



Reglamento de la Prueba:

Article 1

3 días Trail Ibiza – Ultra Ibiza is a race of Trail Running which is made up of 3 stages on the island of Ibiza, which is within the Federación Balear de Atletismo. The 7th edition will be held on the 27th, 28th and 29th of November, 2020.

These regulations set out the conditions under which the event named 3 días Trail Ibiza – Ultra Ibiza will be undertaken. All participants, in any of the components which make up the event, must stringently abide by them.

Any incident not noted in the moment will be resolved by the Jury of 3 días Trail Ibiza – Ultra Ibiza, which is made up of the Race Director, a member of the organisation, a representative of the runners, and a Race Referee.

These regulations can be corrected, modified or improved upon at any time by the Organisation, with due communication to participants and a period of reclamation and resolution of incidences . By registering in any of the components of the event, you are agreeing to abide by the content of this document.

Article 2

3 días Trail Ibiza – Ultra Ibiza is both a sporting and tourism event. It is a personal challenge and is open to any person with the objective of completing it, running or walking .

2,1 On each route, the organisation will provide the signage and people necessary to ensure the event runs smoothly, to ensure the compliance with the regulations, and to inform runners before the most challenging sectors.

2,2 To ensure safety, the organisation of the event will provide an evacuation service in case of accident. There will be a Basic Life Support Ambulance and a nurse at the finish line at all times, as well as a race doctor.

2,3 The route only uses paths and trails that already exist.

2,4 There will be a Race Closing. This consists of a group from the organisation whose responsibility will be to check cut-off times and collect the indication tapes.

2,5 In case of a Weather Alert which would indicate an objective risk during the race, the Race Director is obliged to study its progress while the event is taking place. If it is a Yellow Alert, the organisation will warn all participants. They will decide, together with the race committee, whether to cancel it or to modify the route.

2,6 There will be a Briefing for all participants before the start of the event. There, a detailed description of the itinerary, the race signage and how the race will be closed will be given.

Article 3 CATEGORIES

3,1 Runners age for categories will be that which they will be on the 31st of December in the year of the event.

3,2 The prizes **ARE NOT CUMULATIVE**

3,3 Categories in the **General Final of the 3 días Men and Women**

Considered a FINISHER OF 3 DÍAS and will have a finisher medal:

- a combination of the 10km Night Run + Saturday Half Marathon + 10km Sunday
- a combination of the 10km Night Run + Saturday Marathon + 10km Sunday
- a combination of the 10km Night Run + Saturday Ultra + 10km Sunday
- Ultra
- Marathon
- Half Marathon

3,4 Teams

There will be a classification of teams of 3 runners.

- The 1st and 3rd stages will have to be completed together, having to cross the finish line within 5 seconds of each other.
- In the 2nd stage the first runner of the team will complete the first section from San Josep to the Marathon start in Es Cubells. The second will begin with the start of the Marathon and complete the section from Es Cubells to San Josep. The 3rd runner will begin with the start of the Half Marathon and complete the part from San Josep to the Finish. Each runner will wear their chip and will need to cross the chip control mat at the start and end of their section.
- If there are more than 4 teams per category, ie. 4 or more teams of women, or 3 or more teams of men, there will be a separate classification. If not, there will be one classification. If it is a mixed team, the classification will be based of majority of gender; 2 men + 1 woman = Mens team. 2 women + 1 man = Womens team.

3,5 Trophies

- The trophies are NOT CUMULATIVE in the categories listed in the regulations.
- There will be trophies for:
- In the Night Race:
 - the first three classified
 - the first veteran A (+35 years)
 - the first verteran B (+45 years)

In the Half Marathon on the second day:

- the first three classified
- the first veteran A (+35 years)
- the first verteran B (+45 years)

In the Marathon on the second day:

- the first three classified
- the first veteran A (+35 years)
- the first verteran B (+45 years)

In the Ultra on the second day:

- the first three classified
- the first veteran A (+35 years)
- the first verteran B (+45 years)

In the 10km on the third day **to the first three classified**

- the first three classified
- the first veteran A (+35 years)
- the first verteran B (+45 years)

- In the **combination** of the Night Race 10km + **Half Marathon** Saturday + 10km Sunday, prizes will be awarded to:
 - the first three classified
 - the first three classified in the sub category Veterans A
 - the first 3 classified in the sub category Veterans B
- In the **combination** of the Night Race 10km + **Marathon** Saturday + 10km Sunday, prizes will be awarded to:
 - the first three classified
 - the first three classified in the sub category Veterans A
 - the first 3 classified in the sub category Veterans B
- In the **combination** of the Night Race 10km + **Ultra** Saturday + 10km Sunday, prizes will be awarded to:
 - the first three classified
 - the first three classified in the sub category Veterans A
 - the first 3 classified in the sub category Veterans B

3,6 Championship of Islands UltraDistance. The championship is subject to the rules of the FAIB and will feature categories and subcategories as specified in those rules. Only those who are members of the Balearic Federation of Athletics and Trail Running can be classified. The prizes for this section will be awarded at the Athletic Federation ceremony.

