

# RACE RULES SPRINT 100 KM

## RUNNER'S COMMITMENT

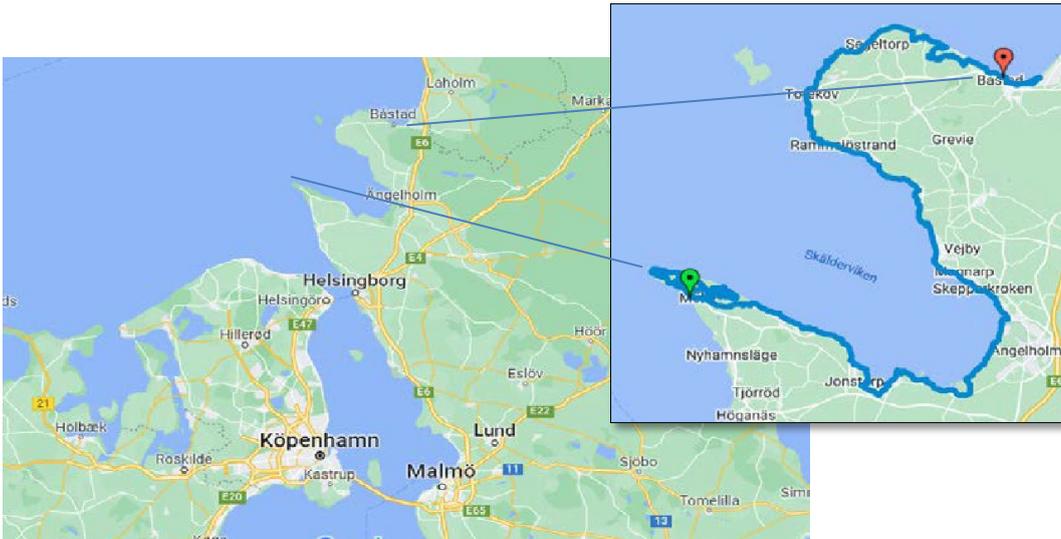
To participate in the Kullamannen by UTMB® it is essential:

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it;
- To have a real capacity for personal autonomy allowing for the runner to manage any sort of problems that might occur during this type of event:
  - Know how to face up to weather conditions which could be very difficult to deal with (night, wind, cold, fog, rain or snow) without any help.
  - Know how to manage, including when alone, physical or mental problems arising from a great fatigue - such as digestive problems, muscle or articular pains, small wounds...
  - To be totally aware that the organization's role is not to help a runner manage these problems.
  - To be totally aware that for such an activity, security depends on the runner's ability to adapt to these problems
  - That runners must respect nature, people and the regulations of the race.
  - Accept to receive newsletters providing information about the event.

## RACE COURSE

The race distance is 110 km and 1600 altitude meters

- Start in Mölle
- Finish in Båstad (also the location of the race center)



## SEMI AUTONOMY

The races must be completed in semi-autonomy. The Kullamannen by UTMB event takes place in one single stage, at an undefined pace, within the cut-off times. Semi-autonomy means being able to be self-sufficient in the itinerary between two aid stations - in terms of food, clothing and security equipment - and be able to manage unexpected situations or sudden problems (bad weather, physical problems, injury...)

This implies the following rules:

1. Runners must always carry with them all items of the mandatory gear checklist (see paragraph EQUIPMENT). They have to carry their equipment in a pack, tagged during race-pack collection, which cannot be changed along the race route. At any moment of the race, the race directors might verify the pack and its contents. The runner must accept these checks or they might be excluded from the race.
2. Aid stations supply fluids and food to be consumed on site. The organization only supplies still water or energizing drinks for filling water bottles or hydration packs. Runners should make sure that they have, when leaving the aid station, the necessary fluids and food to keep them going until the following aid station. For slower runners, the longest sections without any aid stations can last more than

5hrs.

3. No assistance at the aid stations or during the race course

## **EQUIPMENT**

In order to ensure their security and the smooth running of the event, each participant must carry with them all the items listed in the mandatory equipment checklist (see below).

Please note: the items included in the mandatory equipment checklist are the basic pieces which each trail-runner must adapt according to their own skills. In particular, you should not choose the lightest possible clothing but prefer clothing that really provides good protection in the terrain against cold, wind and rain, and therefore better safety and performance.

### **Kullamannen mandatory equipment checklist**

#### **Basic kit**

- Running pack to carry mandatory kit throughout the race.
- Mobile/Smart phone (smartphone if you choose to use to download the GPX-file to a smartphone app instead): the runner must be reachable at any time before, during and after the race:
  - mobile phone with international roaming allowing for its use in Sweden and Denmark (when running by the coast you sometimes connect to Denmark).
- Mobile phone load into its memory the organization's security number **+46-709-66 60 97**, don't mask your number and don't forget to take the start of your race with the battery fully charged
  - Keep the phone on and not in silent mode, airplane mode is forbidden and could give rise to penalties.
  - An external battery is highly recommended
- GPX file downloaded on smart phone app or in your watch.
- Personal mug 15 cl minimum (bottles or flasks with lids are not accepted)

- Minimum water supply: at least 1 liter
- Headlamp with spare cells/batteries (minimum one headlamp). Remember that for slower runners there could be two nights
- Survival blanket
- Whistle
- Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm)
- Food reserve Recommendation: 500kcal (e.g. 2 Snickers)
- Jacket with hood for bad weather. The jacket must be made of a waterproof\* and breathable membrane (eg. Outdry)
  - \*minimum recommended 10 000 Schmerber
  - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
  - the seams must be sealed.
- Long-legged trousers or race leggings OR a combination of leggings and socks to cover the legs completely
- Hat or Cap or bandana or Buff®
- Spare base layer
- Gloves
- ID - passport/ID card
- LiveRun by LiveTrail app downloaded and activated with the race data.
- Time chip (provided by the race organization and must be returned at finish or when DNF)
- Race bib
- Poo bag (not transparent)

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

Each runner must bring the running pack and mandatory equipment when collecting the race bib. There will be random checks of the runners' mandatory equipment at the race bib collection. The running pack will be tagged during race-pack collection and must not be changed during the race. The mandatory gear must be carried in a running pack for the

duration of the whole race. The running pack is tagged during race-pack collection and must not be changed during the race.

