

## **Reglamento de la Prueba:**

### **Article 1**

3 días Trail Ibiza – Ultra Ibiza is a race of Trail Running which is made up of 3 stages on the island of Ibiza, which is within the Federación Balear de Atletismo. The 7<sup>th</sup> edition will be held on the 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup> of November, 2021.

Any incident not noted in the moment will be resolved by the Jury of 3 días Trail Ibiza – Ultra Ibiza, which is made up of the Race Director, a member of the organisation, a representative of the runners, and a Race Referee.

These regulations can be corrected, modified or improved upon at any time by the Organisation, with due communication to participants and a period of reclamation and resolution of incidences . By registering in any of the components of the event, you are agreeing to abide by the content of this document.

3 días Trail Ibiza – Ultra Ibiza is both a sporting and tourism event. It is a personal challenge and is open to any person with the objective of completing it, running or walking .

### **Article 2**

2,1 Participation is limited to 300 athletes on Friday and Sunday. And 150 per event on Saturday.

2,2 Athletes born in the U23 category and above with a Road/Trail Running Licence or National Licence. Or the day licence.

2.3 Registrations will be made at Elitechip.

2.4 The 3 Days trail Ibiza with:

\* 2nd stage Ultra 105€ the first 100 - 115€ until the 1st of November - 135€ until registration closes. There are 150 places available (the registrations for the other distances are also taken into account).

- 2nd stage Marathon 75€ for the first 100 - 85€ until 1st November - 115€ until registration closes. There are 150 places available (the registrations for the other distances are also taken into account).

- 2nd stage 1/2 Marathon 60€ for the first 100 - 70€ until 1st November - 100€ until registration closes. There are 150 places available (the registrations for the other distances are also taken into account).

- 2nd stage 10 kms Started 40€ the first 100 - 50€ until 1st November - 70€ until registration closes. There are 150 places available (the registrations for the other distances are also taken into account).

Runners who do not have insurance will have to pay 15€ for it.

**This option will open when the 300 places available for Friday and Sunday are filled, or on 1 October if places are still available.**

1 day trail Ibiza:

\* Night 15€.

\* ULTRA. 105€ for the first 100 - 115€ until 1st November - 135€ until registration closes. There are 150 places (also those registered for the other distances will be taken into account).

\* Marathon 75€ for the first 100 - 85€ until 1st November - 115€ until registration closes. There are 150 places available (also for those registered for the other distances).

\* 1/2 Marathon 60€ for the first 100 - 70€ until 1st November - 100€ until registration closes. There are 150 places available (also taking into account those registered for the other distances).

\* 10 kms Started Started 40€ for the first 100 - 50€ until 1st November - 70€ until registration closes. There are 150 places available (also for those registered for the other distances).

Sunday 15€.

Runners who do not have insurance will have to pay 5€ for it.

Registration is personal and non-transferable. Any runner found with another person's race bib will be expelled from the race. Registrations will close on Sunday 21 at 23.59.

Registration will close after this date. Or they will be closed once the available places have run out.

Ultra: 150 places

Marathon: 150 places

Half Marathon: 150 places

10 kms Started: 150 places

### **Article 3 CATEGORIES**

3,1 Runners age for categories will be that which they will be on the 31<sup>st</sup> of December in the year of the event.

3,2 The prizes **ARE NOT CUMULATIVE**

3,3 Categories in the **General Final of the 3 días Men and Women**

**Considered a FINISHER OF 3 DÍAS and will have a finisher medal:**

- a combination of the 10km Night Run + 10 kms Saturday + 10km Sunday
- a combination of the 10km Night Run + Saturday Half Marathon + 10km Sunday
- a combination of the 10km Night Run + Saturday Marathon + 10km Sunday
- a combination of the 10km Night Run + Saturday Ultra + 10km Sunday
- Ultra
- Marathon
- Half Marathon