Article 4 RESPONSIBILITIES OF THE ORGANISING BODY

4,1 The organiser of the competition is a sports club registered in the Sports Authority of the Balearic Islands (DG Esports), and is afiliated with the FAIB.

4,2 The organisation will not be held responsible for any injury, loss or damage resulting from negligence or bad faith, or other situations seen to be excluded under the Civil Responsibility Clause employed for the event.

4,3 It is the organiser's responsibility to check and follow the weather forecast for the event 48 hours beforehand, and to ensure that the participants are aware of any weather alerts for

the days of the races. The participants will be notified of compulsory clothing and equipment that will have to be used.

4,4 The organisation will suspend the event if it is advisable due to the weather conditions, a Red Weather Alert is declared in the area the race is due to take place in, and if advised to do so by 112 and/or the Civil Protection. In this case the registration fee will not be refunded.

4,5 The race organisers will allocate Bib numbers to the participants as a way of indentifying them before the start of the event.

4,6 In the event of an error in the results, the organisation will make the Race Referee and the committee aware within 15 days of the event. After this time the provisional results will be made final.

Article 5 OBLIGATIONS OF PARTICIPANTS

5,1 It is obligatory for the runner to know the regulations of race.

5,2 All runners must follow the guidance given by the race organisation or the Race Referee. In the event of not following the indicated race route and the directions given by the security personnel of the organisation, the runner may be sanctioned by the Race Referee.








5,3 In the case of an accident, all runners must give assistance and inform the personnel at the nearest control point. Failure to do so will result in disqualification.

5,4 Runners who decide to retire from the race will have to communicate this to the organisation at the nearest control point. They will be evacuated one by one or will wait until the end of the race.

5,5 All runners will use appropriate footwear and be of the appropriate physical condition to complete the race.

5,6 All licensed runners must present the Licence of Athletics + Trail, or superior, or their Identity Card/Passport to collect their Bib number and participate.

5,7 It is the runners responsibility to bring the appropriate clothing and equipment for the race.

OBLIGATORY MATERIAL 3 DÍAS TRAIL IBIZA – ULTRA TRAIL					
	NOCTURNA	ULTRA	MARATON	1/2 MARATON	DOMINGO
Trek Running Footwear	✓	✓	✓	✓	
WaterProof Goretex Jacket. 10000					
Windbreaker		✓	✓	✓	
A fully charged Mobile phone, activated and NOT in FLIGHT MODE	✓	✓	✓	✓	
Thermal Blanket (1,4x2 mts. min.)	✓	✓	✓	✓	
Front head/Chest Torch	✓	✓ + pilas o dos frontales	✓ + pilas o dos frontales		
Red rear light	✓	✓	✓		
Whistle	✓	✓	✓	✓	
Cup for refreshment Points		✓	✓	✓	
1 Litre of Liquid		✓	✓	✓	

* Runners will **not be allowed to start**, or will be **disqualified** if they don't have the OBLIGATORY MATERIAL.

* Windbreaker: Dependent on the weather conditions in the island the weekend of the event, it may be obligatory have a waterproof jacket of 10,000WR/10,000VP. This will be indicated by the Race Organisation.

- A fully charged mobile phone, activated and **NOT** in FLIGHT MODE. The mobile phone must be capable of emitting location.
- A FRONT HEAD/CHEST TORCH **AND** a RED REAR LIGHT are COMPULSORY for the Night Race on the 29th November.
- A FRONT HEAD/CHEST TORCH for the Ultra on Saturday 28th November. It must be carried for the entire route, with an spare head torch or battery. It must be worn and turned on by all participants who finish later than 17,30. It is not permitted to say you will depend on the light of another participant.

5,8 The participants must know and adhere to the restrictions regarding doping (the list of banned substances published by the World Anti Doping Agency WADA). Detection of the use of any of these substances will result in the runner being disqualified and penalised.

