

Compressport UTM'17

Regulation

Organization

Article 1-ADMT Associação Desportiva Marão Trail – Non-profit Association, based in “União de Freguesias de Amarante, município de Amarante”, promotes the Compressport UTM. Pure trail Running Sport event, on the 24th, 25th and 26th March 2017.

Races description

Article 2- Races.

- a. UTM Endurance (grade 3)*: pedestrian mountain race of 104 km, with 6000 m height gain and 6000 height loss; it consists in traversing all the mountains of “Cordilheira do Marão” (Marão, Alvão, Aboboreira, Castelo e Meia Via), reaching the highest point (1 1415 m) approximately in the middle of the course. It starts at 11 pm on the Friday 24th and it goes until 6 am on the Sunday 26th; maximum time 30 hours
- b. UTM (grade 3)*: pedestrian mountain race of 49 km, with 2600 m height gain and 2600 height loss; it consists in traversing the west part of “Cordilheira do Marão”, passing Marão and Aboboreira mountains (passing Ribeiro cascade and Goiva cascade) . It starts at 8 am and it goes until 8 pm on the Saturday 25th; maximum time 13 hours
- c. TM (grade 1)*: pedestrian mountain race of 23 km, with 750 m height gain and 750 height loss; it consists in traversing the Marão mountain. It starts at 9 am and it goes until 4 pm on the Saturday 25th; maximum time 6 hours.

The organization reserves the right to change the distance and the height gain/loss, if it´s decided so to be more adequate; the changing on the height gain/loss will never be higher than 10%.

*according with grade categorization of ATRP – Associação de Trail Running de Portugal

Article 3. Pedestrian walk.

- a. Pedestrian walk of 8-10 km, with 300 m height gain and 300 height loss; it consists in going around Amarante streets . It starts at 9 am on the Saturday 25th March.

All the races and the pedestrian walk will start and finish in Parque Ribeirinho, in Amarante.

Article 4- Program and schedules. (to be defined opportunely)

Article 5- Maps/Profile/ Supply Stations. To consult the Race Site

Ethics and values

Compressport UTM aims to follow the ethics and the essential values that concern runners, sponsors, volunteers and organizers, together with healthy sport practice.

Article 6-Ecologic responsibility. Do not leave the rubbish in the nature- use the proper bins, to respect the flora and the fauna, strictly follow the marked course without using shortcuts. We advise to download the GPS track, in case of having any doubts on the course the most correct procedure will be to follow the GPS track. Whenever it's possible the organization will use reusable or recyclable material and will collect selectively the rubbish (batteries, paper, plastic, etc). The course will be walked and marked until the event day. The cleaning of the course will be done by the staff immediately after the passage of the last athletes. Communication using paper will be reduced as much as possible; electronic communication will be used instead.

Article 7-The social responsibility is a mark of Compressport UTM. We are aware that running in total freedom in the mountain is a privilege, it's crucial for us to share this privilege with all that can't fully enjoy the nature.

Article 8-Solidarity. The respect for the runners, volunteers, sponsors, partners and public are primordial in Compressport UTM.

Participation conditions

UTM Endurance, UTM and TM are demanding races that are runned in semi-autonomy in the middle of the mountain. We advise the participants to be in a very good physical condition and to be experienced in these kind of races. The participants shall be ready during the race to deal with adverse conditions (physical or mental), sometimes very hard, due to a big physical effort. The organization has the right, if it decides so, to stop an athlete from continue the race in case he or she shows any pathologic sign that puts his or her health and welfare at risk.

Article 9-Minimum age.

- a. Races (UTM Endurance, UTM, TM): anyone who's 18 years old or more can participate.

- b. Marcha (Caminhada): a inscrição está aberta a todos. Os menores de 10 anos têm que ir acompanhados durante todo o percurso por um adulto. Pedestrian walk: People of any age can participate. Children under 10 years old shall be accompanied by an adult during the whole course.

Article 10-Athlete's declaration. In order to the registration can be validated the athlete shall accept the regulations and to exempt the organization of any responsibility in case of accident or physical damages suffered during or after the competition. This declaration is completed by the athlete during the registration.

