



REGULATIONS

V. 3.0

1. PARTICIPATION CONDITIONS

Zela Ultra Marathon is organized by SpotCriativo Eventos in collaboration with Vouzela town hall and support of local entities .

The event is realized at 23rd April of 2022, starting and ending in Vouzela, being composed by 4 Skyrunning courses tutored by the Portuguese Federation of Camping and Mountaineering of Portugal.

2. Informations

This document is a summary of the Portuguese regulation and does not overlap. You should follow the news and alerts infb.com/zelaultramathon

3. RACES

Dia 23 Abril

Zela Ultra Marathon	- 55km - 3600 D+ - 8h manhã - Taça Portugal SkyUltra
Zela SkyMarathon	- 40 km - 2800 D+ - 8h manhã - Campeonato Nacional SkyMarathon
Zela Skyrace	- 21 km - 1500 D+ - 9h manhã - Taça de Portugal Juventude
Zela Sky	- 15 Km - 800 D+ - 16h* - (Zela Vertical Race incluído no percurso) - Taça Portugal Vertical (3,5k vertical + 11,5 k downhill) *start transportation

4. MINIMUM AGE OF PARTICIPATION

55K	40 K	21 K	15 K
120	120	200	100
18 Y	18 Y	16 Y	14 Y

5. ROUTES

all routes will start and finish in Vouzela, next to the old railway bridge - <https://goo.gl/maps/1KuyqRHg6Vn>

These are routes that will go through the Serra do Caramulo, with some attractive points, such as Penoita, Gamardo or Paço de Vilharigues and the Zela river that gives the event its name.

All altimetry and tracks will be made available to athletes before the day of the event.

All races may suffer changes in distances due to weather conditions.

6. Requirements and Obligations

6.1 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.

6.2 External Assistance

Participants in the 54km 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.

6.3 Race Bib

The race bib must be permanently visible throughout the race.

6.4 Rules of sporting conduct

Zela Ultra Marathon 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.

7. Inscriptions

Registrations must be made through the link provided at:
www.zelaultramarathon.pt

8. Registration fee

PERCURSO	ZUM 55K	SKYRACE 40 K	SKYRACE 21 K	SKY 15 K
UNTIL 01-11-2021	38 €	28 €	17 €	14 €
FROM 02-11-2021 UNTIL 23-03-2022	42 €	32 €	19 €	15 €
FROM 24-02-2021 UNTIL 17-04-2022	45 €	35 €	21 €	17 €

9. Withdrawal or changes

The organization does not reimburse registrations except on grounds of illness or serious injury, and it is mandatory to present the medical certificate. The amount to be refunded will be 50% of the registration, having to be requested until March 1st, 2021.

Any changes to the number or registration will incur a fee of € 5.

10. Filing a complaint

If any club, team or individual athlete wants to submit a complaint / appeal, they must make it in writing together with a payment of € 100, and submit a maximum of 5 consecutive days after the event date.

If the complaint is favorable to the complainant, the amount will be returned in full. The analysis of the complaint must be analyzed by the judges within a maximum of 15 working days.

All complaints must be sent by email together with proof of transfer.

11. Mandatory Material

	 Capacidade 1,5 L líquidos Container for liquid/s Min. 1,5 L	 Manta térmica Thermal Blanket	 Telemóvel Mobile Phone	 Impermeável RAIN JACKET	 Apito WISTLE
55 K	✓	✓	✓	✓	✓
40 K	✓	✓	✓	✓	✓
21 K	✓	✓	✓	✓	✓
15 K	Aconselhado	✓	✓	✓	✓

Depending on the climatic conditions in the athlete's dossier, mandatory waterproof pants and thermal sweatshirt may be included, the waterproof can be replaced by the windbreaker if the weather conditions allow, being communicated in the athlete's dossier.

Advised:

Gloves

Canes

First aid kit

12. SEMI-AUTONOMY

Semi-autonomy is defined as the ability to be autonomous between two filling stations, not only in food, but also in clothing and safety, being able to adapt particularly to adverse situations (bad weather, physical problems, etc.).

Participants must have a capacity for semi-autonomy.

External assistance will only be allowed 20 meters before and after refueling, any other external assistance implies disqualification of the athlete.

