



Race Regulation 2021 V.2.2

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**EUROPEAN
SKYRUNNING
CHAMPS 2021**

TRAIN HARD, RACE HARDER!



1. Participation Conditions

Pisão Extreme Skyrunning European Championships is organized by SpotCriativo Eventos in collaboration with S. P. Sul Town Hall and support from local entities (Junta Freguesia Carvalhais e Candal, ATASA and Bioparque do Pisão).

The event is realized at 19 and 20 November of 2021, starting and ending in Bioparque do Pisão - Carvalhais - S.P. Sul, being composed by 2 Skyrunning courses for each discipline, tutored by the International Skyrunning Federation.

1.1 Races

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

Pisão Extreme (PE) 19 November	65 km	6500 D+	Skyrunning European Championships SKY ULTRA
Pisão Skyrunning (PS) 20 November	35km	3500 D+	Skyrunning European Championships SKYRUNNING

1.2 Minimum Age of participation

PE 65k	18 years old
PS 35k	18 years old



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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 with the payment, being aware of the type of race in which it is registered and the requirement that it requires, the athlete is fully responsible for its participation.

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 aid 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 which 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 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 «fair-play», making it fundamental that participants help any athlete in danger and alert the emergency numbers or the nearest aid station in case of danger.

2. Race

Pisão Extreme SEC edition is composed of 2 race courses and is limited to official national teams.

2.1 Starting Hours / Time limit

Time barriers are calculated to allow participants to reach the finish line within the time limit imposed, counting already possible stops. This information will be included in the athlete dossier.

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

Race Course	Starting Hour	Time Limit
PE 65k	6h30	16 hours
PS 35k	8h00	9 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 mandatory equipment. The athlete should always facilitate what is required.

2.2.1 Starting Line

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

2.3 Control stations

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

2.4 Mandatory Equipment

Competitors must wear and/or carry the clothing or equipment required by the organiser's race rules. To ensure competitors' safety these must conform to the requirements set out and be in perfect condition. Offensive dress is not permitted. The chairman of the jury reserves the right to reject any equipment judged to be defective or inadequate.

65 KM 35 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		
RECIPIENTE LIQUÍDOS CONTAINER FOR LIQUID/S MIN. 1 L		
COPO CUP	ACONSELHADO ADVISED	ACONSELHADO ADVISED
LUZ TRASEIRA BACKLIGHT		ACONSELHADO ADVISED
LIGADURA ROLLER BANDAGE		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 Jury and judges are responsible for the application of the competition rules and regulations, so they are authorized to apply penalties and disqualifications.

Disqualification

- Do not provide assistance to a participant in need
- To 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 with the indications of the race doctor
- To exceed time limits
- To fail one or more control points
- To loose the chip or race bib, start the competition 15 minutes after the start time
- To ask for help without the undue need
- To throw trash to the ground or other polluting actions to the environment
- To participate under the influence of drugs/alcohol
- Conduit unfairly
- To present 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

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 claim 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

The ISF provides a link available to the registrations platform. Only the registrations in this platform will be considered.

It is the responsibility of each participant to fill in the form with the correct data and pay 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 which would lead to eventual denials by the insurer.

Registrations will not be accepted for athletes who are punished by the respective federations due to any 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
85€	45€

Registration Period ends »» **19th September 2021**

The National teams can make changes due to injury until »» **14th November 2021**

3.3.2 Reimbursement of the registration

Registration refund is not possible

3.4 Included in the registration:

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

3.5 Secretariat

Will be presented in the athlete guide.

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.

National ranking will be based on a maximum of four results, at least one per gender, of each nation in each discipline. Only official members of official teams will be counted for the National ranking.

4.1 Awards

Titles and medals will be awarded to individuals. Nations will receive medals only where all disciplines are disputed. The organization provide a trophy for the first 3 athletes of each gender, and the 3 best National Teams.

4.2 CLAIMS

Must be written and countersigned with the complainant's name and bib number at the finish line or on publication of the provisional results. A deposit of €/ \$ 50 may be required which will be refunded if the case is accepted. Complaints cannot be made after 1 hour after cross the finish line. The decision of the jury is final by the majority, and in case of dispute, the decision of the ISF representative and the ISF rules will apply.

4.3 ANTI-DOPING CONTROLS – Competitors are required to attend doping controls assigned to them, according to the rules of each nation and the WADA protocol. Competitors with a positive result will be disqualified immediately.

4.4 Disqualification

Disqualification will be applied for:

Not participating in the awards ceremony without just cause;

Refusal to undergo anti-doping tests or a positive result in an anti-doping test.

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 FCMP and ISF. 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 2022.

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