



Race Regulation V.3.2

 [pisaoextreme](#)

 [pisaoextreme.pt](#)



TRAIN HARD, RACE HARDER!





1. Participation Conditions

Pisão Extreme is organized by SpotCriativo Eventos 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 at 19 th November of 2022, 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) 19 November	65 km	6500 D+	13000 D
Pisão Skyrace (PS) 19 November	35km	3600 D+	7200 D
Pisão Adventure (PA) 19 November	24km	2200 D+	4400 D
Pisão Mini (Pmini) 19 November	15km	1200 D+	2400 D

1.2 Minimum Age of participation

PE 65k	18 years old
PS 35k	18 years old
PA 24k	16 years old
Pmini 15k	14 years old



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.

*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

Race Course	Places Available	Starting Hour	Time Limit
PE 65k	100	6h30	18 hours
PS 35k	250	8h00	9 hours
PA 24k	250	9h00	6 hours
Pmini 15k	150	9h30	4 hours

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	24 KM	15 KM
MANTA TÉRMICA THERMAL BLANKET	✓	✓	✓	✓
TELEMÓVEL MOBILE PHONE (WORKING WITH FULL BATTERY)	✓	✓	✓	✓
LUZ FRONTAL HEADLAMP	2 headlamp or backup battery ✓	1 headlamp ✓	—	—
IMPERMEÁVEL RAIN JACKET	✓	✓	✓	ACONSELHADO ADVISED
RECIPIENTE LÍQUIDOS CONTAINER FOR LIQUID/S MIN. 1 L	✓	✓	✓	ACONSELHADO ADVISED
COPO CUP	ACONSELHADO ADVISED	ACONSELHADO ADVISED	ACONSELHADO ADVISED	ACONSELHADO ADVISED
LUZ TRASEIRA BACKLIGHT	✓	ACONSELHADO ADVISED		
LIGADURA ROLLER BANDAGE	✓	ACONSELHADO ADVISED	ACONSELHADO 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	30 minutes
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	30 minutes
Front Flashlight and Backlight off at night	1 hour



*** Lack of container with water or mobile phone or thermal blanket is disqualified and prevented from leaving.**

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

Values

65 KM	35 KM	24 KM	15 KM
65€	35€	24€	16€

3.3 Change of test / assignment of registration

The organization will not freeze registrations for future events. after October 19, 2020, no changes to the registration will be allowed, except correction of data for insurance purposes.No exchange of entries will be allowed.

3.4 Refund of registration

Reimbursement of registration is only possible with the purchase of registration insurance, which is available as an extra at the time of registration, with a value of €5.You should consult the conditions at:
https://bit.ly/seguroinsc_VIP

3.3.1 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 50% of the amount paid.

3.4 Included in the registration:

- A GPS device (in the 65 km)
- 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

3.5 Secretariat

- - The time and place will be published in the athlete file
- Lifting the bib is only allowed to the person himself and not to third parties
- Failure to pick up the Dorsal/athlete kit by the athlete himself does not entitle him to any refund or postage/delivery after the event.
- The disclaimer must be completed and delivered in of paper in the act of lifting the dorsal.
- Lifting the bib is only allowed to the person himself and not to third parties
- Failure to pick up the Dorsal/athlete kit by the athlete himself does not entitle him to any refund or postage/delivery after the event.
- The disclaimer must be completed and delivered in of paper in the act of lifting the dorsal.

4.0 Classification and awards

The classification is obtained when completing the course within the designated time, and following the path defined by the organization, adding any penalties obtained during the participation.

65 KM	Geral M e F (1º 2º 3º)		Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M50 / F50 (1º 2º 3º)
35 KM	Geral M e F (1º 2º 3º)		Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M50 / F50 (1º 2º 3º)
24 KM	Geral M e F (1º 2º 3º)	SUB 23 (1º 2º 3º)	Séniiores M e F (1º 2º 3º)		
15 KM	Geral M e F (1º 2º 3º)	SUB 18 (1º 2º 3º)	Juvenis (1º 2º 3º)		



5.0 Image and advertising rights

The participant waives his / her image rights during the participation in the event, he / she also waives the right to complain about the use of his / her image by the organization or another partner of the event.

Only the organization can provide content to third parties via licensing or media accreditations.

The collection of image and video of the event without the proper authorization implies the crime of copyright, which may lead to compensation for the organization.

6.0 Data protection

The collection of data from registered athletes, is intended exclusively for the organization of the event, insurance, classifications etc. This data will never be provided to third parties with the exception of the mentioned entities. At any time, the registered athlete can exercise their right to correct or change their data via email: pisaoextreme@gmail.com

7. Other information

Due the COVID situation If on the designated date it is not possible to hold the event, registrations will automatically be valid for the date 2023.

The missing information will be provided in the athlete file to be sent in the weeks prior to the event



TRAIN HARD, RACE HARDER!

