

# Regulation

FOR ANYTHING NOT SPECIFIED IN THESE RULES, PLEASE REFER TO THE RULES OF THE F.I.Sky - ISF REGULATION

## Art. 1 Organisation

The Asd Montagnesprit, in collaboration with the municipality of Châtillon, is organising the third edition of the Monte Zerbion Skyrace (MZS) event, an international race affiliated with the F.I.Sky and certified by the ISF of running in nature over various distances, which will take place on 18 May 2024.

The Monte Zerbion Vertical 9.5 km 2200 D+ will be valid as a **test of the international VK OPEN Championships ISF circuit**.

The Monte Zerbion Skyrace 22 km 2200 D+/- trial will be valid as a **trial of the Crazy Skyrunning Italy Cup FISKY circuit**.

The Monte Zerbion Vertical 5.5 km 850 D+ will be valid as a **round of the Coppa Italia Giovani/Youth circuit**.

## Art. 2 Acceptance of the Rules

The MZS will take place in accordance with these regulations, any amendments and notices that will be published on the website inscriptions. wedosport. net or [www.montezerbionskyrace.com](http://www.montezerbionskyrace.com)

Participation in the MZS implies the unreserved acceptance of these regulations and the disclaimer in all its parts by registered competitors.

Competitors are also obliged to comply with the highway code, particularly in those sections where the course crosses the ordinary road system, which will not be closed to vehicular traffic.

By registering, each competitor undertakes to abide by these regulations and releases the organisers from any civil or criminal liability for any accident or incident, for damage to persons or property caused to him or by him, that may occur during the event. The official regulations of the event are those published on [www.montezerbionskyrace.com](http://www.montezerbionskyrace.com).

## Art. 3 Types of tender

There will be 6 races: The routes of the Monte Zerbion Skyrace aim to showcase a unique landscape and cultural reality. The start of the various routes will be from the Piazza Volontari del sangue (Blood Volunteers) in Châtillon, Aosta Valley.

- MZS 22 km (2200 D+/-)
- MZS 18 km (1500 D+/-)

- MZV 9.5 km (2200 D+)
- MZV 5.5km (850 D+)
- MZ Randò 5 km (120 D+/-) Food and wine route
- MZ Baby Skyrace (500 m / 1 km)

N.B. Please note that for both the MZS 22 km and the MZV 9.5 km in the final part to reach Monte Zerbion (2728 m), there will be an off-trail climb of around 1000 m D+ in just 1.8 km where poles are strongly recommended.

(N.B. Athletes using poles must carry them with them from the start to the finish)

#### **Art. 4 Participation**

The competitions (MZS 22, MZS 18, MZV 9.5) as per ISF-Fisky regulations are open to all persons, men and women, (born before 1 January 2006) including the Youth C category (19.20 years old, born from 01 January 2004 to 31 December 2005) in possession of a valid medical certificate for competitive activity (D.M. 18.02.1982 tab. B) valid on the date of the race and recognised by the country of residence, regardless of their membership of sports clubs or federations.

The MZV 5.5km (850 D+) race as per Fisky regulations is open to:

- all people, men and women
- including also the categories:
  - Youth A (15,16 years, born 01/01/2008 to 31/12/2009)
  - Youth B (17, 18 years, born 01/01/2006 to 31/12/2007)
  - boys aged 12 to 14

with the consent of those exercising parental guardianship, in possession of a sports medical certificate for competitive activity (Ministerial Decree 18.02.1982 tab. B) valid on the date of the race and recognised by the country of residence, regardless of their membership of sports clubs or federations.

The MZV 5.5km (850 D+) race is also open to athletes with disabilities.

#### **Art. 5 Semi-self-sufficiency**

The race is semi-self-sufficient in water and food. Refreshment posts will be supplied with food and drinking water. Plastic cups will not be available at any of the refreshment posts; to drink, runners must provide themselves with a glass or other suitable personal container. Each runner must make sure that he/she has, at the start of each refreshment post, the minimum amount of liquids required as compulsory equipment and the sufficient food reserve which he/she will need to arrive at the next refreshment post. Personal assistance is only permitted at the refreshment posts, any form of professional assistance (doctors etc.) is absolutely prohibited. It is prohibited to be accompanied on the route by another person who is not duly registered.

