and any other aspect related to the proper conduct of the races.

In case of force majeure, unfavorable 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 organization reserves the right to:

- Modify the routes, even shortening their distance.
- Modify the starting time, even in hours. Set up Start Waves.

- 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, september 2025.

The logo for the UTMB World Series is positioned in the lower center of the image. It features the text "UTMB" in a large, bold, white sans-serif font. Below it, the words "WORLD SERIES" are written in a smaller, white sans-serif font, enclosed within a white rectangular box. The background of the entire image is a dark navy blue, with a series of diagonal stripes in varying shades of blue and teal running from the bottom left towards the top right, creating a sense of motion and depth.

UTMB[®]
WORLD SERIES