**Other recommended equipment (including but not limited to):**

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Emergency cash or card (just in case...).
- GPS watch
- Reusable bowl
- Reflective band

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race or place them in the drop bag.

## **SECURITY AND MEDICAL ASSISTANCE**

There are three medical stations along the route. These stations are directly linked to the race security HQ. There is medical staff at the aid stations in Båstad, Råbocka and Mölle.

Medical stations are intended to assist any person in danger with the organization's own or public means.

It is up to a runner in trouble or seriously hurt to call for the help:

- By going to a medical station
- By calling the race HQ
- By asking another runner to alert the security service
- By using the alarm function in the LiveTrail app

Every runner must give assistance to any person in danger and alert the security services.

If you are unable to call the race HQ, and only if it is an absolute emergency, you may directly call the national security service.

National emergency number: **112**

**Do not forget that any kind of unexpected event - linked to the environment and the race - could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.**

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

- exclude from the race any participant who is deemed to be unable to continue the event
- demand to any competitor to use any item of the mandatory equipment
- evacuate by any means the runners they deem to be in danger
- refer patients to the most appropriate care structure

A runner who contacts a medical staff or search and rescue staff submits to their 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.

## **RACE-BIBS**

Race-bibs are handed over to each runner upon presentation of:

- A valid ID with photo
- Your race pack and all items on the mandatory equipment checklist.

**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 partner's logos must not be altered or hidden. The bib is the pass to access the buses, aid stations, medical points, rest rooms, bag drop-off or pick-up areas. The bib is only withdrawn if the runner refuses to comply with the race director's decision. If the runner abandons the race, the bib is cut and deactivated.

## DROP BAGS

You are allowed to have one Drop bag in Ängelholm/Råbocka (after approx. 110 km).

Kullamannen by UTMB will provide one Drop bag to each runner and runners can only use this individual Drop bag for the equipment the runner wants to have available at the food station in Råbocka. The Drop bag is a soft bag with a size of 50cm x 40cm.

The Drop bag to be marked with bib number (provided by Kullamannen by UTMB when collecting the bib number). The Drop bag is not waterproof and we advise you to pack your drop bag content in water proof bags to protect it from rainfall.

After the race the drop bags can be collected in Mölle on Saturday from 12:00 noon.

### How to mark your drop bag

Mark the drop bag by inserting the extra tag provided on your Bib number into the plastic pocket.



## AID STATIONS

Along the race route, there are some points where runners can get food and fluids. Aid stations supply fluids and food for consumption in situ. The organization supplies still water and energizing drinks for filling water bottles/hydration packs and a personal mug is mandatory. The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and fluids to keep them going until the next aid station.

There will be food station at Råbocka (54 km). We will be serving water, energy drinks, cold and hot beverages, bread, buns and we also serve warm food.

There are stations serving water and energy drinks at Mölle (20 km), Svanshall (34 km), Stora Hult (66 km), Glimminge strand (75 km) and Hovs Hallar (92 km).

## WAY-MARKING

You start in Mölle and run on the Kullaberg peninsula, and from there continue north via Arlid and Svanshall to Råbocka. From here you continue north by the sea shore via Stora Hult, Glimminge, Torekov and Hovs Hallar to the finish in Båstad.

Note that the race course on one section goes in both directions and you can meet fellow runners. Follow the signs and continue – you are on the right track.

Skåneleden is marked with orange signs



Red White strips and reflective tape



### **Time Limit and Cut off times**

Maximum time:

20 hours

Cutoff times:

Mölle 12:00 (Saturday)

Råbocka 18:00 (Saturday)

Glimminge 22:00 (Saturday)

### **DROP OUT AND EVACUATION**

Except in case of injury, a runner wishing to abandon the race must do so only at a checkpoint.

If a runner wishes to abandon while on the route between 2 checkpoints, they must reach the nearest checkpoint where they must report their drop out. If you are not able to make it to the checkpoint call the emergency number or press the alarm button on the tracker

Runners who drop out must keep their race bib because it is the pass to access shuttles, buses, meals, and treatment rooms.

## RESPECT THE ENVIRONMENT

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

- Littering is strictly forbidden (gel tubes, paper, organic detritus, plastic wrappers...). Trash/rubbish bins are available at each aid station and they must be used. The race stewards will be checking all along the race route.
- All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station. Runners should carry a bag or pouch to carry their waste until the next bin. Plastic bags for soiled paper are handed out with the race-bibs. They must be used for collecting any paper used during any urgent need along the route.
- You 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 Kullamannen by UTMB. We invite you to bring your own utensils if you wish to eat hot meals at the aid stations.

## ANTI DOPING

As an entrant to the event, you are subject to both In and Out of Competition testing. [Please refer to the Resources provided.](#)

## **INSURANCE**

It is the responsibility of the participant to have insurance that covers treatment of injuries and accidents during the race.

## **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 event
  - neutralize the event
- stop the race in progress

## **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. 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 can only display their sponsor's logos on their clothing and equipment during the race. All other sponsoring items - such as flags or banners - are forbidden along the race route including at the finishing line. Breaking these rules might give rise to a penalty decided by the race directors.

## POLITICAL EXPRESSION

Any ethical charter ostentatious display of political messages or images during the event is prohibited.

## RANKING AND AWARDS

For each race, there is a general ranking of the first three men and women who also receive a prize.

