



## **RUNNERS COMMITMENT**

To participate in a UTMB event, in particular it is essential:

To be completely aware of the length and difficulty of the event and to be adequately prepared for it.

To have acquired, before to the race, a real understanding of personal autonomy in the mountains/terrain allowing for the management of potential problems encountered during this type of event, notably:

- Ability to confront, without outside assistance, changing climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow).
- Ability to manage, including when one is isolated, physical or mental problems arising from a heavy fatigue, digestive problems, muscle or articular/joint pains, small wounds, etc...
- Aware that the organization's role is not to help a runner manage these problems.
- Aware that for such an activity in the mountains, safety depends upon the runner's ability to adapt to the problems encountered or foreseen.
- To inform and educate the runner's supporters towards the respect of nature, people, and the regulations of the race.

## **SEMI-AUTONOMY / SELF-SUFFICIENCY**

Participants are expected to demonstrate the principles of semi-autonomy/self-sufficiency. They should be prepared to carry their own fluids, food, and gear (including inclement weather gear) between aid stations.

Participants should also be prepared, within the course safety guidelines, to handle adverse or changing conditions. This self-sufficiency 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 drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each aid station, the appropriate quantity of drink and food to keep them going until the following aid station.
3. For races of the 100M and 100K category, a personal assistant is allowed at certain aid stations (\*), in the area specifically reserved for this use and at under the oversight of the team leader. For the 50K category, this assistance is only allowed at certain events. This information is available on the race pages of each event's website. 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 does have to lie. The rest of the aid station is strictly reserved for the runners.
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. A participant who accepts being accompanied outside of the designated zones violates the principle of self-sufficiency. The assistance zone begins 500m before and ends 500m after the aid station, and there is only one assistant allowed per runner. The race stewards/marshals or team leaders, witnessing this violation, are authorized to penalize the participant in order to enforce the rules. Runners are not allowed to participate with a dog or any other animal, including service animals.

[The list of places where assistance is tolerated is available on the website race pages.](#)

## **EQUIPMENT**

In order to ensure their safety, each participant must carry with them all the items listed in the mandatory equipment checklist and must carry all the equipment with them during the duration of the race even if the runner is not using it.

Organized and/or random equipment checks will be carried out during the race. A penalty up to and including disqualification will be applied to runners who do not have all the mandatory equipment with them.

Please note: the items included in the mandatory equipment checklist are the basic pieces of equipment each runner must carry with them. It is important not to choose the lightest possible clothing. Instead runners should pack clothing that provides adequate protection in the mountains/course terrain against bad weather conditions, including cold, wind, heavy precipitation and snow and will be a better protection and allow better performances.

It is important to pack all this equipment in a way that preserves it from rain/snow and keeps it dry when it needs to be used (for example, using waterproof plastic bags).

List of mandatory equipment is available on the website race pages.

## **RACE-BIBS**

Race-bibs are handed over to each runner upon presentation of a valid ID with photo.

The race-bib must be worn on the front of torso at all times and must remain completely visible during the entire race. It must always be placed on top of all clothing and must not be positioned on a leg or on the pack. The runner's name and partner's logos must not be altered or hidden. The bib is the pass to access the organization transportation, aid stations, medical points, rest rooms, showers, bag drop-off or pick-up areas. The bib is only withdrawn if the runner refuses to comply with the race director's instruction. If the runner withdraws from the race, the race bib will be cut.

## **RESPECT FOR THE ENVIRONMENT**

When registering for one of the UTMB® events, participants agree to respect the environment and the natural areas they pass through. In particular:

- Littering is strictly forbidden (gel tubes, paper, organic detritus, plastic wrappers,...). Trash/rubbish bins are available at each aid-station and they must be used. The race stewards will be checking all along the race route.
- All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station. Runners should carry a bag or pouch to carry their waste to 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 plastic waste by runners, as well as by the volunteers of the UTMB®. We invite you to bring your own utensils if you wish to eat hot meals at the aid stations.

## **AID STATIONS**

Along the race route, there are points where runners are provided food and drinks. Aid stations supply drinks and food for consuming within the aid stations. The organization supplies still water and electrolyte/sports drink for filling the mandatory water bottles/hydration packs and personal collapsible cups. The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and drinks to keep them going until the next aid station.

To enter the aid stations, runners must wear their race-bib.

The race guide and the relevant pages on our website provide full list of aid stations and what kind of food/drinks runners may find there.

