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RULES

STUBAI ULTRATRAIL 2026

Do you dream of taking on your ultimate challenge? Then make this dream come true in the Stubai Valley!

Everything a trail running heart desires awaits you there: magnificent trails and breathtaking views in a constantly changing Alpine landscape – a real highlight!

As the organizer, we trust you, we cannot check your fitness and previous experience. So please be honest with yourselves. To make a long story short. It's about you, your safety, your equipment, time limits. Here is everything in 21 points about the STUBAI ULTRATRAIL "EPIC TRAILS. EPIC VALLEY."

1. EVENT CHARACTER/CONDITIONS OF PARTICIPATION

What is the STUBAI ULTRATRAIL, who can participate and what are the requirements?

All routes include high alpine sections, so absolute surefootedness on alpine paths and trails is very important. In addition, everyone should be able to cope with routes that include sections secured with ropes.

A well-developed sense of orientation in the terrain, even in bad weather and visibility conditions, as well as orientation using topographical maps (map material is provided by the organizer on the Internet).

By signing the declaration of liability, everyone confirms their full fitness for the sport. Therefore, we ask for a great deal of personal responsibility and consideration. If in doubt, we advise against starting if you are ill or injured.

The points listed here are not exhaustive, but rather serve as examples and general experience.

The following applies: everyone is an individual starter and must be at least 18 years old, regardless of which of the five route sections (STUBAI 100, STUBAI ULTRA, STUBAI CLASSIC, STUBAI EXPRESS, STUBAI SUNNENSEIT`N TRAIL) was chosen.

Exception: With a declaration of consent from their parents, those aged 16 and over may also start the following distances: STUBAI EXPRESS, STUBAI SUNNENSEIT`N TRAIL.

With a declaration of consent and accompanied by a parent or legal guardian, those aged 14 and over may also start the following distance: STUBAI SUNNENSEIT`N TRAIL.

The declaration of consent can be requested from info@planb-sportmarketing.com.

2. AUTONOMY OF THE PARTICIPANTS

It can get lonely out on the course, where everyone is completely on their own. This means that each participant must be able to find their way around the course under their own steam – without outside help. It also means that everyone must have sufficient food and drink supplies with them.

3. COURSE

Five routes are offered at the STUBAI ULTRATRAIL, subject to change due to the approval process and weather conditions. There is no guarantee for good weather. Therefore, if the weather is bad and safety can no longer be guaranteed, sections of the route may be changed at short notice or replaced by alternative routes. All information can be found at www.stubai-ultratrail.com.

4. AGE GROUPS

Six age groups are announced:

- MEN and WOMEN
- MASTER MEN and MASTER WOMEN (from 40 years)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (50 years and older)
- GRAND MASTER MEN and GRAND MASTER WOMEN (60 years and older)

The cut-off date for the age groups is the start date of the event. If the minimum number of 15 starters per category is not reached, the affected participants will be grouped with another category.

5. CLOTHING/EQUIPMENT

The weather can change suddenly. Everyone must wear the following equipment/clothing or carry it in their backpack during the entire competition. We will check before the start and at the checkpoints and, in case of doubt, we will impose time penalties or disqualifications.

The following equipment list is the mandatory equipment for the STUBAI ULTRA.

The partially different **mandatory equipment for the other distances** can be found at for the respective route.

- **Closed trailshoes** with a grippy sole
- **Waterproof jacket** (does not replace warm clothing)
- **Warm clothing** (top and long trousers or leg warmers) as an insulating intermediate layer under your outer clothing. The basic rule here is that no skin should be visible!
- **Gloves** and **cap**
- Functional **head torch** with spare batteries or rechargeable battery
- **Labeling** of the food packaging with the start number
- **Folding cup** for drinks and food at the refreshment points and in the finish area



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- **Water container** with a minimum capacity of **1.5 liters**
- Emergency equipment (**1x compress 10x10, 2x bandage packs, 1 pair of disposable gloves, 1x triangular bandage, 4x plasters, emergency whistle, blister plaster, rescue blanket**)
- **Navigation watch** with pre-installed GPS track of the selected route or **alternatively route maps** in printed version. Map material will be provided by the organizer online for printing, or is included in the starter package.
- **Mobile phone** with stored emergency number for making emergency calls and for checking out in case of premature race termination (mobile phone must also work abroad)

OUR TIP: Sun cream, oily cream to prevent chafing, sunglasses, poles, your own food and drink and some small change.