All runners that finish the race within the time limit receive a finisher t-shirt.

## PENALTIES - DISQUALIFICATION

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

<b>BREACH OF REGULATION</b>	<b>PENALTIES (*) - DISQUALIFICATION</b>
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 torch, no survival blanket, no smartphone)	Disqualification
Absence of other mandatory equipment items (race leggings or long trousers, cap or bandana or hat, gloves, long-sleeved top, whistle, self-adhesive elasticated bandage, food reserve, beaker)	1 hour penalty

Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15 min penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1 hour penalty
<i>Verbal ,nonverbal, or physical conduct of a n athlete directed toward another runner or the organization that, based on its severity, nature, and frequency of occurrence, a reasonable person would determine is intended to cause intimidation, humiliation, or unwarranted distress.</i>	Disqualification
Note: a participant whose supporters are rude and/or refuse to respect the organization’s instructions will be penalized.	
Not assisting a person in difficulty (in need of care)	Disqualification
Personal assistance outside of the dedicated area	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 (eg.: use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	15 minute 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 (eg. : poles with unprotected points orientated towards runners or spectators)	15 minute penalty
No electronic chip	According to the race directors' decision
No passage through a checkpoint	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 checkpoint after the time barrier Disqualification

(\*) 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.

## **COVID19 (or other) PANDEMIC SANITARY RULES**

Depending on how the health situation evolves, the organization will follow the national and regional rules/instructions/guidance as applicable and the runners have to follow these rules/instructions/guidance. Not following these rules/instructions/guidance may cause disqualification.

## **WITHDRAWAL CONDITIONS**

### **Refund -**

Registration to 4 months until the event: 60% refund  
4 months to 2 months before the event: 30% refund  
Not available for distances of less than or equal to 50K.  
No refund of ACTIVE fees

### **Change distance -**

Yes, only downgrade and if available (not sold out)

### **Transfer to another athlete -**

Yes - additional fee 30€ (kept on the initial rider registration)  
Same distance only  
Must be requested 2 weeks prior the event.

**Deferral option -**  
Not available

**Pregnancy -**

Yes - global IM policy applied

- <https://www.ironman.com/policies#:~:text=Global%20Pregnancy%20Policy%20for%20IRONMAN%20and%20IRONMAN%2070.3%20Events,-For%20Athletes%20that&text=that%20is%20pregnant-,IRONMAN%20will%20provide%20a%20deferral%20to%20the%20same%20event%20the,two%20months%20post%20event%20date>

# RACE RULES KULLAMANNEN 20 KM

## RUNNER'S COMMITMENT

To participate in the Kullamannen by UTMB® it is essential:

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it;
- To have a real capacity for personal autonomy allowing for the runner to manage any sort of problems that might occur during this type of event:
  - Know how to face up to weather conditions which could be very difficult to deal with (wind, cold, fog, rain or snow) without any help.
  - Know how to manage, including when alone, physical or mental problems arising from a great fatigue - such as digestive problems, muscle or articular pains, small wounds...
  - To be totally aware that the organization's role is not to help a runner manage these problems.
  - To be totally aware that for such an activity, security depends on the runner's ability to adapt to these problems
  - That runners must respect nature, people and the regulations of the race.
  - To accept newsletters providing information about the event.

## RACE COURSE

The race distance is ~20 km and ~400 altitude meters

## SEMI AUTONOMY

The races must be completed in semi-autonomy. The Kullamannen by UTMB event takes place in one single stage, at an undefined pace, within the cut-off times. Semi-autonomy means being able to be self-sufficient in the itinerary between two aid stations - in terms of food, clothing and security equipment - and be able to manage unexpected situations or

sudden problems (bad weather, physical problems, injury, etc)

## **EQUIPMENT**

Runners need to have the bib number correctly placed on the chest for the entire race.

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race.

## **SECURITY AND MEDICAL ASSISTANCE**

There is a medical station at the race center in Mölle. Medical station is intended to assist any person in danger with the organization's own or public means.

It is up to a runner in trouble or seriously hurt to call for the help:

- By going to a medical station
- By calling the race HQ
- By asking another runner to alert the security service

Every runner must give assistance to any person in danger and alert the security services.

If you are unable to call the race HQ, and only if it is an absolute emergency, you may directly call the national security service.

National emergency number: **112**

**Do not forget that any kind of unexpected events - linked to the environment and the race - could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.**

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

- exclude from the race any participant who is deemed to be unable to continue the event
- demand to any competitor to use any item of the mandatory equipment
- evacuate by any means the runners they deem to be in danger
- refer patients to the most appropriate care structure

A runner who contacts a medical staff or search and rescue staff submits to their 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.

## **RACE-BIBS**

Race-bibs are handed over to each runner upon presentation of:

- A valid ID with photo
- Your race pack and all items on the mandatory equipment checklist.

**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 partner's logos must not be altered or hidden. The bib is the pass to access the race center and start area. The bib is only withdrawn if the runner refuses to comply with the race director's decision. If the runner abandons the race, the bib is cut and deactivated.

## **AID STATIONS**

There is one station serving water and energy drinks.

## **WAY-MARKING**

Start in Båstad (or its proximity) and finish in Båstad at Hotel Skansen. The race course is marked with red/white stripes.



### **Time Limit and Cut off times**

Maximum time:

4 hours

### **DROP OUT AND EVACUATION**

Except in case of injury, a runner wishing to abandon the race must do so by returning to the race center at Mölle Port/Harbor.

### **RESPECT THE ENVIRONMENT**

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

- Littering is strictly forbidden (gel tubes, paper, organic detritus, plastic wrappers...). Trash/rubbish bins are available at each aid station and they must be used. The race stewards will be checking all along the race route.
- All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station. Runners should carry a bag or pouch to carry their waste until the next bin. Plastic bags for soiled paper are handed out with the race-bibs. They must be used for collecting any paper used during any urgent need along the route.

