

TRAIN HARD



RUN WILD



Regulation
V.5.1

13th - 14th APRIL 2024



**2024 MASTERS
SKYRUNNING
WORLD CHAMPS**

1. Event

The Zela Ultra Marathon event is organized by Spotcriativo Eventos in collaboration with the municipality of Vouzela and other local entities.

The Event will take place on the 13th and 14th of April 2024, starting and finishing in Vila de Vouzela, and will consist of 5 Skyrunning routes, a modality protected in Portugal by the Camping and Mountaineering Federation of Portugal.

This

1.1 Races

Day 13th April

Zela Ultra Marathon - 55 km - 3500 d+ - Skyultra World Masters Championship Route | Skyultra National Championship
KM Vertical Vasconha

Day 14th April

Zela Skyrace - 37 km - 2500 D+ - Sky World Masters Championship Route | Sky National Championship
Zela Adventure - 25 km - 1600 d+
Zela Mini - 16 km - 1000 d+

All participants in the masters categories compete in the World Masters championship individually. Collective titles are reserved for the national teams of each country. For collective registrations, you must contact the International Federation.

1.2 Minimum age of participation

ZUM 55k	Skyrace 37k	Adventure 24k	Mini 16k	KM Vertical
23 y	18 y	18 y	14 y	14 y

1.3 Registration

Registration for the Zela Ultra Marathon event implies understanding and accepting without reservation the rules and regulations of the race. It is necessary to correctly register at www.spotcriativoeventos.com or stopango.net and pay for it, being aware of the type of event you are registering for and the demands it requires, being fully responsible for your participation.

1.3.1 Physical conditions

The participant must be aware of the distance and the particularities of the race in which they are signing up, and have the appropriate training to complete it. You must have acquired a real capacity for self-sufficiency in the mountains, which allows you to manage problems induced by this type of event, particularly in terms of weather changes (night, cold, fog, rain or snow), as well as the ability to be autonomous between two supply points, not only in feeding but also in clothing and safety.

You must also be aware that it is not the organization's role to help a participant overcome problems resulting from atmospheric or physical conditions (extreme fatigue, digestive problems, muscle pain, etc.) and that this depends on the athlete's ability to adapt to the problematic situations that can occur in these types of events during the progression through the mountain.

1.4 External assistance

Any external assistance (except in cases of rescue and security) outside duly indicated and signposted locations is strictly prohibited, leading to the exclusion of the participant.

1.5 Race Bib

The bib must be permanently visible throughout the race.

1.6 Rules of sport conduct

ZUM is an event that promotes and prioritizes far-play above all, making it essential that participants help any participant in danger, and that they alert emergency numbers or the nearest aid station to the incident.

2.0 Race

The ZUM event consists of 5 routes, is limited to 700 participants for logistical reasons and to maintain the quality of the event, and the organization can add places at any time if conditions exist, distributed as follows:

ZUM 55k	Skyrace 37k	Adventure 24k	Mini 16k	KM Vertical
150 places	150 places	200 places	100 places	100 places

2.1 Starting hour | Time limit

	ZUM 55k	Skyrace 37k	Adventure 24k	Mini 16k	KM Vertical
starting hour	7h30	7h30	8h00	9h00	16h30
time limit	12h00	8h00	6h00	4h00	2h00

The hourly barriers are calculated to allow participants to reach the goal line within the imposed time limit, taking into account possible stops, and will be included in the altimetry profile delivered together with the participation dossier, which will be sent days before the event to the e registration email.

time barriers, as well as departure times, may be changed by the organization due to weather conditions or other external constraints.

2.2 Time control

An electronic control system will be used to control the times, as well as GPS tracking devices, so each participant must be aware of the visibility of the bib for correct reading when passing the controls. During the course there may be surprise controls by the organization to control the bib and mandatory equipment, and the athlete must always provide what is required.

2.2.1 Starting Line

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

2.3 Control stations

Checkpoints are mandatory crossing points, and are located in locations outlined by the organization, and are mandatory.

2.4 DNF | abandonment

abandonments must be made solely and exclusively at fueling stations, in the event of an accident or serious injury, in which the participant is injured, and is unable to reach the fueling station, he must activate the rescue and rescue operation, entering contact the SOS number indicated on the bib.

2.4 Race Cancel

The organization reserves the right to change the route, times or position of supplies at any time, without prior notice to respond to possible safety issues resulting from factors external to the event. If the event is canceled due to external factors, there will be no right to a refund and the organization may present a new date.