6. START NUMBER

Each participant receives their race number, which is non-transferrable, upon registration by submitting the signed declaration of liability (can be downloaded in advance from the registration page) and presenting the relevant ID. The race number must be clearly visible throughout the race and may not be removed.

7. TIMEKEEPING

A transponder on the race number transmits the running time. If it does not work or is lost, this must be reported immediately at the checkpoints.

8. BRIEFINGS/START

The route briefing takes place online (all the special features of the route will be communicated here). In other words, each participant will receive the link to the briefing together with the final information by email about a week before the start. This briefing must be viewed and confirmed. Only then will the start number be handed over at registration.

On the day of the race, the starting line-up begins 45 minutes before the official start time. 15 minutes before the starting signal, the latest news will be given in the starting area.

9. NEUTRALIZED START

If there is a neutralized start, overtaking the lead vehicle is not allowed during this time.

10. MARKING OF THE COURSE

The route will be signposted by our experienced route team using chalk spray, signs, barrier tape, flags, etc. Unfortunately, it may happen that markings are removed by third parties, disappear or are obscured by fog or snow. We ask for your understanding in this regard. The route is closed immediately after the time limit has expired, so the markings will be removed promptly.

11. CHECKPOINTS AND REFUGE POINTS

- a) STUBAI 100: 10 checkpoints and refuge points
- b) STUBAI ULTRA: 8 checkpoints and refuge points
- c) STUBAI CLASSIC: 3 checkpoints and refuge points
- d) STUBAI EXPRESS: 2 checkpoints and refreshment stations
- e) STUBAI SUNNENSEIT`N TRAIL: 1 checkpoint and refreshment station

Refreshment stations: Each refreshment station offers drinks and fruit, and selected stations also offer hot food and drinks. The exact location of the refreshment stations can be found on the respective route map and is numbered.

Checkpoints: At the checkpoints, all participants will be scanned in the order in which they arrive. Anyone who does not pass a checkpoint but still reaches the finish line later (e.g. because of taking a shortcut or getting lost) will be disqualified.

MEDICAL CHECKPOINTS – TRIAGE: Everyone is required to pass through the medical checkpoint (triage) at the refreshment station and to follow the instructions of the medical staff. If there are any abnormalities in terms of mental and/or physical performance, individual participants may be asked to undergo a medical check. However, you can also get help or advice here.

12. TIME LIMITS/FINISH

The time limits are posted on the homepage. The organizer can adjust the time limits at any time, e.g. due to weather conditions. The race director, the head of the route, the staff at the checkpoints and refreshment points, the medical crew and the final runners are allowed to take you out of the race.

13. WITHDRAWAL FROM THE RACE

If a participant drops out of the race, they must immediately notify the medical crew, otherwise an expensive and time-consuming search operation will be initiated at the participant's expense. There is no entitlement to a transfer after dropping out.

14. TIME PENALTIES AND DISQUALIFICATION

Violations of the rules may result in time penalties of between 5 and 120 minutes or even disqualification. Note: in this case the entry fee will not be refunded. To avoid this, the following points must be observed:



Everyone is obliged to follow the SUT rules (see point 19). Likewise, the requirements under point 1 of the regulations must be met. No one should have health problems or take prohibited substances (doping). All instructions of the official staff must be followed, as must the road traffic regulations. The mandatory equipment must be carried throughout the race; no control may be refused on the route. Of course, the environment must not be polluted, and it is also forbidden to take shortcuts (all checkpoints must be passed). Mutual assistance in an emergency is a matter of course.

15. MEDICAL EMERGENCY CARE (MEDICAL CREW)

Start/finish area: We care about your health. The medical service of the MEDICAL CREW is available one hour before each start and one hour after the last runner. Since the rush can be great, it is important to be there on time, otherwise there is no entitlement to medical care.

During the race: Safety first. That's why the MEDICAL CREW and/or public rescue organizations are on hand along the route until the last participant has passed through. If someone is in distress, the medical info hotline must be contacted immediately. Every participant is obliged to provide first aid. Don't worry: the time lost will be credited.