- You 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 Kullamannen by UTMB. We invite you to bring your own utensils if you wish to eat hot meals at the aid stations.

## **ANTI-DOPING CONTROL**

Any participant could be subject to an anti-doping control before, during or after the event. In the case of refusal or abstention, the athlete will be sanctioned as if they were found guilty of doping.

## **INSURANCE**

It is the responsibility of the participant to have insurance that covers treatment of injuries and accidents during the race.

## **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 event
- neutralize the event

stop the race in progress

## **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. 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 can only display their sponsor's logos on their clothing and equipment during the race. All other sponsoring items - such as flags or banners - are forbidden along the race route including at the finishing line. Breaking these rule might give rise to a penalty decided by the race directors.

## **POLITICAL EXPRESSION**

Any ethical charterny ostentatious display of political messages or images during the event is prohibited.

## **RANKING AND AWARDS**

For each race, there is a general ranking of the first three men and women who also receive a prize.

All runners that finish the race within the time limit receive a finisher t-shirt.

## PENALTIES - DISQUALIFICATION

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

BREACH OF REGULATION	PENALTIES (*) - DISQUALIFICATION
Short-cutting the route	At the race director's discretion
Not wearing the bib number	Disqualification
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1 hour penalty
<i>Verbal ,nonverbal, or physical conduct of a n athlete directed toward another runner or the organization that, based on its severity, nature, and frequency of occurrence, a reasonable person would determine is intended to cause intimidation, humiliation, or unwarranted distress.</i>	Disqualification
Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	
Not assisting a person in difficulty (in need of care)	Disqualification
Personal assistance outside of the dedicated area	1 hour penalty
Being accompanied along the route.	15 minute penalty
Cheating (eg.: use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	15 minute 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 (eg. : poles with unprotected points orientated towards runners or spectators) 15 minute penalty

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

(\* ) 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.

### **COVID19 (or other) PANDEMIC SANITARY RULES**

Depending on how the health situation evolves, the organization will follow the national and regional rules/instructions/guidance as applicable and the runners have to follow these rules/instructions/guidance. Not following these rules/instructions/guidance may cause disqualification.

### **WITHDRAWAL CONDITIONS**

#### **Refund -**

Registration to 4 months until the event: 60% refund  
4 months to 2 months before the event: 30% refund  
Not available for distances of less than or equal to 50K.  
No refund of ACTIVE fees

#### **Change distance -**

Yes, only downgrade and if available (not sold out)

#### **Transfer to another athlete -**

Yes - additional fee 30€ (kept on the initial rider registration)

Same distance only  
Must be requested 2 weeks prior the event.

**Deferral option -**

Not available

**Pregnancy -**

Yes - global IM policy applied

- <https://www.ironman.com/policies#:~:text=Global%20Pregnancy%20Policy%20for%20IRONMAN%20and%20IRONMAN%2070.3%20Events,-For%20Athletes%20that&text=that%20is%20pregnant-,IRONMAN%20will%20provide%20a%20deferral%20to%20the%20same%20event%20the,two%20months%20post%20event%20date>



# RACE RULES SIBIRIEN 50 KM

## RUNNER'S COMMITMENT

To participate in the Kullamannen by UTMB® it is essential:

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it;
- To have a real capacity for personal autonomy allowing for the runner to manage any sort of problems that might occur during this type of event:
  - Know how to face up to weather conditions which could be very difficult to deal with (night, wind, cold, fog, rain or snow) without any help.
  - Know how to manage, including when alone, physical or mental problems arising from a great fatigue - such as digestive problems, muscle or articular pains, small wounds...
  - To be totally aware that the organization's role is not to help a runner manage these problems.
  - To be totally aware that for such an activity, security depends on the runner's ability to adapt to these problems
  - That runners must respect nature, people and the regulations of the race.
  - To accept to receive newsletters providing information about the event.

## RACE COURSE

The race distance is 54 km and 1060 altitude meters. Start and Finish in Båstad at Hotel Skansen. This is also the location of the Rece Center.



## SEMI AUTONOMY

The races must be completed in semi-autonomy. The Kullamannen by UTMB event takes place in one single stage, at an undefined pace, within the cut-off times. Semi-autonomy means being able to be self-sufficient in the itinerary between two aid stations - in terms of food, clothing and security equipment - and be able to manage unexpected situations or sudden problems (bad weather, physical problems, injury...)

### This implies the following rules:

1. Runners must always carry with them all items of the mandatory gear checklist (see paragraph EQUIPMENT). They have to carry their equipment in a pack, tagged during race-pack collection, which cannot be changed along the race route. At any moment of the race, the race directors might verify the pack and its contents. The runner must accept these checks or they might be excluded from the race.
2. Aid stations supply fluids and food to be consumed on site. The organization only supplies still water or energizing drinks for filling water bottles or hydration packs. Runners should make sure that they have, when leaving the aid station, the necessary fluids and food to keep them going until the following aid station. For slower runners, the longest sections without any aid stations can last more than 5hrs.
3. No assistance at the aid stations or during the race course

## EQUIPMENT

In order to ensure their security and the smooth running of the event, each participant must carry with them all the items listed in the mandatory equipment checklist (see below).

Please note: the items included in the mandatory equipment checklist are the basic pieces which each trail-runner must adapt according to their own skills. In particular, you should not choose the lightest possible clothing but prefer clothing that really provides good protection in the terrain against cold, wind and rain, and therefore better safety and performance.

