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RACE REGULATION V.3



 pisaoextreme

 pisaoextreme.pt

TRAIN HARD, RACE HARDER!

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1. Participation Conditions

Pisão Extreme is organized by SpotCriativo Eventos and Viseu Running Team in collaboration with S. P. Sul Town Hall and support of local entities (Junta Freguesia Carvalhais e Candal, ATASA and Bioparque do Pisão).

The event is realized in 23rd of November of 2019, starting and ending in Bioparque do Pisão - Carvalhais - S.P. Sul, being composed by 4 Skyrunning courses tutored by the Portuguese Federation of Camping and Mountaineering of Portugal.

1.1 Races

Every race will be in “Serra da Arada” (Arada's Mountain) in a circular way.

Pisão Extreme (PE)	65 km	6500 D+	13000 D
Pisão Skyrunning (PS)	35km	3500 D+	7000 D
Pisão Adventure (PA)	20km	1850 D+	3700 D
Pisão Mini (Pmini)	10km	800 D+	1600 D

1.2 Minimum Age of participation

1.3 Registration

The registration in Pisão Extreme implies understanding and accepting without reserve the rules and regulations of the event. It is necessary to correctly register at www.pisaoextreme.pt or at stopango.com.pt and proceed the payment, being aware of the type of race in which it is registered and the requirement that it requires, being fully responsible for its participation.



PE 65k	18 years old
PS 35k	18 years old
PA 20k	16 years old
Pmini 10k	12 years old

*Children under the age of 18 must present the responsibility of their parents

1.3.1 Physical Conditions

Participants should be aware of the distance and the specificities of the race in which they register and have the proper training to complete it. They must have acquired a real capacity for mountain self-sufficiency, allowing the problem management induced by this type of race, in particular in terms of weather changes (night, wind, cold, fog, rain or snow) as well as the capacity to be autonomous between two feeding stations, not only in food but also in clothing and safety.

They should also be aware that it is not the role of the organization to help a participant to overcome problems resulting from atmospheric or physical conditions (extreme fatigue, digestive problems, muscular pain, etc.) and that this depends on the athlete's ability to adapt to the problematic situations that can occur in this type of events during the race.

1.4 External Assistance

Participants in the 65km event are allowed personal assistance within the designated areas. Only 1 accompanying person is allowed. All other distances are forbidden to external assistance.

External assistance Foreign aid (except rescue and security cases) is strictly forbidden outside the appropriately designated places leading to the exclusion of the participant.

1.5 Race Bib

The race bib must be permanently visible throughout the race.

1.6 Rules of sporting conduct

Pisão Extreme promotes and privileges above all the fair-play, making it fundamental that the participants help any participant in danger and alert the emergency numbers or the nearest station in case of danger.



2. Race

Pisão Extreme is composed of 4 race courses and is limited to 720 participants for logistical reasons and to maintain the quality of the event. At any time the organization may add place if there are conditions for it, being distributed as follows:

2.1 Starting Hours / Time limit

Hourly barriers are calculated to allow participants to reach the finish line within the time limit imposed, counting already possible stops. They will be included in the race kit delivered along with the athlete dossier.

Hourly barriers, as well as departure times, can be changed by the organization due to atmospheric conditions or other external constraints.

Race Course	Places Available	Starting Hour	Time Limit
PE 65k	120	6h00	20 hours
PS 35k	200	8h00	10 hours
PA 20k	200	9h00	6 hours
Pmini 10k	200	9h30	-

2.2 Time Control

An electronic time control system, as well as GPS tracking devices, will be used, so participants should be aware of the race bib visibility for correct reading in the control stations. During the race, there may be surprised control stations by the organization to control the participant and obligatory equipment, so that the athlete should always facilitate what is required.

2.2.1 Starting Line

At the moment of starting the clock will start counting the time in the established moment with or without the presence of the participants. 15 minutes after the starting, participants will not be considered for classification.

2.3 Control stations

The control stations are obligatory points of passage and are located in places outlined by the organization.



2.4 Abandonment

Drop-offs must be made only and exclusively at filling stations. In the case of an accident or serious injury in which the participant is injured and cannot reach the filling station, he must activate the rescue team by contacting the number indicated on the race bib.

2.5 Race cancel

The organization reserves the right to change at any time the race course, times or position of feeding stations without prior notice in order to respond to safety issues resulting from factors external to the event. If the event is cancelled due to external factors there is no right to a refund and the organization may submit a new date.

2.6 Refreshment/Feeding Stations

The refreshment/feeding stations will provide participants with food and drink to be consumed on the spot. Although other drinks may be made available on site, they will only be provided to fill the containers of the participants. Their location will be indicated in the athlete dossier to be made available days before the race.

2.7 Doctor

Participants must accept the decisions of the specialized doctor present in the race, who may indicate that the participant should abandon the race whenever he feels that they risk their own lives during the race.

2.9 Obligatory Equipment

Before the start, control will be carried out to check the obligatory material. All participants must carry all the obligatory material until the race is completed. At any time judges or organizations may request the same for verification, and the participant must accept in a peaceful manner without challenge, otherwise, the participant can be disqualified of the race.