### 3,4 Trophies

- The trophies are NOT CUMULATIVE in the categories listed in the regulations.
- There will be trophies for:
- In the Night Race:
  - the first three classified
  - the first veteran A (+35 years)
  - the first verteran B (+45 years)

In the 10 kms started on the second day:

- the first three classified
- the first veteran A (+35 years)
- the first verteran B (+45 years)

In the Half Marathon on the second day:

- the first three classified
- the first veteran A (+35 years)
- the first verteran B (+45 years)

In the Marathon on the second day:

- the first three classified
- the first veteran A (+35 years)
- the first verteran B (+45 years)

In the Ultra on the second day:

- the first three classified
- the first veteran A (+35 years)
- the first verteran B (+45 years)

In the 10km on the third day **to the first three classified**

- the first three classified
- the first veteran A (+35 years)
- the first verteran B (+45 years)

- In the **combination** of the Night Race 10km + 10 kms started Saturday + 10km Sunday, prizes will be awarded to:
  - the first three classified
  - the first three classified in the sub category Veterans A
  - the first 3 classified in the sub category Veterans B
- In the **combination** of the Night Race 10km + **Half Marathon** Saturday + 10km Sunday, prizes will be awarded to:
  - the first three classified
  - the first three classified in the sub category Veterans A
  - the first 3 classified in the sub category Veterans B
- In the **combination** of the Night Race 10km + **Marathon** Saturday + 10km Sunday, prizes will be awarded to:

- the first three classified
  - the first three classified in the sub category Veterans A
  - the first 3 classified in the sub category Veterans B
- In the **combination** of the Night Race 10km + **Ultra** Saturday + 10km Sunday, prizes will be awarded to:
  - the first three classified
  - the first three classified in the sub category Veterans A
  - the first 3 classified in the sub category Veterans B

**3,5 Championship of Islands UltraDistance.** The championship is subject to the rules of the FAIB and will feature categories and subcategories as specified in those rules. Only those who are members of the Balearic Federation of Athletics and Trail Running can be classified. The prizes for this section will be awarded at the Athletic Federation ceremony.

#### **Article 4 RESPONSIBILITIES OF THE ORGANISING BODY**

4,1 The organiser of the competition is a sports club registered in the Sports Authority of the Balearic Islands (DG Esports), and is affiliated with the FAIB.

4,2 The organisation will not be held responsible for any injury, loss or damage resulting from negligence or bad faith, or other situations seen to be excluded under the Civil Responsibility Clause employed for the event.

4,3 It is the organiser's responsibility to check and follow the weather forecast for the event 48 hours beforehand, and to ensure that the participants are aware of any weather alerts for the days of the races. The participants will be notified of compulsory clothing and equipment that will have to be used.

4,4 The organisation will suspend the event if it is advisable due to the weather conditions, a Red Weather Alert is declared in the area the race is due to take place in, and if advised to do so by 112 and/or the Civil Protection. In this case the registration fee will not be refunded.

4,5 The race organisers will allocate Bib numbers to the participants as a way of indentifying them before the start of the event.

4,6 In the event of an error in the results, the organisation will make the Race Referee and the committee aware within 15 days of the event. After this time the provisional results will be made final.

#### **Article 5 OBLIGATIONS OF PARTICIPANTS**

5,1 It is obligatory for the runner to know the regulations of race.

5,2 All runners must follow the guidance given by the race organisation or the Race Referee. In the event of not following the indicated race route and the directions given by the security personnel of the organisation, the runner may be sanctioned by the Race Referee.

5,3 In the case of an accident, all runners must give assistance and inform the personnel at the nearest control point. Failure to do so will result in disqualification.

5,4 Runners who decide to retire from the race will have to communicate this to the organisation at the nearest control point. They will be evacuated one by one or will wait until the end of the race.

5,5 All runners will use appropriate footwear and be of the appropriate physical condition to complete the race.

5,6 All licensed runners must present the Licence of Athletics + Trail, or superior, or their Identity Card/Passport to collect their Bib number and participate.