Article 11. Insurance. After the validation of the registration all the participants will be insured from personal accidents that may occur during the race, according to the legislation (Dec. Lei 10/2009), with minimal capitals

- a. Morte. Death – 27 100 €;
- b. Invalidez Permanente. Permanent disability – 27 100 €;
- c. Despesas de Tratamento. Treatments expenses – 4 340 €;
- d. Despesas de Funeral. Funeral expenses – 2 170 €

Deductible Insurance – Value to be defined

The payment of the deductible Insurance, in case of an accident it's the athlete's exclusive responsibility. The organization will not assume any claim costs which we did not know in an appropriated time to activate the insurance claim.

Article 12-Images copyrights. All the participants renounce to their image copyrights and authorize the Organizers and the Sponsors to freely use and to publish any pictures or videos taken during the race context.

Article 13-Registration. The payment of the registration fee for the Races and for of the Pedestrian Walk shall to be done by bank transfer to the following account:

IBAN PT50 0036 0259 9910 0039 4132 8
Account Holder: Associação Desportiva Marão Trail
Name of the Bank: Montepio Geral
Bank address: Rotunda da Paz
4760 Vila Nova de Famalicão
Portugal

After that the payment confirmation (transfer invoice) shall be sent to utmgeral@gmail.com. The registration will only be confirmed after receiving the payment confirmation

The registration will not be confirmed if the payment confirmation wont not be received within two labour days after the athlete proceeded to the registration. After that period the registration will be canceled and there will be no refund of the amount that was paid.

It will be possible the consult the registration status on the "confirmed registratred list" on the web page

All the registrations that are regularized until the 12/03/2017 will include the complete athlete kit.

	UTM Endurance	UTM	TM	Pedestrian Walk
30/09 to 31/12/2016	60€	30€	15€	5€
01/01 to 28/02/2017	70€	35€	20€	5€
07/03 to 12/03/2017	80€	40€	25€	6€

Article 14. Registration changes. The participants that are already registered can ask for a change to any race category, as long as if there are still places available on that race and as long as the registrations are not closed. Each registration is personal and non-transferable to another participant. It will only be accepted one change per inscription and under the following conditions:

- For a change requested before the 31/12/2016, 50% of the difference of the fee amount will be returned.
- For a change requested between the 01/01/2017 and the 10/03/2015, there will be no return of any amount

In order to request the change of the registration the participant shall contact the Organization by the email utmgeral@gmail.com (presenting the registration fee payment confirmation and sending the IBAN; without these informations it is not possible for the Organization to proceed to the refund)

- Article 15-Registration cancellation.** The athlete can request the cancellation of its registration in the case of he or she will not be able to participate in the Race. The refund will only be possible under the following conditions: For requests made before the 31/12/2016, 60% of the fee amount will be returned.
- For requests made between the 01/01/2017 and the 31/01/2017, 50% of the fee amount will be returned.
- For requests made between the 01/02/2017 and the 28/02/2017, 25 % of the fee amount will be returned.
- For requests made between the 01/03/2017 and the 10/03/2017, 25 % of the fee amount will be returned under the presentation of a medical certificate that show's there's an injury that stops the athlete to participate
- For requests made between the 11/03/2017 and the 18/03/2017, 25 % of the fee amount will be returned during the month before the race date under the presentation of a proof that the athlete was hospitalized during this period.

In order to request the cancellation of the registration and the receive the reimburse the participant shall contact the Organization by the email utmgeral@gmail.com (presenting the registration fee payment confirmation and sending the IBAN; without these informations it is not possible for the Organization to proceed to the refund).

Race Conditions

Article 16-Disqualification schedules. There are several disqualification schedules indicated on the Compressport UTM website (description of each event). These schedules can be modified at any time by the organization. Athletes that wish to follow the course having passed the disqualification times, will be immediately out of the race, the dorsal and the chip will be removed by elements of the organization. Those wanting to continue will be at their own risk. Hourly barriers will always be taken into account when leaving the supply station and not entering.