## **Art. 6 Entry procedure**

Registration will be open from Friday 15 December 2023 from 8 a.m. to Sunday 12 May 2024 at 11.59 p.m., **registration will only be completed after online payment of the registration fee.**

Entries will in any case be **closed** once the total number of athletes has reached 600. In the event that the registrations are closed due to reaching 600 athletes in total well in advance, it is the organisation's right to increase the maximum number of athletes registered or to set up a waiting list for the acceptance of further registrations in the event of any withdrawals. Entries must be made online with payment by credit card or bank transfer. **Entries without payment, acceptance of the regulations and waiver will not be considered valid.**

A copy of the valid medical certificate must be uploaded by Sunday 12 May 2024 at <http://iscrizioni.wedosport.net>.

In the event that registered competitors do not provide a sports medical certificate, the bibs may not be handed out and the competitors may not take part in the race, with no right to a refund of the registration fee.

A sports medical certificate is not required for the MZV Randò (food and wine route). However, it is advisable to tackle the route in good health.

## **Art. 7 Entry fees from 15/12/2023 to 15/02/2024 - (from 16/02/2024 to 12/05/2024 will be increased by 5 €)**

- Mount Zerbion Skyrace 22 km: €45.00
- Monte Zerbion Skyrace 22 km for F.I.Sky card-carrying athletes: € 40.00
  
- Mount Zerbion Skyrace 18 km: €35.00
- Monte Zerbion Skyrace 18 km for F.I.Sky card-carrying athletes: € 30.00
  
- Monte Zerbion Vertical (2200 D+): €35.00
- Monte Zerbion Vertical (2200 D+) for F.I.Sky members: € 30.00
  
- Monte Zerbion Vertical (850 D+) 25,00 €
- Monte Zerbion Vertical (850 D+) for F.I.Sky card-carrying athletes: € 20.00

### **Registration fees from 15/12/2023 to 12/05/2024**

- Monte Zerbion Vertical (850 D+) Young people and athletes with disabilities: € 25.00
- Monte Zerbion Vertical (850 D+) Young people and F.I.Sky card-carrying athletes with disabilities: € 20.00
  
- Monte Zerbion Randò (5 km 120 D+/-) (food and wine route): 25 €

The entry fee for the MZ Baby Skyrace will be free of charge.

The registration fee includes all services described in these regulations, race package, bibs with chip, massage service, race refreshments, refreshments/buffet at the finish, showers and photos.

### **Art. 8 Refund of registration fees**

50% of the registration fee will be refunded in the following cases:

- cancellation of the race due to last-minute force majeure
- waiver due to serious injury or illness certified before the competition takes place

**Other types of reimbursement will not be allowed**

### **Art. 9 Compulsory material**

By registering, each runner signs an undertaking to carry all the compulsory material listed below throughout the race, under penalty of disqualification. The obligatory material may be checked at bib collection, at the start and at surprise locations along the route. Depending on the evolution of the weather conditions, the organisation reserves the right to modify the list of obligatory material.

Compulsory equipment: (each athlete must have the following equipment except for the Monte Zerbion Randò)

- a) backpack or fanny pack
- b) water bottle or camelbag minimum 0.5 litre of liquid (1 litre recommended)
- c) trail-running shoes with good grip and adapted to the type of terrain
- d) glass or other suitable container for drinking at refreshment points
- e) food reserve
- f) survival blanket (thermal blanket)
- g) whistle
- h) adhesive elastic bandage suitable for making a bandage (minimum 80 cm by 3 cm)
- i) waterproof jacket suitable for bad weather conditions at altitude
- j) knee-length shorts,  $\frac{3}{4}$  shorts or running tights
- k) cap or bandana
- l) gloves
- m) mobile phone (enter the organisation's emergency number, do not mask the number and do not forget to leave with a charged battery).
- n) warm clothing (windproof trousers, sleeves and long-sleeved shirt recommended)
- o) poles (strongly recommended only for the MZS 22 km and MZV 2200 D+ as there will be a steep ascent to reach the peak of approx. 1000 m D+ in 1.8 kilometres, the athlete using poles must carry them with him from start to finish).