### OBLIGATORY MATERIAL 3 DÍAS TRAIL IBIZA – ULTRA TRAIL

	NOCTURNA	ULTRA	MARATON	1/2 MARATON	10 kms started	DOMINGO
Trek Running Footwear	✓	✓	✓	✓	✓	
WaterProof Goretex Jacket. 10000						
Windbreaker		✓	✓	✓	✓	
A fully charged Mobile phone, activated and NOT in FLIGHT MODE	✓	✓	✓	✓	✓	
Thermal Blanket (1,4x2 mts. min.)	✓	✓	✓	✓	✓	
Front head/ Chest Torch	✓	✓ + pilas o dos frontales	✓ + pilas o dos frontales			
Red rear light	✓	✓	✓			
Whistle	✓	✓	✓	✓	✓	
Cup for refreshment Points		✓	✓	✓	✓	
1 Litre of Liquid		✓	✓	✓		

\* Runners will not be allowed to start, or will be disqualified if they don't have the OBLIGATORY MATERIAL.

\* Windbreaker: Dependent on the weather conditions in the island the weekend of the event, it may be obligatory have a waterproof jacket of 10,000WR/10,000VP. This will be indicated by the Race Organisation.

- A fully charged mobile phone, activated and **NOT** in FLIGHT MODE. The mobile phone must be capable of emitting location.
- A FRONT HEAD/CHEST TORCH **AND** a RED REAR LIGHT are COMPULSORY for the Night Race on the 29<sup>th</sup> November.
- A FRONT HEAD/CHEST TORCH for the Ultra on Saturday 27<sup>th</sup> November. It must be carried for the entire route, with an spare head torch or battery. It must be worn and turned on by all participants who finish later than 17,30. It is not permitted to say you will depend on the light of another participant.

5,8 The participants must know and adhere to the restrictions regarding doping (the list of banned substances published by the World Anti Doping Agency WADA). Detection of the use of any of these substances will result in the runner being disqualified and penalised.

5,9 The bib number must be worn at the front and must be visible during all of the race. If a waterproof or windproof jacket is worn, it should be visible upon lowering the zip. The bib number cannot be cut, folded or reduced in size.

5,10 Runners can use a bib number belt, so long as the bib number is not covered by clothing and that it is not worn at the back.

5,11 For reasons of safety, it is not permitted to compete wearing earphones.

## Article 6 INFRINGEMENTS

6,1 There are 2 types of infringements, serious and very serious, that will be applied by the Race Referee after the communication of said with the Race Director. The minor infringements will be punished with an additional time of between 1 and 3 minutes. The serious infringements will be punished with an additional time of between 5 and 10 minutes, and may lead to disqualification. The very serious infringements will mean the immediate disqualification of the runner by the Race Referee or by the Race Organisation.

6,2 The serious infringements which will be penalised with +3'

6,2,1 Not giving way to a runner from behind who has asked you to.

6,2,2 Wearing earphones during the race. The organisation or referees will remove them, and they will be returned at the finish line.

6,2,3 Changing the size of the bib number, having it covered or wearing it at the back.

6,2,4 Receiving assistance from people other than those at the refreshment stations.

6,2,5 Starting the race before the official signal.

6,3 The very serious infringements which will result in disqualification

6,3,1 Using any kind of transport for part of, or all of, the route.

6,3,2 Not adhering to the most basic rules with regards to doing a sport with a group, and respecting the natural environment.

6,3,3 Any disregard or violence towards the referees, members of the organisation or participants in the race

6,3,4 Retiring from the competition without advising a referee or a member of the organisation at a check point.

6,3,5 Finishing the race after the Finish cut off time.

6,3,6 Reaching a check point after the cut off time for that particular one.

6,3,7 Not passing through a check point.

6,3,8 Not helping a runner who has had an accident.

6,3,9 Not carrying the obligatory material as instructed by the race organisation.