### Kullamannen mandatory equipment checklist

#### Basic kit

- Running pack to carry mandatory kit throughout the race.
- Mobile/Smart phone (smartphone if you choose to use to download the GPX file to a smartphone app instead): the runner must be reachable at any time before, during and after the race:
  - mobile phone with international roaming allowing for its use in Sweden and Denmark (when running by the coast you sometimes connect to Denmark).
- Mobile phone load into its memory the organization's security number **+46-709-66 60 97**, don't mask your number and don't forget to take the start of your race with the battery fully charged
  - Keep the phone on and not in silent mode, airplane mode is forbidden and could give rise to penalties.
  - An external battery is highly recommended
- GPX file downloaded on smart phone app or in your watch.
- Personal mug 15 cl minimum (bottles or flasks with lids are not accepted)
- Minimum water supply: at least 1 liter
- Headlamp
- Survival blanket
- Whistle
- Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm)
- Food reserve Recommendation: 500kcal (e.g. 2 Snickers)

- Jacket with hood for bad weather. The jacket must be made of a waterproof\* and breathable membrane (eg. Outdry)
  - \*minimum recommended 10 000 Schmerber
  - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
  - the seams must be sealed.
- Long-legged trousers or race leggings OR a combination of leggings and socks to cover the legs completely
- Hat or Cap or bandana or Buff®
- Spare base layer
- Gloves
- ID - passport/ID card
- LiveRun by LiveTrail app downloaded and activated with the race data.
- Time chip (provided by the race organization and must be returned at finish or when DNF)
- Race bib
- Poo bag (not transparent)

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

Each runner must bring the running pack and mandatory equipment when collecting the race bib. There will be random checks of the runners' mandatory equipment at the race bib collection. The running pack will be tagged during race-pack collection and must not be changed during the race. The mandatory gear must be carried in a running pack for the duration of the whole race. The running pack is tagged during race-pack collection and must not be changed during the race.

**Other recommended equipment (including but not limited to)**

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury
- Emergency cash or card (just in case...).

- GPS watch

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race.

## **SECURITY AND MEDICAL ASSISTANCE**

There are three medical stations along the route. These stations are directly linked to the race security HQ. There is medical staff at the aid stations in Båstad, Råbocka and Mölle.

Medical stations are intended to assist any person in danger with the organization's own or public means.

It is up to a runner in trouble or seriously hurt to call for the help:

- By going to a medical station
- By calling the race HQ
- By asking another runner to alert the security service
- By using the alarm function in the LiveTrail app

Every runner must give assistance to any person in danger and alert the security services.

If you are unable to call the race HQ, and only if it is an absolute emergency, you may directly call the national security service.

National emergency number: **112**

**Do not forget that any kind of unexpected events - linked to the environment and the race - could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.**

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

- exclude from the race any participant who is deemed to be unable to continue the event

- demand to any competitor to use any item of the mandatory equipment
- evacuate by any means the runners they deem to be in danger
- refer patients to the most appropriate care structure

A runner who contacts a medical staff or search and rescue staff submits to their 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.

## **RACE-BIBS**

Race-bibs are handed over to each runner upon presentation of:

- A valid ID with photo
- Your race pack and all items on the mandatory equipment checklist.

**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 partner's logos must not be altered or hidden. The bib is the pass to access the buses, aid stations, medical points, rest rooms, bag drop-off or pick-up areas. The bib is only withdrawn if the runner refuses to comply with the race director's decision. If the runner abandons the race, the bib is cut and deactivated.

## **AID STATIONS**

Along the race route, there are some points where runners can get food and fluids. Aid stations supply fluids and food for consumption in situ. The organization supplies still water and energizing drinks for filling water bottles/hydration packs and a personal mug is mandatory. The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and fluids to keep them going until the next aid station.

There will be a food station at Glimminge (19 km). We will be serving water, energy drinks, cold and hot beverages, bread and buns.

There is a station serving water and energy drinks at Hovs Hallar (36 km).

## WAY-MARKING

You start in Båstad with a prologue and thereafter the course goes south via Sinarpsdalen to Grevie by following red/white straps and reflective tape. From Grevie you follow the Skåneleden trail to Ängelbräcksstrand where you follow Skåneleden trail via Glimminge, Torekov and Hovs Hallar to the finish in Båstad.

Skåneleden is marked with orange signs:



Red White strips and reflective tape:



### **Time Limit and Cut off times**

Max time:

11 hours

Cut-off times:

Mölle 6 hours after last start group - 17:40 (Saturday)

### **DROP OUT AND EVACUATION**

Except in case of injury, a runner wishing to abandon the race must do so only at a checkpoint.

If a runner wishes to abandon while on the route between 2 checkpoints, they must reach the nearest checkpoint where they must report their drop out. If you are not able to make it to the checkpoint call the emergency number or press the alarm button on the tracker

Runners who drop out must keep their race bib because it is the pass to access shuttles, buses, meals, and treatment rooms.

### **RESPECT THE ENVIRONMENT**

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

- Littering is strictly forbidden (gel tubes, paper, organic detritus, plastic wrappers...). Trash/rubbish bins are available at each aid station and they must be used. The race stewards will be checking all along the race route.
- All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station. Runners should carry a bag or pouch to carry their waste until the next bin. Plastic bags for soiled paper are handed out with the race-bibs. They must be used for collecting any paper used during any urgent need along the route.
- You 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 Kullamannen by UTMB. We invite you to bring your own utensils if you wish to eat hot meals at the aid stations.

## **ANTI-DOPING CONTROL**

Any participant could be subject to an anti-doping control before, during or after the event. In the case of refusal or abstention, the athlete will be sanctioned as if they were found guilty of doping.

## **INSURANCE**

It is the responsibility of the participant to have insurance that covers treatment of injuries and accidents during the race.

## **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 event
- neutralize the event
- stop the race in progress

## **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. 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 can only display their sponsor's logos on their clothing and equipment during the race. All other sponsoring items - such as flags or banners - are forbidden along the race route including at the finishing line. Breaking these rule might give rise to a penalty decided by the race directors.