Article 17. Course. The Compressport UTM races mostly cover mountain paths, traversing seven marked footpaths, and given their unique characteristics, is the most rugged mountain range in Portugal. In case of the impossibility of carrying out the road traffic cut-off in some passages, the participants must comply with the traffic rules on the public use roads, and also respect the agricultural areas and private properties, otherwise they could have to assume potential damages and damages resulting from their Default.

Article 18- Supply Stations. There are several types of supplies distributed along the route:

- light (beverages, sweet foods)
- consistent (beverages, sweet foods, salty foods)
- very consistent (beverages, sweet foods, salty foods, soups)

Article 19-Dorsal Number (BIB Number). It is mandatory to present an ID document with a photo to pick up the Athlete's Kit. It can't be used by a third person in any case, as it is personal and non-transferable. During the event, the BIB number must always remain visible to the staff, in the chest, waist or leg; it can't be cut, folded or modified.

Article 20- Controls points. The number and the location of the control points will not be communicated by the Organization.

Article 21-Time control. It is mandatory the time control for each athlete at all checkpoints provided for that purpose, departure and arrivals included.

Stop and Go Company is in charge of the time control service; they will supply the dorsals (BIB numbers).

Article 22-Mandatory and recommended material.

	UTM Endurance	UTM	TM
2 head torch with replacement batteries	Mandatory	Mandatory (just 1 head torch)	
Red Light	Mandatory		
Survival blanket	Mandatory	Mandatory	Recommended
Whistle	Mandatory	Mandatory	Recommended
Waterproof jacket with hood	Mandatory		Recommended
Water reserve (minimum 1L)	Mandatory	Mandatory	Recommended
Food reserve	Mandatory	Recommended	Recommended

Head protection covering the ears (Tubular authorized)	Mandatory	Mandatory *	Recommended
Dorsal Dorsal (BIB Number)	Mandatory	Mandatory	
Gloves	Mandatory	Mandatory*	Recommended
Waterproof trousers	Mandatory		
Pirate Trousers (should cover up to at least below the knee)	Mandatory	Recommended	
Poles	Recommended	Recommended	Recommended
Adhesive elastic band (minimum 80x3cm, strapping)	Mandatory	Mandatory	Recommended
Long-sleeved sweater	Mandatory	Mandatory	Recommended
Reusable cup⁽¹⁾ (Minimum 15 cl)	Mandatory	Mandatory	Mandatory
GPS system	Recommended	Recommended	Recommended
Sunglasses	Recommended	Recommended	Recommended
Pins or race belt	Mandatory	Mandatory	Mandatory
Sunscreen	Recommended	Recommended	
Anti-friction cream or Vaseline	Recommended	Recommended	
First aid kit	Recommended	Recommended	
Water purifying tablets	Recommended	Recommended	
Operational mobile phone (with the organization contact numbers saved)	Mandatory	Mandatory	Mandatory

(1) For reasons of sustainability, there will be no glasses in the supply stations. After the registration the athlete has the possibility to buy an eco cup

* Mandatory, unless the organization at the start of the race decides to be recommended. It is recommended to take a cash amount to cope with an unforeseen event.

Every athlete must have the mandatory material throughout the race, otherwise he or she will be disqualified. Depending on the weather conditions, the organization will announce during the briefing that precedes the race, if any of the mandatory material may be optional.

Article 23-Voluntary abandonment. It is only possible to abandon the race in a control or supply point (station), except in case of injury. If this point is not accessible by vehicle, the athlete must access by his own means to the nearest evacuation point. It is recommended that you quit on the life station. It is prohibited to leave the marked course without informing the organization and being duly authorized by it. It is mandatory to check if it is a time control point.

Article 24- Compulsory abandonment. The organization may temporarily stop a runner or compel him or her to drop the race if they consider his or her condition can put in danger his or her physical integrity and safety.

Article 25- Weather conditions. In the case of adverse weather conditions, the organization reserves the right to close the race, modify the course, the disqualification times, the time of the event, or even cancel it.