STATEMENT OF LIABILITY

65 K ☐

35 K ☐

24 K ☐

15 K ☐

Bib nº _____

I, the undersigned _____,
born on ____ / ____ / _____, holder of the Identification Document n.: _____,
declare that I don't know of any impediment, be it physical or psychological, to my
participation, on the 19th of November of this year, on Pisão Extreme event
whose regulations and information's provided by the organization I am fully aware of,
and I also declare that my participation is of my own and sole responsibility, therefore
I cannot demand of the organization any criminal or civil responsibility, for any physical,
moral or material damages that might happen during that event, on which I am involved
directly or indirectly, other than those covered by the event's insurance.

SIGNING THE PRESENT STATEMENT OF LIABILITY MEANS THAT
ITS CONTENT WAS READ, UNDERSTOOD, AND FULLY ACCEPTED.

_____, _____ November de 2022

(Assinatura conforme B.I. ou C.C.)

Under Age ☐

(signature of the legal representative)

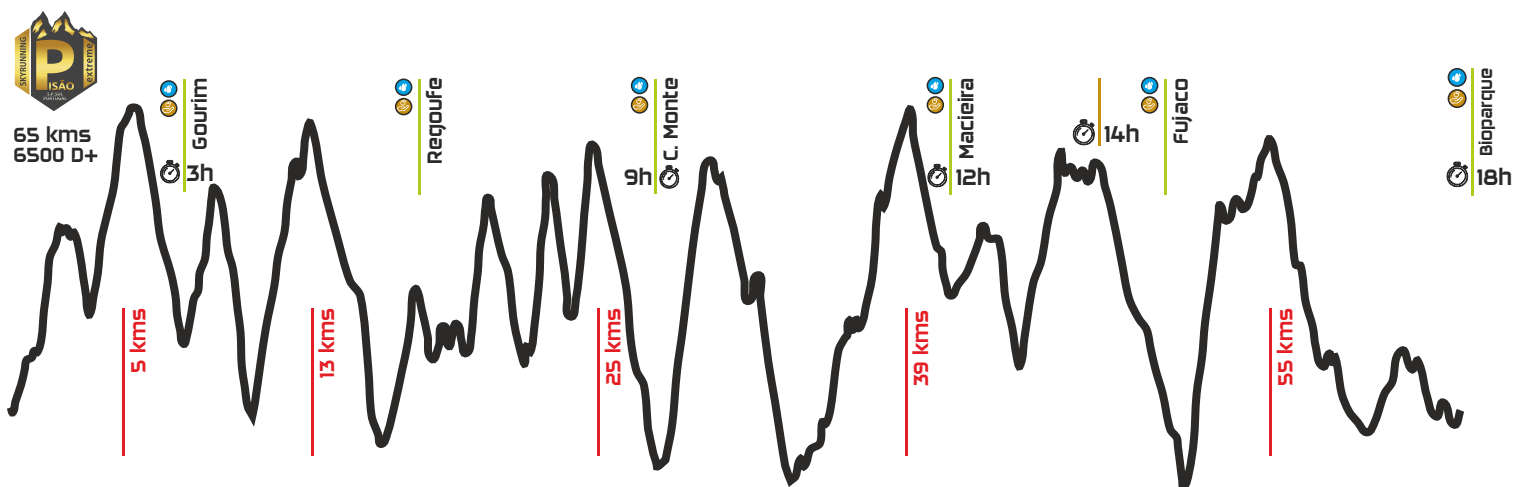




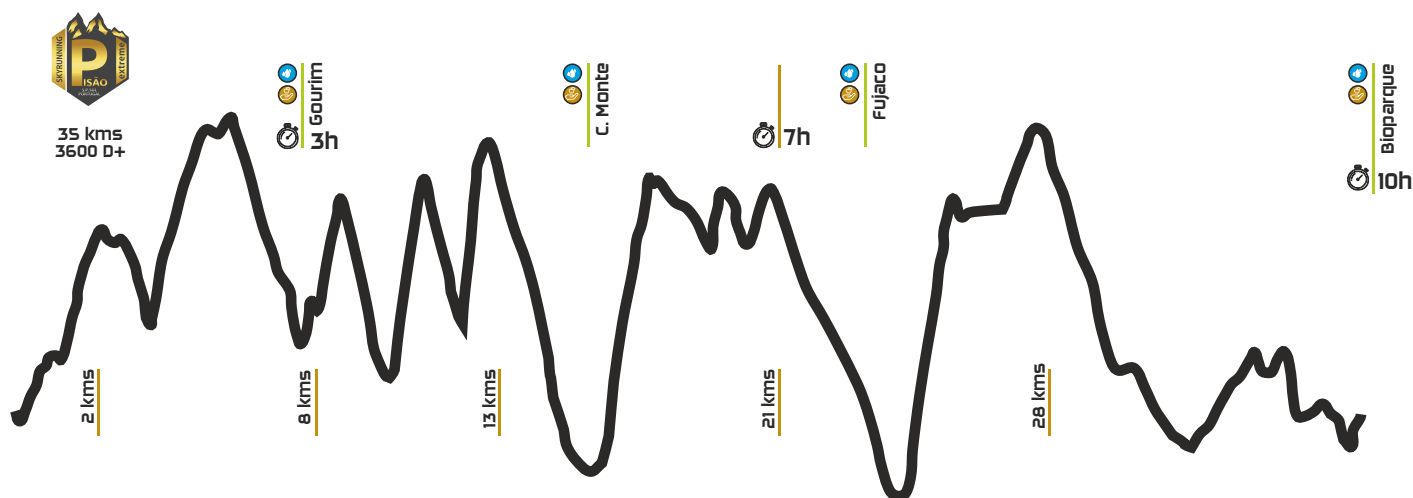
TRAIN HARD, RACE HARDER!