## **POLITICAL EXPRESSION**

Any ethical charter ostentatious display of political messages or images during the event is prohibited.

## RANKING AND AWARDS

For each race, there is a general ranking of the first three men and women who also receive a prize.

All runners that finish the race within the time limit receive a finisher t-shirt.

## PENALTIES - DISQUALIFICATION

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

<b>BREACH OF REGULATION</b>	<b>PENALTIES (*) - DISQUALIFICATION</b>
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 torch, no survival blanket, no smartphone)	Disqualification
Absence of other mandatory equipment items (race leggings or long trousers, only one torch, cap or bandana or hat, gloves, long-sleeved top, whistle, self-adhesive elasticated bandage, food reserve, beaker)	1 hour penalty
Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15 min penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1 hour penalty
<i>Verbal, nonverbal, or physical conduct of a n athlete directed toward another runner or the organization that, based on its severity, nature, and frequency of occurrence, a reasonable person would determine is intended to cause intimidation, humiliation, or unwarranted distress.</i>	Disqualification

Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.

Not assisting a person in difficulty (in need of care)	Disqualification
Personal assistance outside of the dedicated area	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 (eg.: use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	15 minute 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 (eg. : poles with unprotected points orientated towards runners or spectators)	15 minute 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 checkpoint after the time barrier	Disqualification

(\*) 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.

## **COVID19 (or other) PANDEMIC SANITARY RULES**

Depending on how the health situation evolves, the organization will follow the national and regional rules/instructions/guidance as applicable and the runners have to follow these rules/instructions/guidance. Not following these rules/instructions/guidance may cause disqualification.

## **WITHDRAWAL CONDITIONS**

### **Refund -**

Registration to 4 months until the event: 60% refund  
4 months to 2 months before the event: 30% refund  
Not available for distances of less than or equal to 50K.  
No refund of ACTIVE fees

### **Change distance -**

Yes, only downgrade and if available (not sold out)

### **Transfer to another athlete -**

Yes - additional fee 30€ (kept on the initial rider registration)  
Same distance only  
Must be requested 2 weeks prior the event.

### **Deferral option -**

Not available

### **Pregnancy -**

Yes - global IM policy applied

- <https://www.ironman.com/policies#:~:text=Global%20Pregnancy%20Policy%20for%20IRO,NMAN%20and%20IRONMAN%2070.3%20Events,-For%20Athletes%20that&text=that%20is%20pregnant-,IRONMAN%20will%20provide%20a%20deferral%20to%20the%20same%20event%20the,two%20months%20post%20event%20date>

# RACE RULES HIMMEL, HAV & HELVETE 100 MILES

## RUNNER'S COMMITMENT

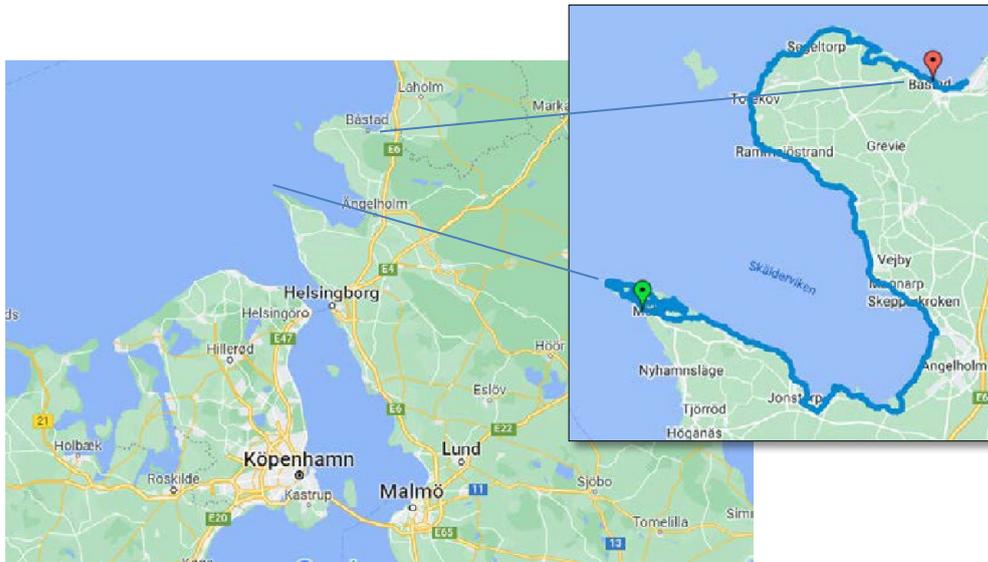
To participate in the Kullamannen by UTMB® it is essential:

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it;
- To have a real capacity for personal autonomy allowing for the runner to manage any sort of problems that might occur during this type of event:
  - Know how to face up to weather conditions which could be very difficult to deal with (night, wind, cold, fog, rain or snow) without any help.
  - Know how to manage, including when alone, physical or mental problems arising from a great fatigue - such as digestive problems, muscle or articular pains, small wounds...
  - To be totally aware that the organization's role is not to help a runner manage these problems.
  - To be totally aware that for such an activity, security depends on the runner's ability to adapt to these problems
  - That runners must respect nature, people and the regulations of the race.
  - To accept newsletters providing information about the event.

## RACE COURSE

The race distance is +161 km and 3100 altitude meters.