5,9 The bib number must be worn at the front and must be visible during all of the race. If a waterproof or windproof jacket is worn, it should be visible upon lowering the zip. The bib number cannot be cut, folded or reduced in size.

5,10 Runners can use a bib number belt, so long as the bib number is not covered by clothing and that it is not worn at the back.

5,11 For reasons of safety, it is not permitted to compete wearing earphones.

Article 6 INFRINGEMENTS

6,1 There are 2 types of infringements, serious and very serious, that will be applied by the Race Referee after the communication of said with the Race Director. The minor infringements will be punished with an additional time of between 1 and 3 minutes. The serious infringements will be punished with an additional time of between 5 and 10 minutes, and may lead to disqualification. The very serious infringements will mean the immediate disqualification of the runner by the Race Referee or by the Race Organisation.

6,2 The serious infringements which will be penalised with +3'

6,2,1 Not giving way to a runner from behind who has asked you to.

6,2,2 Wearing earphones during the race. The organisation or referees will remove them, and they will be returned at the finish line.

6,2,3 Changing the size of the bib number, having it covered or wearing it at the back.

6,2,4 Receiving assistance from people other than those at the refreshment stations.

6,2,5 Starting the race before the official signal.

6,3 The very serious infringements which will result in disqualification

6,3,1 Using any kind of transport for part of, or all of, the route.

6,3,2 Not adhering to the most basic rules with regards to doing a sport with a group, and respecting the natural environment.

6,3,3 Any disregard or violence towards the referees, members of the organisation or participants in the race

6,3,4 Retiring from the competition without advising a referee or a member of the organisation at a check point.

6,3,5 Finishing the race after the Finish cut off time.

6,3,6 Reaching a check point after the cut off time for that particular one.

6,3,7 Not passing through a check point.

6,3,8 Not helping a runner who has had an accident.

6,3,9 Not carrying the obligatory material as instructed by the race organisation.

Related to respecting and caring for the Natural Environment

6,3,10 The use of the Public Address System in any part of the route apart from the start and finish.

6,3,11 Not respecting the environment; damaging the natural, geological or cultural assets.

6,3,12 Not respecting or adhering to the routes marked by the organisation; using secondary path instead of the main marked path, taking short cuts or cutting corners.

6,3,13 Throwing rubbish (waste, wrappers, food or materials) outside of the areas indicated by the organisation. It is compulsory to mark gels, bars, etcetera with the runners bib number.

6,3,14 Sending signals or flashing lights, except that of the head torch, during routes completed in darkness. Shouting during the route.

Article 7 CHECKPOINTS

7,1 The organisation will appoint one person responsible for the checkpoints. These are the cut off times for the Ultra. Those of the Marathon and Half Marathon can be found at:

www.trailibiza.com

7,2 This point will be communicated to the Race Director.

7,3 Elitechip will register the bib number of every runner who passes the checkpoint. The head of checkpoint will collect the bib numbers of those who have retired, and will note any irregularities pertaining to violation of the regulations. This documentation will be given to the Race Referee when the race is over.

7,4 The staff at the check point and those at the refreshment points are entitled to report any runners who violate the regulations of the event, and to report said offences to the Race Referee.

7,5 The staff at the checkpoints and the refreshment points are responsible for the vigilation of the safety of the runners and of the area around their assigned station.

ETAPA 2 ULTRA 06:00 H.			
ZONAS CONTROL	KM. APROX.	APERTURA	CIERRE
Bolsa Vida (km. 42) Bolsa meta	0	5:00	5:45
Salida Sant Josep	0	6:00	6:00
Sant Agustin	09,50	6:45	7:20
Placas Solares	21,10	7:34	8:50
Ses Roques Altes	31,84	8:29	10:20
Es Cubells	42,5	9:34	12:00
Cala D'Hort	51,94	10:32	14:35
Sant Josep	63,74	12:02	16:55
Crt. Capelleta	73,19	12:42	18:35
Crt. Capelleta	76,79	13:15	19:35
Meta	85	13:45	21:00

Article 8. REFRESHMENT ZONE

Rubbish containers will be placed before and after each refreshment zone. Signs will show the beginning and end of these zones.

External help for the runner must be given within these zones, and no materials, equipment or food waste can be left outside of these points.

THERE WILL NOT BE CUPS for the drinks in the Refreshment Zone and it is RUNNERS RESPONSIBILITY to bring their own. It is STRICTLY FORBIDDEN to drink directly from the refreshment decanter.