2.6 Aid stations

Aid stations will provide participants with food and drink to be consumed on site, although other drinks may be available on site, they will only be provided to fill participants' tanks and other containers. Their location will be indicated in the athlete's dossier to be made available days before the event via email

2.7 Safety

Participants must comply with the decisions of the specialized doctor present at the event or the person responsible for safety, who may indicate that the participant should abandon the event, whenever he/she believes that the participant is putting his/her own life at risk by continuing with the event.

2.8 Mandatory equipment

Before departure, a control will be carried out to check the equipment, all participants must carry all mandatory equipment until the end of the route.

At any time, judges or organizations may request the same for verification, and the participant must accept the control peacefully without contestation under penalty of exclusion from the event. es that the participant is putting his/her own life at risk by continuing with the event.

For security reasons, it is recommended that participants check their material in order to analyze its condition.

Any participant who starts the competition with poles will have to carry them to the finish line. It is expressly prohibited to abandon poles anywhere on the route.

2.9 Mandatory equipment

Mandatory material will be adjusted to weather conditions at the time of shipment of the athlete's dossier, days before the event.



1 L de líquidos
Container with liquid/s
1 L



Manta térmica
Thermal Blanket



Telemóvel
Mobile Phone



Impermeável / Corta vento*
Rain jacket | Windbreak



Apito
WISTLE



Luz Frontal
Headlamp

	1 L de líquidos Container with liquid/s 1 L	Manta térmica Thermal Blanket	Telemóvel Mobile Phone	Impermeável / Corta vento* Rain jacket Windbreak	Apito WISTLE	Luz Frontal Headlamp
55 K	✓	✓	✓	✓	✓	✓
37 K	✓	✓	✓	✓	✓	
25 K	✓	✓	✓	✓	✓	
16 K	✓	✓	✓	✓	✓	
KM Vertical	Advised	✓	✓	✓	✓	

* Depending on the weather conditions, the athlete's dossier will indicate which will be mandatory

Definition of windbreak: Clothing piece with the ability to cover the upper part of the body, at least: head, chest, ribs and arms

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 direction and judges present on the courses are responsible for applying the rules and regulations that govern the event, which is why they are authorized to apply the established penalties and disqualifications.

Disqualification

- Use of headphones simultaneously in both ears;
- Not providing assistance to a participant in need;
- Abandon the test without informing the organization;
- Share the account with another person;
- Use paths that are not signposted, intentionally taking shortcuts;
- Using unauthorized transport;
- Lack of respect for the organization / Participants;
- Remove signage from the route;
- Disobey the indicated security measures;
- Not obeying the instructions of the race doctor or safety officer;
- Exceeding the time limit of time barriers;
- Failing one or more control points;
- Loss of chip or dorsal;
- Asking for help without a substantiated need;
- throwing garbage on the ground or other actions that pollute the environment;
- Participation under the influence of drugs/alcohol;
- Unsportsmanlike behavior;
- Physical or mental health problems;

Penalties during the race

Lack of mandatory material, for each item 30 minutes	30 minutes or desclassification*
Receiving external help outside the defined areas	1 hour
To be accompanied by persons not accredited by the organization outside designated areas	1 hour
Race bib not visible	30 minutes
Front Flashlight and Backlight off at night	1 hour

*** Lack of a container with water or a cell phone or thermal blanket will result in disqualification and you will be prevented from starting the course.**

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 on 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 invalida cêng the trip to appropriate medical instructions. Participants must keep proof of the expenses that must be presented to the insurance when requested.

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

The participant must be aware that the insurance taken out has a deductible whose Payment is the sole responsibility of the participant.

3.0 Registration

www.spotcriativoeventos.com

3.1 Registration process

On www.spotcriativoeventos.com 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 clarifications send email to zelaultramarathon@gmail.com

3.2 Registration fees and periods

Registration closes when the number of places is reached or at the limit on April 7, 2024

	55 KM		37 KM		25 KM		16 KM		KM VERTICAL	
	Normal	Eco	Normal	Eco	Normal	Eco	Normal	Eco	Normal	Eco
UNTILL 31 DECEMBER	45€	37€	30€	25€	21€	17€	15€	12€	14€	10€
1 JANUARY TO 24 MARCH	50€	42€	35€	30€	24€	20€	16€	13€	16€	12€
25 MARCH A 7 APRIL	55€	47€	37€	32€	25€	21€	17€	14€	17€	14€

Eco = Registration model in which the athlete's kit consists only of the bib

	KM V + 37 KM		KM V + 25 KM		KM V + 16 KM	
	Normal	Eco	Normal	Eco	Normal	Eco
UNTILL 31 DECEMBER	40€	34€	32€	27€	26€	22€
1 JANUARY TO 24 MARCH	45€	40€	35€	32€	30€	23€
25 MARCH A 7 APRIL	47€	43€	37€	35€	32€	24€

Eco = Registration model in which the athlete's kit consists only of the bib

3.3 Change of route / registration transfer

The organization will not freeze registrations for future events. After March 1, 2024, no changes to the registration will be permitted, except for data corrections for insurance purposes.

