



presented by



COMPETITION RULES

PLAN B TRAILGAME presented by SALOMON 2020

1. TYPE OF EVENT / CONDITIONS OF PARTICIPATION

What is PLAN B TRAILGAME presented by SALOMON and who is allowed to take part?

The event is for individual competitors. Participants for the ULTRATRAIL, PLAN B TRAIL, and 3-Rounds need to be at least 18 years old on race day. Participants that race the 2-Rounds or 1-Round need to be at least 16 years old on race day.

No matter which race you have chosen to run, they all include technical sections in the mountains. That's why this event is only suitable for people who have experience of running in this kind of terrain. Competitors must be absolutely sure-footed even on narrow and twisting trails. The courses may also include short sections where you will have to hold onto a rope for safety.

Thanks to smartphones most of us these days know how to use topographic maps and GPS. However, competitors must also be able to orientate themselves in terrain without the help of technology, even when the weather closes in and visibility is poor.

Ill, injured or simply not fit enough? In that case don't risk it. Instead, rest up and start preparing for next year's event. By signing these competition rules you declare that you are 100% fit and ready to take part in this sporting event.

The points listed here are not designed to be exhaustive. Instead, they serve merely as examples and indications of what awaits competitors.

2. SELF-RELIANCE

Even if things are busy at the start line, running in the mountains can be a lonely experience. Competitors must be self-reliant throughout the race. That means all runners must be able to orientate themselves without external support. And, of course, it is essential that you always have enough food and drink with you.

3. COURSE INFORMATION

There is no guarantee that the weather will be good. Therefore, if the weather gods are not smiling on us and we are unable to ensure the safety of the competitors we may be forced to change sections of the courses at short notice. For all the latest information visit the [homepage](#).

4. CLASSIFICATION CATEGORIES

There will be six classification categories for the ULTRATRAIL, PLAN B TRAIL, and 3-Rounds

- MEN and WOMEN
- MASTER MEN and MASTER WOMEN (40 years and older)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (50 years and older)

There will be eight classification categories for the 2-Rounds and 1-Round

- JUNIOR W | JUNIOR M (16 and 17 years)
- MEN and WOMEN
- MASTER MEN and MASTER WOMEN (40 years and older)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (50 years and older)

A competitor's age is defined as his/her age on the start day of the event. If there are fewer than 15 runners signed up for a category, these competitors will be classified together with another category.



PLAN B WE SHARE YOUR PASSION



presented by

salomon 

5. CLOTHING / EQUIPMENT

However, all competitors are free to choose their own equipment that they are willing to carry during the race and there is no mandatory equipment needed. In case, the weather conditions get extremely bad, the race director can choose mandatory equipment that every participant must wear or carry during their race. Therefore participants should be prepared to have the following equipment with them on-site.

We recommend taking the following items that could also be mandatory to carry in case of bad weather conditions:

- Closed trailrunning shoes with plenty of grip on the sole.
- Running backpack.
- Waterproof rain jacket.
- Warm clothing (top and trousers / running tights) as an insulating layer between the outer clothing and the skin.
No skin should be visible when wearing these layers!
- Gloves and hat.
- Water container with a volume of at least 1.0 litres.
- Emergency kit (1x compress 10x10cm, 2x bandages, 2x gloves, 1x triangular bandage, 4x plasters, emergency whistle, blister plasters, survival blanket).
- Navigation watch loaded with the GPS track of the course you are running or, alternatively, a printed route map or map stored on a mobile device
- Mobile phone

But the following items are **mandatory**:

- Cup to take drinks at the refreshment stations.
- Food supplies with your name and race number written on every single item of food packaging.
- Working headlamp with spare batteries (applicable for all rounds that take part before sunrise and after sundown).

Our Advice:

Don't forget to also bring sun cream, oil-based skin cream to combat chafing, a pair of sunglasses, poles and plenty to eat and drink.

6. BIB NUMBER

You will receive your bib number, which is unique to you and cannot be transferred to other people, at the registration desk. Please bring along a signed copy of our declaration of liability (can be downloaded at online registration). Your bib number must be visibly at all times during the race and cannot be taken off.

7. ELECTRONIC TIMING

Your start number contains an electronic transponder chip, which will record your time. If this chip does not work or becomes lost, please immediately inform a member of staff at the Race Office.

8. BRIEFINGS / START

On the day of the competition, runners must gather at the starting area 45 minutes before the official start time for an official race briefing. The briefing is mandatory and all participants will get to know important information about the race.