## **CHECK POINTS**

Runners are checked upon arrival at an aid station and at some security points along the course. Unexpected check points are set up along the route. Their location will not be publicized.

## **WAY-MARKING**

Way markers are made of a reflective material that catches the light from the runner's headlamp, so that they are easily visible at night.

## **WARNING: if you can't see any way markers, turn back!**

Because we respect the environment, we do not use any paint on the trails.

## **SAFETY AND MEDICAL ASSISTANCE**

There are several medical stations along the route. These stations are directly linked to the command center. There is medical staff at the command center or on the course during the events. Medical stations are intended to assist any runner in need of medical assistance. It is up to a runner in need of assistance or injured to call for help:

By going to a medical station

By calling the command center (phone number should be saved in mobile/cellphone)

By asking another runner to call for help

By using the SOS function on the LiveTrail app (if applicable)

Runners must provide assistance to any person in danger and alert the command center.

If a runner is unable to call the command center, and only if it is an absolute emergency, runners may call directly one of the national security services (especially if you are crossing an area where only emergency calls are possible): local emergency number will be specify on the race guide.

A number of unexpected events, including inclement weather events, could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.

All medical, paramedical, first aid and guide staff, as well as any person appointed by the race direction are able to:

Remove any participant who is deemed unable to continue the event.

Demand any competitor to use any item of the mandatory equipment.

Evacuate any runners deemed to be in danger.

Refer runners to the most appropriate care facility.

A runner who is treated by a doctor or reached by the search and rescue staff will defer to the professional's authority and agrees to accept their decisions. If a runner's state of health justifies treatment via intravenous drip, the runner shall compulsorily withdraw from the race.

There is a medical center at the finish area available for runners with severe medical problems. Comfort care is based on the decision of the medical staff within the limits of care available. Runners must stay on the marked path, even when they sleep.

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**

You may find the time limit (cut-off times) for leaving the main aid stations on the event web site and in the Runner's Guide. In case of any changes, the new cut-off times will be announced via SMS/text message.

When start is organized in several waves, the maximum authorized time and time barriers are calculated taking into account the departure time of the runners from the LAST wave.

Cut-off times are calculated to allow participants to reach the finish within the time limit. In order to be authorized to continue a race, all participants must leave the check point/aid station before the cut-off time (whatever their time of arrival at the check point).

All runners who drop out, are stopped by the organization, or are behind official time barriers are not allowed to continue the race. Their bib will be cut and they will be transported back to the event area by the organization transportation.

Time limit and cut off times are specified on the website race pages.

### **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 (if applicable) and inform the command center.

If a runner wishes to withdraw while on the route between two 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 organization transport, meals, treatment rooms, ...

Repatriation works as follows:

Vehicles are available at some aid stations to take runners who drop out back to finish line.

Runners who drop out 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.

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 the event of bad weather conditions justifying the partial or total stop of the race, the organization will make sure that all runners are transported as soon as possible.

### **REST**

During the race, runners will have some rest areas in some aid stations, with camp beds and blankets. Runners having finished their race and wishing to prolong their stay, must have their own accommodation.

## POST RACE SERVICES

All the post race services are listed on the website race pages.

## 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).

**UTMB® World Series Events** The first five men and the first five women in the general ranking, as well as the first runner man and woman in each category receive a trophy.

**UTMB® World Series Finals** The first ten men and the first ten women in the general ranking, as well as the first runner man and woman in each category 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 for all participants are available at [www.utmbworld.com](http://www.utmbworld.com).

### 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+

## TIME PENALTIES AND DISQUALIFICATION

If a runner breaks the rules, race directors, Marshalls and aid stations'/security points' team leaders can instantly apply (\*) a penalty according to the following chart:

### 100K and 100M races

| BREACH OF REGULATION  | PENALTIES (*) – DISQUALIFICATION  |
|---|---|
| Short-cutting the route   | At the race director's discretion   |
| Missing safety item(s) of the mandatory equipment checklist (no minimum water supply, no waterproof jacket with hood, no torch, no survival blanket, no smartphone) | Disqualification  |
| Absence of other mandatory equipment items (only 1 torch lamp + list on the event website)  | 1 hour penalty during which the runner is encouraged to get the missing equipment |
| Refusal to have mandatory equipment checked   | Disqualification  |