Refreshment Zones will have both liquids and solid food, however the 10.5km zone will only have liquids; water and isotonic drinks.

At the finish line there will be liquid only Refreshment Zones(water and isotonic drinks) and also for solid food (pasta, soup, dried fruit and nuts, oranges) for all participants

AVITUALLAMIENTOS

	LÍQUIDO				FRUTA				SÓLIDO															
	ZaM	Nea	23.5km	Colb	Serveas	Plátano	Naranja	Tosti	alitos	Pan de melón	Pan de leche	Collares saladas	Zorzo	Fuot	Donuts	Chocolate	Espeleles	Hermelada	Miel	Bananas	Pastas	Sopa	Yogur	
Salida Agustín	x																							
Sant		x	x																					
Plaza Solera		x	x																					
Las Rozas Altas		x	x																					
El Cabello		x	x	x				x	x															
Cala D'Alent		x	x	x																				
Sant Jusep		x	x	x																				
Cr. Capelleto		x	x	x																				
Cr. Capelleto		x	x	x																				
Mera	x	x	x	x				x	x															x

9 APPEALS

Appeals will be made through the completion of an Appeal Form, which can be obtained from the Organisation. **There will be a fee of 50 euros** (which shall be repaid if the appeal is successful). This must be done at the end of the race **on the day of the race**. The appeals will be presented to the referee committee.

Article 10 GENERAL INFORMATION

- The organisation will arrange Accident Insurance which will cover all runners.
- The organisation will arrange Civil Liability Insurance in accordance with the current legislation.
- The participants will follow the instructions given by the organisation.
- On registering for the race all participants accept, without reservation, that they will adhere to the contents of these regulations and the Race Ethics

Article 11 RETIREMENTS

Runners can only officially retire from the race at the checkpoints. Additionally, only those checkpoints indicated by the organisation in the program will have evacuation vehicles. Therefore, a runner who abandons the race at another point must make their way to the next checkpoint. Only one trip shall be made, which will be when the checkpoint closes.

Article 12 REGISTRATION

3 Días Trail Ibiza with:

- 2nd stage Ultra
 - €95 for the first 100 registered
 - €105 until 15th November
 - €125 until registration closes
- There are 275 places (counting those registered for 2 days and 1 day)

- 2nd stage Marathon
 - €65 for the first 100 registered
 - €75 until 15th November
 - €95 until registration closes
- There are 275 places (counting those registered for 2 days and 1 day)

- 2nd stage Half Marathon
 - €50 for the first 100 registered
 - €60 until 15th November
 - €75 until registration closes
- There are 450 places (counting those registered for 2 days and 1 day)

2 Días trail Ibiza with:

- 10km Night race + 2nd stage Ultra
 - €90 for the first 100 registered
 - €100 until 15th November
 - €125 until registration closes
 - There are 275 places (counting those registered for 3 days and 1 day)

- 10km Night race + 2nd stage Marathon
 - €60 for the first 100 registered
 - €70 until 15th November
 - €95 until registration closes
 - There are 275 places (counting those registered for 3 days and 1 day)

- 10km Night race + 2nd stage Half Marathon
 - €45 for the first 100 registered
 - €55 until 15th November
 - €75 until registration closes
 - There are 450 places (counting those registered for 3 days and 1 day)

2 Días trail with:

- 2nd stage Ultra + Sunday 10km
 - €90 for the first 100 registered
 - €100 until 15th November
 - €125 until registration closes
 - There are 275 places (counting those registered for 3 days and 1 day)
- 2nd stage Marathon + Sunday 10km
 - €60 for the first 100 registered
 - €70 until 15th November
 - €95 until registration closes
 - There are 275 places (counting those registered for 3 days and 1 day)
- 2nd stage Half Marathon + Sunday 10km
 - €40 for the first 100 registered
 - €50 until 15th November
 - €65 until registration closes
 - There are 450 places (counting those registered for 3 days and 1 day)
 - 10km Night race + 10km Sunday €20

1 Día trail Ibiza:

- 10km Night race €10
- Ultra
 - €80 for the first 100 registered
 - €90 until 15th November
 - €125 until registration closes
 - There are 275 places (counting those registered for 3 days and 2 day)
- Marathon
 - €50 for the first 100 registered
 - €60 until 15th November
 - €95 until registration closes
 - There are 275 places (counting those registered for 3 days and 2 day)
- Half Marathon
 - €30 for the first 100 registered
 - €40 until 15th November
 - €65 until registration closes
 - There are 450 places (counting those registered for 3 days and 2 day)
- 10km Sunday €20
- Team Registration €195 (for the three runners)
 - The first 8 teams registered will get a Lurbel tshirt worth €24.50 for each runner
- Runners who do not have insurance will have to pay an additional €5