9. NEUTRALISED START

In case of a neutralised start, runners are not permitted to overtake the lead vehicle during this time.

10. COURSE SIGNPOSTING

We will make sure you find your way along the course. The route will be signposted by our experienced team using chalk spray, signs, barrier tape, flags, etc. Please be aware that other runners may knock off these markings, disappear or be hard to see in darkness or snowfall. Once the time cut-off has passed the course is closed to all runners.

11. CHECKPOINTS AND REFRESHMENT STATIONS

MEDICAL CHECK – triage:

Competitors are obliged to pass through the medical checkpoints (triage) at the finish area after the fifth loop. The instructions given by the medical staff there must be followed at all times. If competitors show signs of physical or mental anomalies they may be asked to undergo a medical check. This may also include suggestions and tips for the rest of the race.

WIN ^{WIN}

PLAN B WE SHARE YOUR PASSION



presented by



12. TIME CUT-OFFS / FINISH

Participants that are not able to finish the individual loops within the given time limit, he/she will be withdrawn from the official rating. The time limit can be viewed on the [homepage](#). The organizer may adjust the time limits at any time, e.g. due to weather conditions. People who have the right to remove competitors from the race are: the race director, course director, members of staff at the checkpoints and refreshment stations, the medical crew and the officials trailing the field.

13. WITHDRAWING FROM THE RACE

What should you do if, for whatever reason, you are forced to withdraw from the race? Inform the Medical Crew immediately by calling **+49 151 550 101 48**. If you fail to do this it may result in an expensive and complicated search mission being launched to find you. You will have to bear the costs of any such search mission. Please be aware that runners who have withdrawn from the race are not automatically entitled to a transfer.

14. TIME PENALTIES AND DISQUALIFICATION

Nobody in a trailrunning race wants to get handed a time penalty of between 5 and 5 und 120 minutes, or even be disqualified. It's not a nice thing, especially as in such cases your start fee will not be refunded. All you have to do to avoid this happening is make sure you pay attention to a few simple points.

Basically, most of it is common sense. Don't take part in the race if you're not physically fit enough and, of course, don't dope. Adhere to all the PLAN B TRAILGAME presented by SALOMON rules, meet the requirements listed in point 1 of these competition rules, follow the instructions given by race staff, respect the rules on public roads, make sure you have all your essential equipment with you at all times if ordered so by the race director and comply with all checks. On top of that, make sure you keep the environment clean, help each other in emergency situations, don't take any short-cuts, make sure you pass through all the checkpoints, wear your start number in a clearly visible position at all times and don't tamper with it. Last but not least, be fair and friendly to staff, race organisers and your fellow competitors.

15. MEDICAL EMERGENCIES (MEDICAL CREW)

Start/finish area:

Your health is our number one priority. An hour before the official start time and an hour after the last runner reaches the finish area there will be a MEDICAL CREW on-site. Please use their services if you need to. Important! Please make sure you get there in plenty of time – things can get pretty busy. Competitors who fail to visit the MEDICAL CREW early enough will not have a right to medical treatment.

During the race:

Safety first is the name of the game. That's why members of our MEDICAL CREW and/or public ambulance crews will remain at points along the course until the last runner has passed. If you get into trouble, call the medical info hotline or ask another competitor to do so for you. If things are acute, ask another competitor to provide first aid. Remember: every runner is obliged to help other runners in this way. Don't worry about losing time – any delay incurred as the result of helping another runner in a medical emergency will be deducted from your time at the finish.

In a natural environment there are often unpredictable circumstances which make it difficult or impossible to provide immediate medical assistance. This is where you, your own responsibility and your self-discipline come in. Please abandon the race too early rather than too late – if possible at a checkpoint or refreshment station. If you have recently passed one and are then forced to abandon, please turn around and go back to it. Be sensible. The members of our MEDICAL CREW have the right to withdraw competitors from the race at any time if they believe the runner will not be able to complete the race or will seriously jeopardise his/her health and/or the safety of the course team or MEDICAL CREW by doing so.

Which other powers does the MEDICAL CREW have? They can carry out medical examinations and check if competitors have all the necessary safety equipment. They can transport competitors off the course using the appropriate means of transport and take them either directly or with the help of the local ambulance service to the nearest hospital if this is necessary. Please be aware that competitors must cover the costs of all rescue services apart from those carried out by the MEDICAL CREW.