For safety reasons, it is recommended that the participants check their material in order to analyse the condition of the material.

Any participant who starts the competition with racing sticks will have to transport them to the finish line. It is expressly forbidden to abandon sticks anywhere on the course.



2.9 Obligatory Equipment

	65 km	35 km	20 km	10 km
THERMAL BLANKET	X	X	X	
MOBILE PHONE (WORKING WITH FULL BATTERY)	X	X	X	X
HEADLAMP	2 headlamp or backup battery X	2 headlamp or backup battery X		
RAIN JACKET	X	X	X	
CONTAINER FOR LIQUID/S MIN. 1 L	X	X	X	ADVISED
CUP	ADVISED	ADVISED	ADVISED	ADVISED
BACKLIGHT	X	ADVISED		
ROLLER BANDAGE	X	ADVISED	ADVISED	



2.10 Road Traffic Information

Since there will be no road traffic cut, participants must comply with the traffic rules and pedestrian circulation on roads of public use, as well as respect the rural areas and private properties, otherwise, they will have to assume potential damages and compensation for non-compliance.

2.11 Penalties / Disqualification

The race board and present judges are responsible for the application of the race rules and regulations, so they are authorized to apply penalties and disqualifications.

Disqualification

- Do not provide assistance to a participant in need
- Leave the race without notifying the organization
- Sharing the race bib with another person
- Use paths that are not signposted, intentionally bypassing
- Use of unauthorized transport
- Fail to respect the organization/participants
- Remove route signalling
- Disobeying the indicated safety measures
- Not complying the indications of the race doctor
- Exceed time limits
- Fail one or more control points
- Loss of chip or race bib
- Ask for help without the undue need
- Throwing trash to the ground or other pollution actions to the environment
- Participation under the influence of drugs/alcohol
- unsportsmanlike conduct
- Physical or mental health problems

Penalties during the race

Lack of mandatory material, for each item	15minutes
Receiving external help outside the defined areas	1 hour
To be accompanied by persons not accredited by the organization, outside the designated areas	1 hour
Race bib not visible	1 hour
Front Flashlight and Backlight off at night	15minutes



2.12 Participant Responsibilities

Athletes participating in the event agree to participate voluntarily and under their own responsibility in the competition. Therefore they agree not to claim the organization, staff, authorities, sponsors and other participants for any responsibility in what exceeds the coverage of its responsibilities, of their staff and participants.

2.13 Insurance

The organization subscribes civil liability insurance for the event and also one for personal accidents for each participant guaranteeing minimum coverage required by law. In case of an accident, participants should contact the organization, not invalidating the trip to appropriate medical institutions. Participants must keep proof of the expenses that must be presented to the insurer when requested.

Completion of the participation is performed by the organization and must be requested up to 24 hours after the end of the event.

3. Registrations

3.1 Registration process

In www.pisaoextreme.pt website, there will be a link available to the registrations platform. Only the registrations and pre-registrations carried out in this platform will be considered.

It is the responsibility of each participant to fill in the form with the correct data and to make payment of the same within the provided instructions, being the veracity of the data provided total responsibility of the participant. The organization is not responsible for the incorrect insertion of the data in the platform and that lead to eventual denials by the insurer.

Registrations will not be accepted for athletes who are punished by the respective federations due to sanctions applied before the event.

For any additional clarification send email to pisaoextreme@gmail.com

3.2 Values and registration periods

There will be a 1st pre-registration phase where a discount will be applied for participation in other events of the organization according to the following table:

ZUM 2019	20%	valid until 10 June 2019
Arada Night Race	20%	valid until 30 June 2019
Pisão Extreme 2018	10%	valid until 30 June 2019

3.3 Registration values:

After June 30 will be announced the opening date of the registrations at a price without discount along with the number of available places.

3.3.1 Change of Race course / Registration Transfer

- The organization will not freeze registrations for future events. After November 1st 2019, no changes will be allowed to the registration except data correction for insurance purposes.
- The transfer of registration is only allowed if you have not benefited from any discount on the part of the organization, such has happened must be paid the amount of the same discount as indicated by the organization.
- The exchange of registrations is only allowed until 23rd October 2019 for logistical reasons.
- The transfer of registration does not give the right to any refund to the person who gives the same.

3.3.2 Reimbursement of the registration

The reimbursement of the registration is only possible with the presentation of a medical certificate proving an impairment for the participation in the event. E-mail must be sent to pisaoextreme@gmail.com requesting the same together with the bank account number and medical certificate. The refund amount is 60% of the amount paid.



3.4 Included in the Part:

- A GPS device (in the 65 km) randomly assigned to some participants by the organization
- Item related to the event
- Finisher medal, if you finish the course
- Race Guide in digital format
- Timing
- Baths
- Feeding at the end of the race
- Refreshment and feeding stations during the race
- Health care
- Security / rescue teams
- Photo / Video Registration

3.5 Secretariat

Will be disclosed in the athlete dossier.

8. Other information