Material that may be required:

- running crampons
- protective helmet

### **Art. 10 Bibs**

Each bib, equipped with an integrated chip, is issued individually to each competitor on presentation of a photo ID or to a third person with a written proxy and a photocopy of the delegating person's ID. The bib must be worn on the chest or on the stomach or leg and must be visible at all times in its entirety throughout the race. It must therefore be placed on top of all clothing and under no circumstances fixed elsewhere. Before the start, each runner must pass through the entrance gates to the closed start area to register. When passing through a control point and at the finish line, the runner must ensure that he/she has been duly registered. Punching in is indispensable as the check between two successive controls makes it possible to ascertain that there are no missing runners. In the event of failure to register the passage and the consequent initiation of a search for the runner, any resulting expenses will be charged to the runner. The bib is the pass required to access the refuelling, buffet and massage service areas.

### **Art. 11 Security and medical care**

A rescue call post is established at the refreshment posts. These posts are connected by radio or telephone with the race direction. An ambulance and doctor will be present.

Medical officials are authorised to suspend runners judged unfit to continue the race. The rescuers are authorised to evacuate runners judged to be in danger by all means at their convenience.

In the event of necessity, for reasons that are in the best interest of the rescued person, only and exclusively at the discretion of the organisation, the official rescue service will be called upon, which will take over the management of operations and deploy all appropriate means, including the helicopter. Any costs arising from the use of these exceptional means shall be borne by the rescued person in accordance with the regulations in force.

A rider who appeals to a doctor or a rescuer effectively submits to his authority and undertakes to respect his decisions.

The entire route will be marked by flags, webbing and directional arrows.

### **Art. 12 Control and refuelling posts**

Only runners with a clearly visible bib number have access to the refuelling stations.

A map of the route identifying refreshment posts, checkpoints and aid stations will be published on <http://iscrizioni.wedosport.net> or [www.montezerbionskyrace.com](http://www.montezerbionskyrace.com). Flying checkpoints will be positioned at other locations outside the aid and refreshment posts.

### **Art. 13 Maximum authorised time and time barriers**

The maximum time for the four MZS races for the entire course is set at:

- MZS 22 km (2200 D+/-): MAX TIME 7H
- MZS 18 km (1500 D+/-): MAX TIME 5H30
- MZV 9.5km (2200 D+): MAX TIME 4H30
- MZV 5.5km (850 D+/-): MAX TIME 3H
- MZ Randò 5 km (120 D+): MAX TIME 3H

Time gate at Baita Tsesallet for MZS 22 km (2200 D+/-) and for MZV 9.5 km (2200 D+) 2H30 from the start.

These barriers are calculated to allow participants to reach the finish line within the maximum time limit, while still making any short stops (rest, refreshments, etc.). In order to be authorised to continue the trial, competitors must leave the control post before the set time limit.

Otherwise they will be disqualified, and the bib will be withdrawn. Any competitor wishing to continue without a bib number, out of the race, will do so assuming all responsibility for any consequences that may ensue.

In the event of bad weather conditions and/or for safety reasons, the organisers reserve the right to suspend the current event, delay the start or change the time barriers.

#### **Article 14 Prohibitions**

To ensure the best safety conditions for all participants, it is forbidden to compete accompanied by pets, whether on a leash or not. Competitors with pets in tow will automatically be disqualified and considered as outsiders to the competition, and will therefore be held liable for any damage caused to themselves, other competitors and third parties in general.

#### **Art. 15 Abandonments and returns**

In the event of abandonment of the race along the route, the runner is obliged, as soon as he/she is able to do so, to go to the nearest checkpoint and report his/her abandonment by registering. In the event of failure to communicate a withdrawal and the subsequent start of the search for the runner, any resulting expenses will be charged to the runner.

#### **Art. 16 Penalties - disqualifications**

Controllers on the course are authorised to check the compulsory equipment and, in general, compliance with the entire regulations. Any competitor not found to be in possession of even a single item of their compulsory equipment may be disqualified or penalised, with no possibility of appeal on this sanction. Irregularities ascertained also by means of video images received by the organisation after the competition may result in penalties or disqualification. The competition jury may pronounce disqualification or impose a penalty on a competitor in the event of a serious breach of the rules, in particular of

- non-compliantly worn breastplate
- bib exchange
- failure to pass a checkpoint
- lack of part or all of the mandatory material
- use of a means of transport
- departure from a checkpoint after the time barrier
- doping or refusal to submit to a doping control
- failure to assist another competitor in case of difficulty
- use of personal assistance outside permitted points
- leaving one's own material along the route
- failure to respect the ban on being accompanied on the route
- waste on the route
- pollution or degradation of the site by a competitor or a member of his or her staff
- insults, rudeness or threats against members of the organisation or volunteers
- refusal to be examined by an organiser's doctor at any time during the race

### **Article 17 Complaints**

Only written protests are accepted within 30 minutes after the provisional results have been posted, with the deposit of Euro 50.