Altimetria

Profile



TRAIN HARD, RACE HARDER! 65 KM - 13000 DAC



TRAIN HARD, RACE HARDER! 35 KM - 7200 DAC



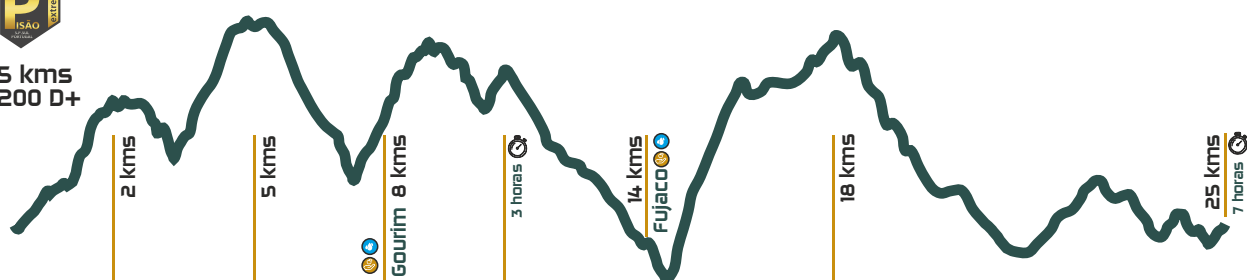
TRAIN HARD, RACE HARDER!

Altimetria

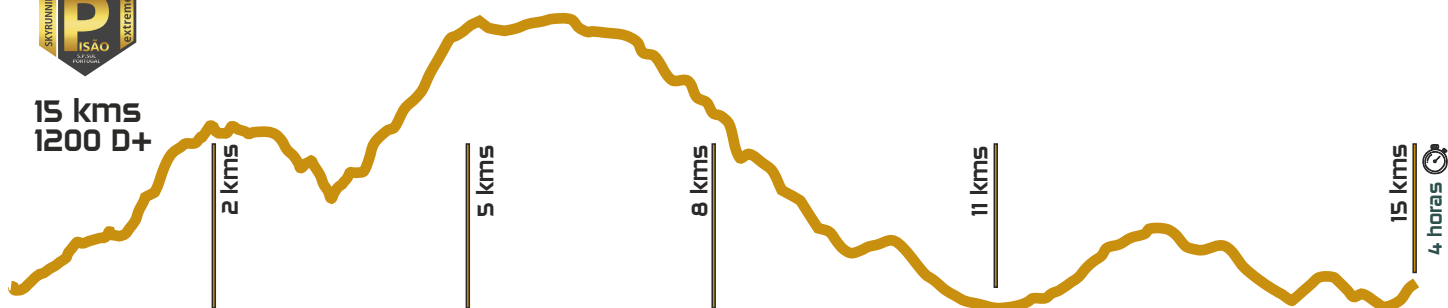
Profile



25 kms
2200 D+



15 kms
1200 D+





TRAIN HARD, RACE HARDER!

PRÉMIOS

Individual



TEAMS



Escalões

65 K

1º M/F - 300 €
2º M/F - 200 €
3º M/F - 100 €

1º classificado de cada
escalão

=

Inscrição ZUM 2023 para
distância semelhante ou inferior

2º classificado de cada
escalão - 50 % Zum 2023

3º classificado de cada
escalão - 25 % Zum 2023

35 K

Troféu

1º M / F = Inscrição
Trail Porto da Cruz Natura 2023

1º - 350 €
2º - 250 €
3º - 100 €

1º classificado de cada
escalão

=

Inscrição ZUM 2023 para
distância semelhante ou inferior

2º classificado de cada
escalão - 50 % Zum 2023

3º classificado de cada
escalão - 25 % Zum 2023

24 K

Troféu

1º - 250 €
2º - 150 €
3º - 100 €

1º classificado de cada
escalão

=

Inscrição ZUM 2023 para
distância semelhante ou inferior

2º classificado de cada
escalão - 50 % Zum 2023

3º classificado de cada
escalão - 25 % Zum 2023

15 K

Troféu

Troféu

Todos os finisher ficam habilitados ao sorteio de 2 inscrições para o 10º Trail Porto da Cruz Natura

*Para a classificação por equipas, contam os melhores 4 resultados obtidos, sem diferenciação género