- Start in Mölle
- Finish in Båstad (also the location of the race center)



## SEMI AUTONOMY

The races must be completed in semi-autonomy. The Kullamannen by UTMB event takes place in one single stage, at an undefined pace, within the cut-off times. Semi-autonomy means being able to be self-sufficient in the itinerary between two aid stations - in terms of food, clothing and security equipment - and be able to manage unexpected situations or sudden problems (bad weather, physical problems, injury, etc)

This implies the following rules:

1. Runners must always carry with them all items of the mandatory gear checklist (see paragraph EQUIPMENT). They have to carry their equipment in a pack, tagged during race-pack collection, which cannot be changed along the race route. At any moment of the race, the race directors might verify the pack and its contents. The runner must accept these checks or they might be excluded from the race.
2. Aid stations supply fluids and food to be consumed on site. The organization only supplies still water or energizing drinks for filling water bottles or hydration packs. Runners should make sure that they have, when leaving the aid station, the necessary fluids and food to keep them going until the following aid station. For slower runners, the longest sections without any aid stations can last more than 5hrs.

3. No assistance at the aid stations or during the race course

## **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).

Please note: the items included in the mandatory equipment checklist are the basic pieces which each trail-runner must adapt according to their own skills. In particular, you should not choose the lightest possible clothing but prefer clothing that really provides good protection in the terrain against cold, wind and rain, and therefore better safety and performance.

### **Kullamannen mandatory equipment checklist**

#### **Basic kit**

- Running pack to carry mandatory kit throughout the race.
- Mobile/Smart phone (smartphone if you choose to use to download the GPX file to a smart phone app instead): the runner must be reachable at any time before, during and after the race:
  - mobile phone with international roaming allowing for its use in Sweden and Denmark (when running by the coast you sometimes connect to Denmark).
- Mobile phone load into its memory the organization's security number **+46-709-66 60 97**, don't mask your number and don't forget to take the start of your race with the battery fully charged
  - Keep the phone on and not in silent mode, airplane mode is forbidden and could give rise to penalties.
  - An external battery is highly recommended
- GPX file downloaded on smart phone app or in your watch.
- Personal mug 15 cl minimum (bottles or flasks with lids are not accepted)
- Minimum water supply: at least 1 liter
- Headlamp with spare cells/batteries (minimum one headlamp). Remember that for slower runners there could be two nights

- Survival blanket
- Whistle
- Self-adhering elastic bandage for bandaging or strapping (minimum 100 cm x 6 cm)
- Food reserve Recommendation: 500kcal (e.g. 2 Snickers)
- Jacket with hood for bad weather. The jacket must be made of a waterproof\* and breathable membrane (eg. Outdry)
  - \*minimum recommended 10 000 Schmerber
  - the jacket must, imperatively, have an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
  - the seams must be sealed.
- Long-legged trousers or race leggings OR a combination of leggings and socks to cover the legs completely
- Hat or Cap or bandana or Buff®
- Spare base layer
- Gloves
- ID - passport/ID card
- LiveRun by LiveTrail app downloaded and activated with the race data.
- Time chip (provided by the race organization and must be returned at finish or when DNF)
- Race bib
- Poo bag (not transparent)

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

Each runner must bring the running pack and mandatory equipment when collecting the race bib. There will be random checks of the runners' mandatory equipment at the race bib collection. The running pack will be tagged during race-pack collection and must not be changed during the race. The mandatory gear must be carried in a running pack for the duration of the whole race.

**Other recommended equipment (including but not limited to)**

- Spare warm clothing, essential in case of cold and rainy weather or in case of injury

- Emergency cash or card (just in case...)
- GPS watch
- Reusable bowl
- Reflective band

If you choose to take hiking poles with you, you have to carry them for the duration of the whole race or place them in the drop bag.

## **SECURITY AND MEDICAL ASSISTANCE**

There are three medical stations along the route. These stations are directly linked to the race security HQ. There is medical staff at the aid stations in Båstad, Råbocka and Mölle.

Medical stations are intended to assist any person in danger with the organization's own or public means.

It is up to a runner in trouble or seriously hurt to call for the help:

- By going to a medical station
- By calling the race HQ
- By asking another runner to alert the security service
- By using the alarm function in the LiveTrail app

Every runner must give assistance to any person in danger and alert the security services.

If you are unable to call the race HQ, and only if it is an absolute emergency, you may directly call the national security service.

National emergency number: **112**

**Do not forget that any kind of unexpected event - linked to the environment and the race - could make you wait for help longer than expected. Your safety therefore depends upon the quality of the items that you have put in your pack.**

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

- exclude from the race any participant who is deemed to be unable to continue the event
- demand to any competitor to use any item of the mandatory equipment
- evacuate by any means the runners they deem to be in danger
- refer patients to the most appropriate care structure

A runner who contacts a medical staff or search and rescue staff submits to their 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.

## **RACE-BIBS**

Race-bibs are handed over to each runner upon presentation of:

- A valid ID with photo
- Your race pack and all items on the mandatory equipment checklist.

**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 partner's logos must not be altered or hidden. The bib is the pass to access the buses, aid stations, medical points, rest rooms, bag drop-off or pick-up areas. The bib is only withdrawn if the runner refuses to comply with the race director's decision. If the runner abandons the race, the bib is cut and deactivated.

## **DROP BAGS**

You are allowed to have one Drop bag in Ängelholm/Råbocka (after approx. 110 km).

Kullamannen by UTMB will provide the Drop bag to each runner and runners can only use this individual Drop bag for the equipment the runner wants to have available at the food station in Råbocka. The Drop bag is a soft bag with a size of 50 cm x 40 cm.

The Drop bag to be marked with bib number (provided by Kullamannen by UTMB when collecting the bib number). The Drop bag is not waterproof and we advise you to pack your drop bag content in water proof bags to protect it from rainfall.

After the race you are free to pick-up your Drop bag in Mölle on Saturday 5th from 12:00 noon.

How to mark your drop bag.



## AID STATIONS

Along the race route, there are some points where runners can get food and fluids. Aid stations supply fluids and food for consumption in situ. The organization supplies still water and energizing drinks for filling water bottles/hydration packs and a personal mug is mandatory. The runner must make sure, when leaving the aid station, that they have the necessary quantity of food and fluids to keep them going until the next aid station.