Runners registered for the Ultra will receive an Antuco sweatshirt

Runners registered for the Marathon will receive a Challenge Tshirt

Runners registered for the Half Marathon will receive a Loop Evo running belt

Runners registered for the Night Race will receive a Head Band

Runners registered for the Sunday 10km Dalt Vila will receive a Head Band

Registration is personal and non-transferable. Any runner found running with the Bib number of another will be removed from the race.

Registration Closing dates:

- Ultra: Sunday 22nd November
- 3 Días with Ultra: Sunday 22nd November
- 3 Días with Marathon: Sunday 22nd November
- Night race only: Tuesday 24th November
- Night race with any other race: Tuesday 24th November
- Marathon: Wednesday 25th November
- Half Marathon: Wednesday 25th November
- Marathon with Sunday 10km: Wednesday 25th November
- Half Marathon with Sunday 10km: Wednesday 25th November
- Sunday 10km only: Wednesday 25th November

Registration will close no later than this date. Or it will close once all places have been taken:

Ultra: 275 places

Marathon: 275 places

Half Marathon: 450 places

Registration can be made at: www.elitechip.net

13. SPORTS EVENT CANCELLATION INSURANCE

In the event that the 3-day Trail Ibiza cannot be organized either due to the current situation of the COVID-19 or due to force majeure until September 30th, the entire amount will be refunded. After that date and due to force majeure, the 3 days Trail Ibiza cannot be held, there are two options:

* receiving the runner's bag + the return of 25% of the registration fee.

to keep the full registration for 2021. Keeping the price and quality of the material given with the runner's bag.

If any stage has to be suspended due to weather conditions, no refund will be made.

The runner can contract an insurance that covers the non refundable amount by the organizer of the sport event. If the insured runner after the occurrence of an event included in the causes of cancellation insured in this insurance that prevents the insured runner from attending the insured sports event and forces him/her to cancel it before the departure date.

It consists of an insurance contract covering the non-refundable amount by the organizer of the sports event following the occurrence of an event included in the causes of cancellation insured in the present insurance that prevents the insured from attending the insured sports event and obliges him/her to cancel it before the departure date.

CANCELLATION EXPENSES

Only the bib/registration fee will be refunded. The guarantee offered by this insurance will be valid from the date indicated in the insurance contract and the period of coverage is from the date the insurance is taken out to the date of the insured sporting event.

CAUSES OF CANCELLATION

The reasons for cancellation that are the subject of this guarantee must prevent the insured from participating in the sports competition and must have occurred after the insurance was taken out:

Serious illness.

Serious bodily injury or death of the insured and family members.

Serious injury.

Due to theft, fire or flooding of the insured's habitual residence or professional premises.

Summons for surgical treatment.

Summons as an electoral member.

Presentation as an opponent to official exams.

Medical leave of the insured. Not a proof of a physiotherapist

The cost of the insurance consists of three sections:

The organiser adds an amount to the insurance premium for costs linked to own management expenses that are not part of the price of the insurance (including VAT) using the following structure:

3€.

CLAIMS

In the event of a claim, you must inform Trail Ibiza within 7 days of occurrence. Through the e-mail: info@trailibiza.com

Article 14 By registering for the Ultra Ibiza – 3 Dias, runners agree that Trideporte, itself or through third parties, may automatically use their personal data, for exclusively sports related, promotional or commercial purposes, and according to its sporting interests, for promotion, distribution and use in the whole world (reproduction of the race pictures, publication of the results, etc.), using any device (television, internet, advertising, etc.) without time limit, the right to reproduce their name and surname, their overall result, their category, their finishing time and their image both in photo and in video.

Article 15 Bicycles or motorised vehicles that are not part of the organisation are forbidden during the race. The Local Police forces of San Antonio, San Josep and Ibiza, and the Guardia Civil will be responsible for traffic control on the routes.

Article 16 All participants, by registering, acknowledge and agree with these Regulations. Action to be taken on unforeseen circumstances will be decided by the Race Organisation.

Article 17 Finishers of the Ultra or 3 Días will receive a Finishers Medal.