MEDICAL INFO HOTLINE: +49 151 550 101 48

EUROPEAN EMERGENCY NUMBER 112

The medical info hotline can be found on the course maps and on the back of your start number. If you are unable to get through to the medical info hotline, please call the European emergency number 112 without delay.

WIN^{WIN}

PLAN B WE SHARE YOUR PASSION



presented by



16. DOPING

Any runner found to have doped will be immediately disqualified. Medical procedures not permitted include intravenous infusions (without a Therapeutic Use Exemption), even in cases of stress-induced dehydration. Working on the basis of the WADA rules, the race doctor will decide whether or not individual medical treatments are justified. Doping controls may be carried out at any time.

17. EXTERNAL HELP

Help from spectators, members of your support team and other runners is only permitted if you fall, are injured or find yourself in another emergency situation. There are, of course, exceptions. You are allowed to take food, drinks, spare clothing and medical assistance from people along the side of the course.

18. PROTECTING THE ENVIRONMENT / NATURE

Trailrunners respect the environment. Therefore, please throw away any rubbish only at the refreshment stations and under no circumstances damage or pollute the natural surroundings on purpose.

19. THE PLAN B TRAILGAME presented by SALOMON RULES

The event takes place on tarmac roads, forest roads, walking paths and alpine trails which are not closed to the public.

Competitors must adhere at all times to the rules of the road in the respective country. All competitors must follow instructions given by the police and the course marshals.

Please be aware that away from the marked course there is serious danger of falling. That is why short-cuts (including "cutting" switchback corners, etc.) and alternative routes are strictly forbidden. Competitors take part in the event at their own risk.

At unclear or dangerous points on the course, please proceed with the appropriate caution. The organiser is entitled to take additional measures in order to secure dangerous sections. However, the organiser is not obliged to do so.

It is forbidden for competitors to receive assistance from a member of their support team who is in a vehicle or on a bicycle. Any disturbance caused to the race as the result of accompanying vehicles of any kind may result in the competitor who is receiving support being given a time penalty or being disqualified from the race. Any accompanying vehicles found to be on sections of the course closed to public vehicles will automatically lead to the disqualification of the competitor receiving support.

For environmental reasons, members of support teams assisting individual competitors are strictly forbidden from polluting or damaging the natural surroundings. This includes any form of spraying or painting along the course. Any such action will result in the immediate disqualification of the competitor who was the recipient or the intended recipient of this support.

Any competitor who disposes of food wrappers, bottles, cups, etc. by throwing them away in nature instead of at the refreshment stations will be disqualified.

There is a fixed time limit per loop. Everyone has to finish the lap within this time in order to start at the next lap. Participants that cannot finish the lap within this given time are out of the classification, and are not allowed to start the next lap and are therefore not considered a "finisher". After each round there is a rest period, the duration of the rest period can be viewed on our homepage.

For safety reasons are fixed, mechanical connections between runners prohibited.

All competitors must behave in a considerate, sporting and fair manner.

20. PROTESTS AND JUDGES

Every competitor has the right to lodge a complaint and name witnesses at the Race Office in the finish area if they believe another competitor has breached the race rules or if they are not willing to accept a decision made by the race director. Such protests must be made no more than one hour after finishing the race. A panel of judges will deal with the protest within 24 hours. All named witnesses must appear in person. There is a protest fee of EUR 100. This protest fee will be retained by the event organiser if the protest is rejected. The infractions listed above leading to time penalties or disqualification are just an example of some of the rule violations which may be punished by the race organiser.

21. CANCELLATION OF PARTICIPATION BY RACE ORGANISER

Up until the official end of the event, the race organiser reserves the right to cancel a competitor's participation, in line with the legal provisions set out in Articles 324, 241 Paragraph 2 of the German Civil Code. Any such cancellation shall be carried out according to the provisions set out in Article 346 of the German Civil Code.

The race management and organising team reserves the right to make changes to these competition rules

WIN^{WIN}

PLAN B WE SHARE YOUR PASSION

PLAN B event company GmbH | Geiselgasteigstr. 120 | D-81545 München | T +49 (0)89 651299 30 | F +49 (0)89 651299 44 | M info@planb-event.com | H www.planb-event.com
Geschäftsführer: Uta Albrecht, Heinrich Albrecht, Christian Stephan | HRB 151480 | Bankhaus Donner & Reuschel München | IBAN: DE26 2003 0300 0365 8545 01 | BIC: CHDBDEHHXXX