Related to respecting and caring for the Natural Environment

6,3,10 The use of the Public Address System in any part of the route apart from the start and finish.

6,3,11 Not respecting the environment; damaging the natural, geological or cultural assets.

6,3,12 Not respecting or adhering to the routes marked by the organisation; using secondary path instead of the main marked path, taking short cuts or cutting corners.

6,3,13 Throwing rubbish (waste, wrappers, food or materials) outside of the areas indicated by the organisation. It is compulsory to mark gels, bars, etcetera with the runners bib number.  
 6,3,14 Sending signals or flashing lights, except that of the head torch, during routes completed in darkness. Shouting during the route.

## Article 7 CHECKPOINTS

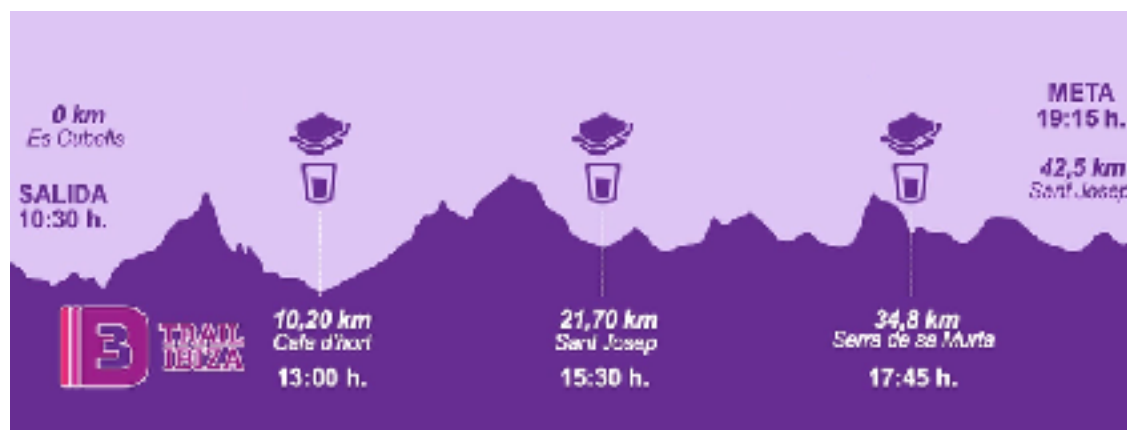
The organisation will appoint one person responsible for the checkpoints.

### ULTRA



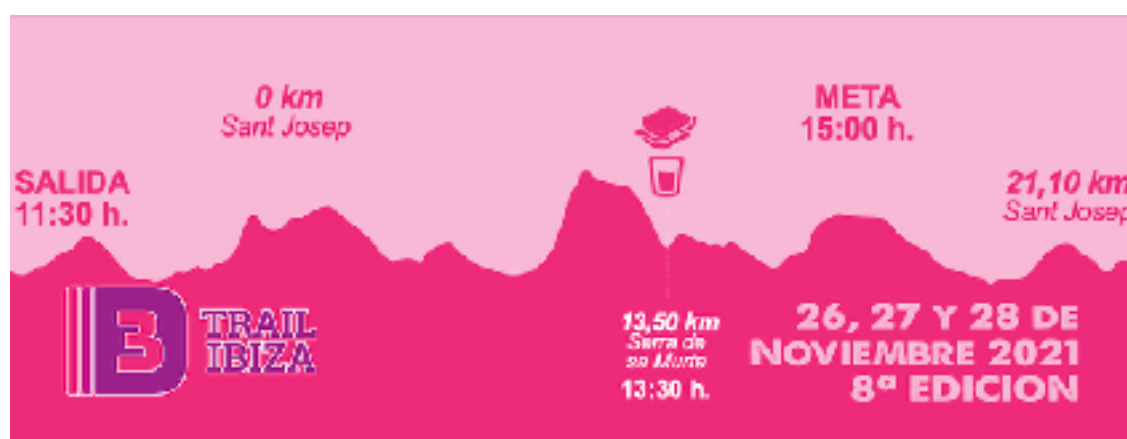
SITUACIÓN PUNTO	CHIP	SALIDA	PRIMER CORRE-DOR APROX	CIERRE	Km,s	AVT. SOLIDO
Sant Josep	Si	07:00	07:00	07:00	0,0	No
Sant Agustí (Cruce bar)	Si		07:35	08:15	9.00	No
Raco des Ginebre	Si		08:15	09:45	19.200	Si
Ses Roques Altes.-Atalaya	Si		09:15	11:30	31.500	Si
Es Cubells	Si		10:15	13:00	42.000	Si
Cala D'Hort	Si		11:25	15:30	52.200	Si
Sant Josep	Si		12:35	18:00	63.700	Si
Serra de sa Murta	Si		14:00	20:15	76.700	Si
Sant Josep (Meta)	Si		15:00	21:45	84.000	Si

