



COMPETITION RULES

Women's Trail Zell am See-Kaprun 2021

The points of the regulation listed below are valid for the Women's Trail Zell am See Kaprun 2021. Every participant acknowledges these competition rules with her registration and ensures to have read the regulation completely and understood completely. She confirms this with her signature on the declaration of liability from the event.

1. TYPE OF EVENT / CONDITIONS OF PARTICIPATION

What is the Women's Trail Zell am See Kaprun, who is allowed to participate and what to expect?

- Each participant must have general running experience.
(This might be beginners, hobby runners and active sportswomen)
- Each participant must have experience and surefootedness on paths and climbs in alpine terrain.
- Each participant must have a well-developed ability to orient oneself in the terrain, even in poor weather and visibility conditions, as well as orientation using topographical maps (maps will be provided by the organizer on the Internet).
- Each participant must be informed about how to act in case of emergency.

We, as organizers, cannot verify these necessary requirements. With the signature on the declaration of liability the participant confirms to have the listed experience and knowledge. The points listed here are not designed to be exhaustive. Instead, they serve merely as examples and indications of what awaits competitors.

ATTENTION: ALL COVID-19 RELEVANT REGULATIONS ARE NOT YET PART OF THIS COMPETITION RULES! WE WILL SPECIFY THEM WHEN THE THEN RULING COVID-19 REGULATIONS HAVE BEEN OFFICIALLY ANNOUNCED BY THE AUTHORITIES. THE THEN APPLICABLE COVID-19 REGULATIONS BECOME A FIXED PART OF THESE REGULATIONS AND TERMS AND CONDITIONS. THE SPECIFIC COVID-19 REGULATIONS WILL BE ANNOUNCED 14 DAYS PRIOR TO THE EVENT.

2. SELF-RELIANCE

Even if things are busy at the start line, running in the mountains can be a lonely experience. Each participant 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 to eat and to drink with you.

3. COURSE

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 <https://womens-trail.com/#strecke>

4. CLASSIFICATION CATEGORIES

There will be four classification categories:

- SUPER-GIRLS (14 - 17 years – key date is the start day of the event)
- WOMEN
- MASTER WOMEN (from 40 years – key date is the start day of the event)
- SENIOR MASTER WOMEN (from 50 years – key date is 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.

There will be individual, daily and overall rankings:

„Trailrun Queen“ is the participant who has run the fastest time in the addition of the three competition times.

The daily ranking equals the ranking of only one day.

Changes reserved, please note the latest race info!

5. CLOTHING / EQUIPMENT

Each participant has to be equipped with a functioning **headlamp** on Friday evening. The head lamp is compulsory for the "Night on Trail" and has to be worn throughout the whole race.

On Saturday each participant must be equipped according to the weather conditions on the mountain (rain clothes/overclothing, warm clothes as an insulating intermediate layer under the overgarment).

Additionally, each participant is self-responsible to have enough to **eat** and **drink**.

For all races a **mouth and nose protection** is compulsory in the start and finish area, at the food and aid stations and at points where the minimum distance of 2 meters cannot be complied with. **Disinfectants** and **disposable gloves** must also be carried. At the refreshment points, drinks and food can only be taken with a **folding cup**.

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An exception to these rules can be announced by the responsible race and course director in the daily briefing.

6. START NUMBER

You will receive your start 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 when registering to take part). Your race number must be worn visibly at all times during the race and must not be taken off.

7. ELECTRONIC TIMING

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

8. BRIEFINGS / START

The race director will be holding a briefing before every race. The exact times will be announced at the registration.

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

At each refreshment point, there is food and refreshment for the participants. The exact location of the refreshment stations can be found on the route map. The participant has to make sure that she always carries enough food and drinks with her.

12. TIME CUT-OFFS / FINISH

The daily procedure of the individual races will be announced at the briefing through the responsible race director and route manager. The briefing may contain certain time limits for refreshment stations or other points on the route which each participant has to pass at a certain time. These time limits can be found in the route map as clues but they can be adapted by the race director and the route manager according to the current route and weather conditions. If the time limits are not met, the respective participant(s) might be taken out of the race by the race director and the route manager or the final runner for their own safety.

For all participants who were taken out of the race the following applies:
You can start the next day but you are out of the "Trailrun Queen" ranking.

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.

- The participant has no health problems and does not dope.
- The participant adheres to the WT-rules, fulfills the requirements mentions in point 1 of the competition rules, follows all instructions of the official staff as well as the road traffic regulations, has their compulsory equipment with them and does not refuse to be checked.
- Throwing away any waste off the marked areas will result in immediate disqualification
- The route must not be shortened.
- The start number must be attached correctly and must remain in its original condition.
- Gross unsportsmanlike conduct will result in immediate disqualification.

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15. MEDICAL EMERGENCIES (MEDICAL CREW)

If the participant should get into trouble, she calls the medical information hotline or asks another participant to do so. Every participant is obliged to provide first aid.

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 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.

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 WOMEN'S TRAIL ZELL AM SEE-KAPRUN RULES

The Women's Trail Zell am See Kaprun 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.
- Competitors who begin the race with poles must keep them with them all the way through to the finish. Vice versa, competitors who begin the race without poles are not allowed to be given poles along the course during the race.
- All competitors must behave in a considerate, sporting and fair manner.

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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.

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