| <b>BREACH OF REGULATION</b>   | <b>PENALTIES (*) – DISQUALIFICATION</b>  |
|---|--|
| Smartphone turned off or in airplane mode   | 15 minute penalty  |
| Discarding of rubbish/trash or non use of the organisation toilets (voluntary act) by a competitor or a member of their entourage   | 1 hour penalty   |
| Lack of respect for others (organization, volunteers or runners, including any type of abuse, trespassing, stealing or disregard for rules). NB: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized | Disqualification   |
| Not assisting a person in need (in need of care)  | Disqualification   |
| Assistance outside of authorized zones  | 1 hour penalty   |
| Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station  | 15 minute penalty  |
| Cheating (e.g., 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 minute penalty during which time the runner places their race-bib in a manner which conforms to the rules |
| Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators)   | 15 minutes penalty   |
| No timing 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/marshals, 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                            |
| Intentional departure from a check point after the time barrier   | Disqualification and 2-year ban from UTMB World Series   |
| Use of poles not carried from the beginning of the race   | 1 hour penalty   |
| 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  |
| Abuse to other runners (physical or verbal)   | Disqualification   |

## 20K and 50K races

| <b>BREACH OF REGULATION</b>   | <b>PENALTIES (*) – DISQUALIFICATION</b>  |
|---|--|
| Short-cutting the route   | At the race director's discretion  |
| Missing safety item(s) of the mandatory equipment checklist: no minimum water supply, no waterproof jacket with hood (if required), no torch (if required), no survival blanket (if required), no smartphone  | Immediate disqualification   |
| Absence of other mandatory equipment items (race leggings or long trousers, only one torch light, cap or bandana, hat, warm and waterproof gloves, long-sleeved top, waterproof over-trousers, whistle, self-adhesive elasticated bandage, food reserve, collapsible cup) | 30 minute penalty during which the runner is encouraged to get the missing equipment |
| Refusal to have mandatory equipment checked   | Disqualification   |
| Smartphone turned off or in airplane mode   | 15 minute penalty  |

| <b>BREACH OF REGULATION</b>   | <b>PENALTIES (*) – DISQUALIFICATION</b>  |
|---|--|
| Discarding of rubbish/trash or non use of the organisation toilets (voluntary act) by a competitor or a member of their entourage   | 30 minute penalty  |
| Lack of respect for others (organization, volunteers or runners, including any type of abuse, trespassing, stealing or disregard for rules). NB: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized | Disqualification   |
| Not assisting a person in need (in need of care)  | Disqualification   |
| Assistance outside of authorized zones  | 30 minute penalty  |
| Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of an aid station  | 10 minute penalty  |
| Cheating (e.g.: use of a means of transport, sharing a race-bib, ...)   | Immediate disqualification for life  |
| Lack of visible race-bib  | 10 minute penalty  |
| Wearing a non-conforming race-bib   | 10 minute penalty during which time the runner places their race-bib in a manner which conforms to the rules |
| Dangerous behavior (e.g.: poles with unprotected points orientated towards runners or spectators)   | 10 minute penalty  |
| No timing 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                            |
| Intentional departure from a check point after the time barrier   | Disqualification and 2-year ban from UTMB World Series   |
| Use of poles not carried from the beginning of the race   | 30 minute penalty  |
| 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  |
| Abuse to other runners (physical or verbal)   | Disqualification   |

(\*) The time penalties are immediately applicable on the spot, meaning the runner must “stand down” for the duration of the penalty time. The runner’s time will not be stopped while the penalty is being served . If a breach of regulation is discovered after the race, the Race Director can also decide to apply a penalty on the finish time of the runner. Any other breach of the rules will be subject to a penalty decided by the Race Directors. In case of a disqualification, the runner is not entitled to get refunded of the entry fee.

## **ANTI DOPING POLICY**

By registering to UTMB's events, all athletes agree to be bound by the UTMB's Anti-Doping Rules and acknowledge the jurisdiction of UTMB in enforcing these rules. Athletes understand that adherence to the UTMB Anti-Doping Rules is essential to maintaining the integrity, fairness, and spirit of competition in the sport of trail running.