#### **Art. 17 Jury**

The jury consists of:

- from the race director
- by the heads of the checkpoints in the area in question
- by all competent persons appointed by the president of the organising committee

The jury is empowered to deliberate in a time compatible with the obligations of the race on all disputes or disqualifications occurring during the race. Decisions made are without appeal.

### **Art. 18 Changes to the route or time barriers - Cancellation of the race**

The organisers reserve the right to change the route or the location of the rescue and refreshment posts without prior notice. In the event of adverse weather conditions that endanger the safety of the competitors, the start may be postponed or cancelled, the route may be modified and shortened, or the race may be stopped at any point along the route. The suspension of the race will not entitle competitors to any refund of the entry fee.

### **Art. 19 Route map**

The topographical map of the route will be available on the website <http://registrations.wedosport.net> or at [www.montezerbionskyrace.com](http://www.montezerbionskyrace.com) . Competitors are invited to download and print it out. It will contain practical information and a description of the route. Each update of the route map will be published on the website. No copies of the route map will be given to competitors with their bibs.

### **Art. 20 Insurance**

The organisation takes out liability insurance for the entire duration of the event. Participation takes place under the full responsibility of the competitors, who

waive all recourse against the organisers in the event of damage and further consequences arising from the race. When registering, the runner must sign a liability waiver.

Runners are advised to take out a personal insurance policy for accidents, recovery, and helicopter transport.

### **Art. 21 Classifications and prizes**

Only competitors who reach the finish line and register at the finish will be included in the ranking. An overall men's, women's and category classification will be drawn up.

Absolute prizes 1st, 2nd, 3rd, 4th, 5th class. M/F of all routes (MZS 22 km, MZS 18 km, MZV 2200 d+, MZV 850 d+)

Category prizes: 1st,2nd,3rd Youth A, Youth B, M/F of the MZV 850

d+ . 1st Over 50 M/F of all courses.

1st Under 15 M/F of the MZV 850 d+ course.

1st disabled athlete M/F of the MZV 850 d+ course.

Cash prizes 1st-2nd-3rd-4th-5th M/F ABSOLUTE Monte Zerbion Skyrace 22 km 2200 D+/D-: 1st 800 euro, 2nd 500 euro, 3rd 300 euro, 4th 200 euro, 5th 100 euro.

Cash prizes 1st-2nd-3rd M/F ABSOLUTE Monte Zerbion Vertical 2200 D+: 1st 600 euro, 2nd 400 euro, 3rd 200 euro.

Cash prizes will be awarded:

- 100 euros to the best M/F time of the Nissod passage among the starters of the following trials (MZS 22 km, MZS 18 km, MZV 9.5 km);

- 100 euros to the best M/F time on the 'Lévò' section, i.e. the part of the route from Tsesallet to the summit of Mount Zerbion (approx. 1000 m D+ in 1.8 km development) - among the starters of the following trials (MZS 22 km and MZV 9.5 km);

- 100 euros to the best time M/F on the downhill section of the MZS 22 KM race (from the Monte Zerbion section to the finish line).

- for the MZS 22 KM and MZV 9.5 KM - RECORD MONEY PRIZES - ONLY ON ORIGINAL ROUTE AND NOT ON VARIANTS (e.g.: WEATHER CAUSES)



Category prizes cannot be combined with absolute prizes. Under no circumstances will prizes be delivered in advance or sent out.

**Art. 22 Image rights**

Each competitor expressly renounces the use of image rights during the event as well as waiving any recourse against the organisation and its authorised partners for the use made of his/her image. Each competitor declares that he/she is aware of the use of drone equipment for aerial filming during the event and therefore releases the organisation from any liability relating to its use.