There will be food stations at Mölle (62 km) and Råbocka (96 km). We will be serving water, energy drinks, cold and hot beverages, bread and buns.

In Mölle and Råbocka we also serve warm food.

There are stations serving water and energy drinks at Mölle (20 km and 40 km), Svanshall (76 km), Stora Hult (108 km), Glimminge strand (117 km) and Hovs Hallar (135 km).

## WAY-MARKING

You start in Mölle and run 3 laps on the Kullaberg peninsula, and from there continue north via Arlid and Svanshall to Råbocka. From here you continue north by the sea shore via Stora Hult, Glimminge, Torekov and Hovs Hallar to the finish in Båstad.

Note that the race course on one section goes in both directions and you can meet fellow runners. Follow the signs and continue – you are on the right track.

Skåneleden is marked with orange signs



Red White strips and reflective tape



**Time Limit and Cut off times**

**Max time:**

32 hours

**Cut-off times:**

Mölle 06:00 (Saturday)

Råbocka 14:00 (Saturday)

Glimminge 17:00 (Saturday)

**DROP OUT AND EVACUATION**

Except in case of injury, a runner wishing to abandon the race must do so only at a checkpoint.

If a runner wishes to abandon while on the route between 2 checkpoints, they must reach the nearest checkpoint where they must report their drop out. If you are not able to make it to the checkpoint call the emergency number or press the alarm button on the tracker

Runners who drop out must keep their race bib because it is the pass to access shuttles, buses, meals, and treatment rooms.

**RESPECT THE ENVIRONMENT**

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

- Littering is strictly forbidden (gel tubes, paper, organic detritus, plastic wrappers...). Trash/rubbish bins are available at each aid station and they must be used. The race stewards will be checking all along the race route.
- All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station. Runners should carry a bag or pouch to carry their waste until the next bin. Plastic bags for soiled paper are handed out with the race-bibs. They must be used for collecting any paper used during any urgent

need along the route.

- You 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 Kullamannen by UTMB. We invite you to bring your own utensils if you wish to eat hot meals at the aid stations.

## **ANTI-DOPING CONTROL**

Any participant could be subject to an anti-doping control before, during or after the event. In the case of refusal or abstention, the athlete will be sanctioned as if they were found guilty of doping.

## **INSURANCE**

It is the responsibility of the participant to have insurance that covers the treatment of injuries and accidents during the race.

## **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 event
- neutralize the event
- stop the race in progress

## **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. 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 can only display their sponsor's logos on their clothing and equipment during the race. All other sponsoring items - such as flags or banners - are forbidden along the race route including at the finishing line. Breaking these rules might give rise to a penalty decided by the race directors.

## **POLITICAL EXPRESSION**

Any ethical charter ostentatious display of political messages or images during the event is prohibited.

## **RANKING AND AWARDS**

For each race, there is a general ranking of the first three men and women who also receive a prize.

All runners that finish the race within the time limit receive a finisher t-shirt.

## PENALTIES - DISQUALIFICATION

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

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 torch, no survival blanket, no smartphone)	Disqualification
Absence of other mandatory equipment items (race leggings or long trousers, cap or bandana or hat, gloves, long-sleeved top, whistle, self-adhesive elasticated bandage, food reserve, beaker)	1 hour penalty
Refusal to have mandatory equipment checked	Disqualification
Smartphone turned off or in airplane mode	15 min penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1 hour penalty
<i>Verbal ,nonverbal, or physical conduct of a n athlete directed toward another runner or the organization that, based on its severity, nature, and frequency of occurrence, a reasonable person would determine is intended to cause intimidation, humiliation, or unwarranted distress.</i>	Disqualification
Note: a participant whose supporters are rude and/or refuse to respect the organization's instructions will be penalized.	
Not assisting a person in difficulty (in need of care)	Disqualification
Personal assistance outside of the dedicated area	1 hour penalty

Being accompanied along the route outside the clearly defined zones of 15 minute penalty tolerance in the vicinity of an aid station.	
Cheating (eg.: use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	15 minute 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 (eg. : poles with unprotected points orientated towards runners or spectators)	15 minute penalty
No electronic chip	According to the race directors' decision
No passage through a checkpoint	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 checkpoint after the time barrier	Disqualification

(\*) 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.

## COVID19 (or other) PANDEMIC SANITARY RULES

Depending on how the health situation evolves, the organization will follow the national and regional rules/instructions/guidance as applicable and the runners have to follow these rules/instructions/guidance. Not following these rules/instructions/guidance may cause disqualification.

## WITHDRAWAL CONDITIONS

### Refund -

Registration to 4 months until the event: 60% refund  
4 months to 2 months before the event: 30% refund  
Not available for distances of less than or equal to 50K.  
No refund of ACTIVE fees

### Change distance -

Yes, only downgrade and if available (not sold out)

### Transfer to another athlete -

Yes - additional fee 30€ (kept on the initial rider registration)  
Same distance only  
Must be requested 2 weeks prior the event.

### Deferral option -

Not available

### Pregnancy -

Yes - global IM policy applied

- <https://www.ironman.com/policies#:~:text=Global%20Pregnancy%20Policy%20for%20IRONMAN%20and%20IRONMAN%2070.3%20Events,-For%20Athletes%20that&text=that%20is%20pregnant-,IRONMAN%20will%20provide%20a%20deferral%20to%20the%20same%20event%20the,two%20months%20post%20event%20date>



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ELEMENT RIVAL



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# UNFOLD & GO

## **PACK SPEED CAP**

Designed to go the distance with you. Lightweight and made from recycled plastic fibres, it adapts to your route, stash it away or snap it back into shape when you need it. Packable, minimalist design for maximum performance.

Featuring Andreu Simon,  
BUFF® ambassador.

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