Athletes further acknowledge and agree to:

(a) be bound by and comply with all of the provisions of the UTMB Anti-Doping Rules (as amended from time to time), the World Anti-Doping Code and the International Standards issued by the World Anti-Doping Agency (WADA);

(b) be subject to the authority of UTMB to enforce, to manage results under, and to impose sanctions in accordance with, the UTMB Anti-Doping Rules;

(c) be subject to in-competition and out-of-competition doping control testing if selected by UTMB or relevant anti-doping authorities;

(d) provide accurate and up-to-date whereabouts information and make themselves available for testing if so required;

(e) refrain from using banned substances or engaging in prohibited methods as outlined in the UTMB Anti-Doping Rules and the WADA Prohibited List;

(f) be personally responsible for understanding what constitutes a violation of the Anti-Doping Rules. Athlete also commit to monitor and ensure their own compliance with the UTMB Anti-Doping Rules, noting that certain medications, supplements, common beverages, and other legally available products may contain prohibited substances;

(g) consent to the collection, analysis and storage of urine, blood or other samples for anti-doping purposes, and acknowledge that the results thereof may be disclosed to relevant parties and the public in accordance with the UTMB Anti-Doping Rules;

(h) cooperate fully with UTMB and anti-doping authorities in any investigations or proceedings related to anti-doping rule violations;

(i) acknowledge the processing of their personal data by UTMB and its delegated third parties (including the International Testing Agency) in accordance with UTMB privacy notice;

(j) be subject to the jurisdiction of the UTMB Anti-Doping Rules, agreeing that any dispute arising out of a decision made pursuant to the UTMB Anti-Doping Rules, after exhaustion of the process expressly provided for in the UTMB Anti-Doping Rules, may be appealed exclusively as provided in Article 13 of the UTMB Anti-Doping Rules to an appellate body for final and binding arbitration;

(k) accept the consequences and sanctions imposed by UTMB or relevant anti-doping authorities in the event of an anti-doping rule violation, including disqualification from UTMB events and potential suspension from future participation;

(l) refrain from participating in any capacity in any UTMB Event during a period of Ineligibility or Provisional Suspension.

By completing the registration process, athletes confirm their understanding and agreement to be bound by the UTMB Anti-Doping Rules.

## **COMPLAINTS / PROTESTS**

Any complaint regarding the rankings must be submitted to the organization to an organization representative as soon as possible after the runner's arrival and confirmed by email within 2 days after the end of the event. Any other complaint must be submitted to the organization by email within 10 days after the end of the event.

## **EXCEPTIONAL CONDITIONS**

If necessary, the organization reserves the right to modify at any time the routes, starting times, cut-off times, the position of aid stations and medical stations, and any other aspect related to the smooth running of the events.

In case of force majeure, bad weather conditions or any other circumstance endangering the participants' safety, the organization reserves the right to:

Postpone the start of the race

Modify the cut-off times

Change the start date

Adapt the race's course

Cancel the race

Stop temporarily the race

Stop the race in progress

In the event of a course modification, the organization may make any necessary adjustments to the sporting system. In particular, the race category, the number of Running Stones awarded, and the performance score may be adjusted to accurately reflect the characteristics of the event actually completed by the participants.

### **RIGHTS FOR IMAGE**

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®, CCC®, TDS® and PTL® 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.

### **INDIVIDUAL SPONSORS**

Runners who are sponsored or otherwise using the branding of third-parties for promotional purposes, shall only use such third-party branding on their clothing and equipment during the competition. All other items, including but not limited to flags, banners or posters, are not allowed to be used, carried or worn along the race route, including at the finish line. Violations against this provision might lead to a penalty as decided in the sole discretion of the respective race directors.

### **POLITICAL EXPRESSION**

Any proclamation, display or exhibition of political or religious messages or related images during the Event is prohibited.

### **PERSONAL DATA PROTECTION POLICY**

UTMB Group processes your personal data in accordance with Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of natural persons with regard to the processing of personal data and on the free movement of such data ("GDPR").

UTMB Group acts as the data controller and processes your personal data for the purposes of race organization (including registration), pre- and post-race communication, and ranking management. This processing is carried out as part of the performance of the contract binding you to UTMB Group, as well as for UTMB Group's legitimate interests in pursuing its business activities.

The data processed in connection with this processing includes your identification data, contact details, login data, and any other information you provide voluntarily.

We retain your personal data only for the duration necessary to provide our services or to comply with our regulatory and legal obligations. In any case, we will not keep it longer than necessary, and when we no longer need it, we will securely destroy it in accordance with our internal policy or anonymize it.

You have the following rights regarding your personal data:

- Right of access;
- Right to rectification;
- Right to object at any time;
- Right to restriction;
- Right to portability;
- Right to erasure;
- Right not to be subject to a decision based solely on automated processing;
- Right to define general and specific directives;
- Right to lodge a complaint with the CNIL.

You may exercise these rights by mail at the following address: DPO UTMB – UTMB Group, 31 rue du Lyret, 74400 Chamonix, France and by email at: [dpo@utmb.world](mailto:dpo@utmb.world).