## MARATON



SITUACIÓN PUNTO	CHIP	SALIDA	PRIMER CORRE-DOR APROX	CIERRE	Km,s	AVT. SOLIDO
Es Cubells	Si	10:30	10:30	10:30	0,0	NO
Cala D´Hort	Si		11:40	13:00	10.200	Si
Sant Josep	Si		12:50	15:30	21.700	Si
Serra de sa Murta	Si		14:15	17:45	34.800	Si
Sant Josep (Meta)	Si		15:15	19:15	42.500	Si

## 1/2 MARATON



SITUACIÓN PUNTO	CHIP	SALIDA	PRIMER CORRE-DOR APROX.	CIERRE	Km,s	AVT. SOLIDO
Sant Josep	Si	11:30	11:00	11:30	0,0	NO
Serra de sa Murta	Si		12:15	13:30	13.500	Si
Sant Josep (Meta)	Si		13:00	15:00	21.100	Si



10 kms



### Article 8. REFRESHMENT ZONE

The use of the mask will be mandatory at all times.



Rubbish containers will be placed before and after each refreshment zone. Signs will show the beginning and end of these zones.






External help for the runner must be given within these zones, and no materials, equipment or food waste can be left outside of these points.

THERE WILL NOT BE CUPS for the drinks in the Refreshment Zone and it is RUNNERS RESPONSIBILITY to bring their own. It is STRICTLY FORBIDDEN to drink directly from the refreshment decanter.

Refreshment Zones will have both liquids and solid food, however the 10.5km zone will only have liquids; water and isotonic drinks.

At the finish line there will be liquid only Refreshment Zones(water and isotonic drinks) and also for solid food (pasta, soup, dried fruit and nuts, oranges) for all participants

Ultra	1 S. Agustín 9 km	2 Razo Can Ginebre 19,200 km	3 Ses Roques 21,500 km	4 Es Cubells 42 km	5 Cala D' Thor 52,200 km	6 Sant Josep 63,700 km	7 Serra de Sa Murta 76,70 km	Meta: 85 km
Marathon					1 Cala D' Thor 52,200 km	2 Sant Josep 63,700 km	3 Serra de Sa Murta 76,70 km	Meta
1/2 Marathon							1 Camí de Sa Murta 13,500 km	Meta
Water	X	X	X	X	X	X	X	X
Isotonic drink Enervit	X	X	X	X	X	X	X	
Soup				X				
Coca cola				X		X	X	
Banana		X	X	X	X	X	X	X
Orange			X	X	X	X	X	X
Bar Enervit		X	X	X	X	X	X	
Gummies				X		X	X	
Gel Enervit			X			X	X	
Quely		X	X	X	X	X	X	X
Cakes		X	X	X	X	X	X	
Fuet				X		X	X	
Cheese				X		X	X	
Te				X				
Coffee				X				
Honey				X				
Catering								X
Yoghurt								X
Nuts								X

## **Article 9 APPEALS**

Appeals will be made through the completion of an Appeal Form, which can be obtained from the Organisation. **There will be a fee of 60 euros** (which shall be repaid if the appeal is successful). This must be done at the end of the race **on the day of the race**. The appeals will be presented to the referee committee.