In nature, there are always unforeseen circumstances that delay the provision of immediate assistance. Everyone is challenged here – through personal responsibility and self-discipline. In the best case, the race is finished at a control or supply point. The MEDICAL CREW may at any time disqualify and remove from the race participants who are no longer able to finish the race on their own or only with a threat to their health and/or endangering the deployed route personnel or the MEDICAL CREW.

What else is the MEDICAL CREW allowed to do? First of all, they are allowed to examine participants from a medical point of view and check the mandatory equipment, transport or evacuate participants by suitable means of transport and take them directly or via the public rescue service to the nearest suitable hospital if their condition requires it.

Costs for a possible operation for a suitable recovery outside the services of the MEDICAL CREW are at the expense of the participant.

EUROPEAN EMERGENCY NUMBER 112

The medical info hotline is printed on the back of the start number. If the medical info hotline is not available, the emergency number 112 must be contacted immediately

16. DOPING

Any case of doping will lead to the immediate disqualification of the participant concerned. Prohibited are intravenous infusions without a therapeutic use exemption, even in the case of exercise-induced dehydration. The race doctor decides on justified medical applications according to the WADA regulations. Doping controls are possible at any time.

17. EXTERNAL HELP

External assistance (from spectators, supporters or other participants) is not allowed! This also means that it is forbidden to accept drinks or food from helpers on the course. Exceptions:

1. You may accept food and/or drinks from supporters at the official refreshment points. Attention! Please note point 19!
2. In the event of falls, injuries or other emergency situations, you may accept help at any time (in the form of food, drinks and/or replacement clothing).

18. ENVIRONMENT/NATURAL CONSERVATION

Trail runners are not environmental polluters. Therefore: Only dispose of rubbish at the refreshment points and do not deliberately damage nature.

19. THE STUBAI ULTRATRAIL RULES

The STUBAI ULTRATRAIL takes place on public and non-closed roads, forest roads, hiking trails and alpine paths. Participants must always comply with the traffic regulations of the respective country. All participants must follow the instructions of the police and the official route staff.

There may be a risk of falling off the official route, which is why shortcuts (including shortcutting hairpin bends, etc.) or self-selected route variants are prohibited. Each participant runs at their own risk.

If it becomes unclear or dangerous, please exercise the necessary caution. The organizer may take appropriate additional measures on dangerous sections of the route. However, the organizer is not obliged to do so.

It is not allowed to provide support from a moving support vehicle or from a bicycle. Any interference with the race by support vehicles of any kind may result in a time penalty or disqualification of the supported participant. If support vehicles are encountered on the route sections closed to public traffic, this will immediately lead to the disqualification of the participant to be supported.

Supporters of individual participants or teams are strictly prohibited from polluting or damaging the route and the surrounding



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nature for reasons of nature conservation. This includes, in particular, spraying or painting on the route. Any violation will immediately result in the disqualification of the participants who were supported or were supposed to be supported. Anyone who disposes of waste such as food packaging, bottles or beverage cups in nature instead of at the food stations will be disqualified immediately.

Those who start with poles must also carry them to the finish. Conversely, no participant who started without poles may be given them along the way.

Fixed, mechanical connections between runners are prohibited for safety reasons.

All participants and teams are required to show consideration, sportsmanship and fairness.

20. PROTEST AND JURY

Any participant may file a protest at the race office, naming witnesses, up to one hour after the finish if rules are violated by other participants or if they disagree with the race management's decisions. A jury will then decide on the protest within 24 hours. All named witnesses must appear. The protest fee is €100.00. If the protest is rejected, the protest fee will be retained by the organizer. The violations listed above that can lead to time penalties or disqualifications are only a selection of the possible actions that can be penalized.

21. TERMINATION BETWEEN PARTICIPANT AND ORGANIZER

The organizer reserves the right to terminate the contract with each individual participant up to the official end of the event in the form of a right of withdrawal in accordance with §§ 324, 241 para. 2 BGB (German Civil Code). The settlement will then be carried out in accordance with § 346 BGB.

The race and organization management always reserves the right to make **any changes to these regulations.**

Note: For reasons of readability, the masculine form has been chosen in the text; nevertheless, the information refers to members of either gender.