Article 26-Runners bags (clothes bag changes). The bags of the runners can be deposited in the Athlete's Space, next to the secretaryship. They will be guarded and available upon arrival. Your content will not be verified at the time of dropping, so the organization is not responsible for any loss. We advise you not to leave valuables inside. After the event is finished, you will not be able to claim any bag if it turns out that the runner has not bothered to pick it up.

Article 27-Penalty or disqualification. The commissioners of the race will monitor the application of the Regulation and will be entitled to apply the penalties or foreseen disqualifications.

The competition jury, which includes of the event director, the ATRP referee representative and a representative from among the athletes, is responsible for evaluating all complaints. These must be resolved within 24 hours after the end of the event and included in the Final Act.

Faults to the regulation	Desqualificação
Leaving the marked route	15 min penalty
Leaving the marked route representing an important shortcut (the GPS data will be required if you take it)	Penalty from 1 h to 5 h
Voluntary abandonment of garbage	1-hour penalty
One element of mandatory safety equipment missing: dorsal (BIB number), whistle, survival blanket, waterproof jacket with hood, head torch, mobile phone	Disqualification
Any other element of mandatory equipment missing	2 h penalty
Infringement of the Regulation	Penalty / Disqualification
To ignore the indications of the organizers	Disqualification
Have an unsportsmanlike conduct (behavior and / or language offensive to: athletes, organization, volunteers or public)	Disqualification
Do not assist a person in difficulties (injury, major exhaustion, hypothermia ...)	Penalty of 1 h or disqualification, depending on the consequences
Do not go through a checkpoint or do have the time checked on the checkpoint	Disqualification

Exit from a checkpoint after the disqualification time	Disqualification
Abandonment of the event without warning the organization	Prohibition to participate in the next editions
Another infringement to the regulation or to the race ethics	Depending on the decision of the event jury

Each of these faults to the regulation accumulate every time they occur.

Article 28-Complaints. Complaints may be presented writing to the jury. They should be presented no later than 2 hours after the distribution of the prizes of the respective race, or conclusion of the athlete in the same.

Post-event conditions

Article 29. After arrival at the finish line, the runners can use the final supply station, pick up their bags, use the changing rooms & showers and use massage the service.

Classifications and awards

Article 30-General classification.

- UTM Endurance: prize and trophy for the top three men and women and teams.
- UTM: prize and trophy for the top three men and women and teams.
- TM: prize and trophy for the top three men and women and teams.

The teams will be constituted by their 3 best elements and wins the team with fewer points. Each point will be assigned according to the general classification of its elements. For example, for an athlete who finishes 11th, 11 points are awarded.

Article 31- Classification by categories.

UTM Endurance, UTM and TM: trophy for the top three in each category, men and women. Failure to appear in the prize delivery implies loss of the prize.

Classes Male:

MSub 23 – 18 to 22 years

MSeniores - 23 to 39 years

M40 - 40 to 44 years

M45 – 45 to 49 years

M50 - 50 to 54 years

M55 – 55 to 59 years

M60 -over 60 years Female:

FSub 23 – 18 to 22 years

FSeniores – 23 to 39 years

F40 - 40 to 44 years

F45 – 45 to 49 years

F50 - 50 to 54 years

F55 – 55 to 59 years

F60 - over 60 years

Note: For the purposes of classification and scoring of athletes in the ranks, the ATRP rule will be used and it will be considered the year of birth of the athlete, that is, the age that the athlete will have on December 31st of the current competitive season . Ex: An athlete who turns 40 on December 31 will be graded at the M40 level throughout the circuit.

Article 32. All the finishers will receive a souvenir corresponding to their race.

For the race (UTM Endurance, UTM, TM) the finisher can download his ou hers individual diploma on the official website.

Article 33. The cases not covered by this Regulation shall be resolved by the Organization; The appeal of the consequent decisions will not be allowed.

The present regulation was made according to the criteria defined by the Association of Trail Running of Portugal.

Amarante, 16th October 2016

The organization,

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