## **Article 10 GENERAL INFORMATION**

- The organisation will arrange Accident Insurance which will cover all runners.
- The organisation will arrange Civil Liability Insurance in accordance with the current legislation.
- The participants will follow the instructions given by the organisation.
- On registering for the race all participants accept, without reservation, that they will adhere to the contents of these regulations and the Race Ethics

## **Article 11 RETIREMENTS**

Runners can only officially retire from the race at the checkpoints. Additionally, only those checkpoints indicated by the organisation in the program will have evacuation vehicles. Therefore, a runner who abandons the race at another point must make their way to the next checkpoint. Only one trip shall be made, which will be when the checkpoint closes.

## **Article 12 CANCELLATION OF SPORTS EVENTS due to COVID-19**

In the event that the 3 days Trail Ibiza cannot be organised either due to the current situation of COVID-19 or due to force majeure there will be two options:

\* the full amount will be refunded minus the administration fee of 3€.

\* receive the runner's bag + a 25% refund of the registration fee.

## **Article 13. CANCELLATION OF SPORTS EVENTS due to weather conditions**

any stage has to be suspended due to weather conditions, no refund will be made.

## **Article 14. SPORTS EVENT CANCELLATION INSURANCE**

No cancellations can be made after 15 November.

The runner can contract an insurance that covers the non refundable amount by the organizer of the sport event. If the insured runner after the occurrence of an event included in the causes of cancellation insured in this insurance that prevents the insured runner from attending the insured sports event and forces him/her to cancel it before the departure date.

It consists of an insurance contract covering the non-refundable amount by the organizer of the sports event following the occurrence of an event included in the causes of cancellation insured in the present insurance that prevents the insured from attending the insured sports event and obliges him/her to cancel it before the departure date.

## **CANCELLATION EXPENSES**

Only the bib/registration fee will be refunded. The guarantee offered by this insurance will be valid from the date indicated in the insurance contract and the period of coverage is from the date the insurance is taken out to the date of the insured sporting event.

#### CAUSES OF CANCELLATION

The reasons for cancellation that are the subject of this guarantee must prevent the insured from participating in the sports competition and must have occurred after the insurance was taken out:

Serious illness.

Serious bodily injury or death of the insured and family members.

Serious injury.

Due to theft, fire or flooding of the insured's habitual residence or professional premises.

Summons for surgical treatment.

Summons as an electoral member.

Presentation as an opponent to official exams.

Medical leave of the insured. Not a proof of a physiotherapist

The cost of the insurance consists of three sections:

The organiser adds an amount to the insurance premium for costs linked to own management expenses that are not part of the price of the insurance (including VAT) using the following structure: 5€.

#### CLAIMS

In the event of a claim, you must inform Trail Ibiza within 7 days of occurrence. Through the e-mail: [info@trailibiza.com](mailto:info@trailibiza.com)

**Article 15** By registering for the Ultra Ibiza – 3 Dias, runners agree that Trideporte, itself or through third parties, may automatically use their personal data, for exclusively sports related, promotional or commercial purposes, and according to its sporting interests, for promotion, distribution and use in the whole world (reproduction of the race pictures, publication of the results, etc.), using any device (television, internet, advertising, etc.) without time limit, the right to reproduce their name and surname, their overall result, their category, their finishing time and their image both in photo and in video.

Article 15 Bicycles or motorised vehicles that are not part of the organisation are forbidden during the race. The Local Police forces of San Antonio, San Josep and Ibiza, and the Guardia Civil will be responsible for traffic control on the routes.

**Article 16** All participants, by registering, acknowledge and agree with these Regulations. Action to be taken on unforeseen circumstances will be decided by the Race Organisation.

**Article 17** Finishers of the Ultra or 3 Días will receive a Finishers Medal.