Exchange of registrations will not be permitted.

3.4 Reimbursement of the 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

3.4 Included in the registration

- Pastel de Vouzela, if you complete the route;
- Item related to the event;
- Finisher medal, if you complete the route;
- Test guide in digital format;
- Timing;
- Baths;
- Supplies of solids and liquids during the test;
- Health care;
- Security/Rescue teams

3.4.1 Extras that can be purchased upon registration:

- ZUM 2024 Hoodie
- Registration Insurance
- Donation to Vouzela Volunteer Firefighters - €2

3.5 Secretariat

- The location of the secretariat will be close to the target location;
- The time and location will be published in the athlete's dossier;
- Lifting the bib is only permitted for the individual and not for third parties;
- Failure to collect the Bib / Kit by the athlete does not entitle him to any refund or shipping/delivery after the event.

4.0 Classification and Awards

- The different events will be won by the competitors who have the fastest time at the end of them, plus the appropriate penalties, if any.
- Only participants who overcome all checkpoints and cross the finish line within the stipulated time will be classified.
- The classification by teams will be based on the 4 best classifications of the respective athletes.
- The presence of the winners at the award ceremony is mandatory and the prizes can be collected by third parties;
- For each test there will be a classification, as follows:

55 KM	Geral M e F (1º 2º 3º)	Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M45 / F45 (1º 2º 3º)	M50 / F50 (1º 2º 3º)	M55 / F55 (1º 2º 3º)	
37 KM	Geral M e F (1º 2º 3º)	Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M45 / F45 (1º 2º 3º)	M50 / F50 (1º 2º 3º)	M55 / F55 (1º 2º 3º)	
25 KM	Geral M e F (1º 2º 3º)	Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M45 / F45 (1º 2º 3º)	M50 / F50 (1º 2º 3º)	M55 / F55 (1º 2º 3º)	SUB 23 (1º 2º 3º)
16 KM	Geral M e F (1º 2º 3º)	Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M45 / F45 (1º 2º 3º)	M50 / F50 (1º 2º 3º)	M55 / F55 (1º 2º 3º)	SUB 23 (1º 2º 3º)
KM VERTICAL	Geral M e F (1º 2º 3º)	Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M45 / F45 (1º 2º 3º)	M50 / F50 (1º 2º 3º)	M55 / F55 (1º 2º 3º)	SUB 23 (1º 2º 3º)

- To calculate the categories, the date of December 31, 2024 is considered.

4.3 Classification complaints deadline

Any and all complaints must be submitted to the president of the Jury of the event within 15 minutes after the finish line, in paper format and upon payment of a deposit of €100.

5.0 liability statement

The participant, by accepting this regulation at the time of registration, declares for all due purposes that it is his/her sole and entire responsibility to participate in the event, that he/she has understood and read this regulation, and that he/she exempts the organization, partners and other entities from any liability that is not covered by the insurance taken out for the event.

6.0 image and advertising rights

- The participant renounces his/her image rights during the event, and also renounces the right to advertise the use of his/her image either by the organization or by the event's official partners. Only the organization can transfer this image right to the media via accreditation or adapted license.
- - the organizing entity reserves the exclusive right to exploit the image of the Zela Ultra Marathon and photographic and journalistic audiovisuals of the event. Any project or advertising media produced for publication must obtain prior authorization from the organization.
- There will be accreditation for journalists, photographers and audiovisual artists, which grants them access to the event locations. This accreditation must be made directly to the event email: zelaultramarathon@gmail.com
- It is mandatory to use advertising material provided by the organization (bills, stickers, etc.). Modifying, folding or hiding it will result in a penalty.

7.0 data protection

The data of the participants indicated in the registration form will be registered by the organizing entity, for processing purposes at the event, namely for insurance companies, list of registrants, classifications, news, etc. All participants can exercise their right to access, rectify or cancel their personal data by sending an email to zelaultramarathon@gmail.com

8.0 Informations

These regulations may be changed, improved or edited at any time by the organizing entity, without prior notice.

Each time these regulations are modified, the version of the same will be indicated and updated on the respective registration page.



spotcriativoeventos.com

8.1 Others

The jury will decide on all matters related to the event and which were not subject to regulation or on misinterpretations of these regulations.

9.0 Note

If mountain rescue facilities are activated and it turns out to have been inadvertently activated by the participant or by an athlete not registered for the event, all the costs of that rescue will be charged to the person in question, with a minimum value of €1,500.