13. CLASSIFICATIONS / STAGES

* year of birth will be considered for tier assignment

55 K	Geral M e F (1º 2º 3º)	Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M50 / F50 (1º 2º 3º)		EQUIPA
40 K	Geral M e F (1º 2º 3º)	Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M50 / F50 (1º 2º 3º)		EQUIPA
21 K	Geral M e F (1º 2º 3º)	Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M50 / F50 (1º 2º 3º)		EQUIPA
15 K	Geral M e F (1º 2º 3º)	Juniiores (1º 2º 3º)	Juvenis (1º 2º 3º)			
VERTICAL	Geral M e F (1º 2º 3º)					

14. SUPPLIES AND CONTROL STATIONS

Checkpoints are mandatory crossing points and are located in locations outlined by the organization, which are the responsibility of Stop and Go.

During the race there may be “surprise controls” in order to ensure full compliance with the route. Only athletes with a visible number will have access to checkpoints and supplies.

The supplies will consist of solids and liquids to be consumed on site. Only water is used to fill tanks or other containers. Each athlete, when leaving each filling station, is responsible for having the amount of drink and food necessary to reach the next supply.

15. BALIZATION

The organization will mark the course with signaling tapes, signs and marks on the pavement or other appropriate supports.

It is imperative to follow the marked paths without taking shortcuts. If they stop seeing signs during approximately 200 meters, athletes should turn backwards until they find their tapes again. Common sense should prevail.

16. Hourly Barriers

To be released later

17. Awards

Prizes will be awarded to the steps described in point 13.

Prizes will be awarded on the day of the event and cannot be claimed later.

18. PENALTIES AND DECLASSIFICATIONS

The FCMP Arbitration Council will appoint people to control the competitions integrated in the FCMP circuits, according to the federation's own regulations, applying the appropriate sanctions and disqualifications.

The FCMP judges are sovereign and can disqualify the athlete for non-compliance with the regulations, namely with regard to the mandatory material and behavior in the competition.

Each missing item of mandatory material will give a 30 minute penalty.

Inappropriate behavior, namely: offenses, dropping garbage on the trail or not providing help to an athlete in need, will entitle them to disqualification.

19. ABANDONMENT, SUPPORT AND EMERGENCY

Abandonments must be made only at checkpoints / supplies, except in cases where the athlete is immobilized and cannot reach a checkpoint, and in these cases, activate the rescue operation by contacting the organization.

There will be support, relief and emergency teams to provide care to participants who need them. The contact number of the organization and the rescue team will be printed on the back and must also be recorded on the athlete's mobile phone.

The organization is not responsible for the physical condition of the athletes, for any accident or other damage suffered before, during or after the race, in addition to those covered by the race insurance.

20. Insurance

The data sent for the realization of the insurance, will be indicated by the athlete at the time of registration, so the organization is relieved of any responsibility for incorrect data provided by the athlete.

In the event of an accident, the participant must first contact the organization, which will provide the steps to follow. Sometimes and, given the urgency / seriousness of some accidents, it becomes impossible to take steps to fill in the claim. In these circumstances, the claim's claim may be dealt with after the participant's first aid has been completed. Any and all expense documents related to a claim that has already been reported will be paid in advance by the respective claim and its originals sent to the insurer for later reimbursement.

The organization will not assume claim expenses. Claims must be reported to the organization by April 8 at 2pm.

21. CHANGING THE ROUTE, CANCELLATION OF THE TEST

The organization reserves the right to change, reduce or suspend the route, hourly barriers and the position of checkpoints / supplies at any time, without prior notice, as well as neutralize or stop the event in the event of severe adverse weather conditions. and / or for security reasons. For these or other reasons, the match can be postponed a maximum of two hours, after which the race is canceled. In either case, there will be no refund.

22. COMMUNICATION

The official means of communication and information for the Zela Ultra Marathon event is considered the website: www.zelaultramarathon.pt and fb.com/zelaultramarathon.

email: zelaultramarathon@gmail.com

23. Publicity and image rights

The organization of the Zela Ultra Marathon holds the exclusive rights to exploit the image of the event, and any and all types of collective or individual action to capture images or photographs, as well as their subsequent disclosure, must obtain the prior consent of the organization.

24. Miscellaneous

Completing and sending the registration form for the Zela Ultra Marathon events implies that the athlete who signs up, becomes aware of and accepts without any reservations these Regulations.

Omissions in this regulation will be resolved by the FCMP Judges, whose decisions will not be appealed. The organization can change this regulation up to 24 hours before the race without prior notice.

25. Final note

The referee judges appointed by the FCMP promote sporting truth and the safety of athletes. Among other tasks, they proceed with the verification of the material to be transported by the athletes, according to the regulations, and the application of the sanctions provided for in the Rules of the Event and / or in the Rules of Skyrunning Competitions of the FCMP. For this reason, it is advisable to read the Regulation carefully, namely point 15 which refers to mandatory material.