

SET OF RULES VAL D'ARAN BY UTMB®

2021 EDITION



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Preliminary note: For those registrants in 2020 who maintained their registration for the 2021 edition will now align with the new set of rules, with the exceptions mentioned (see "Conditions of Participation").

1. PRESENTATION OF THE EVENT

Val d'Aran by UTMB® is an ultra-trail event held on the prestigious "**by UTMB®**" racing circuit around the world. It consists of four demanding high mountain races, which take place exclusively in the Val d'Aran. The longest distance race is part of the Ultra-Trail® World Tour.

The 2021 edition will be held on 9, 10 and 11 July 2021. Vielha, the capital of the Val d'Aran, as the epicentre of the event, will host the arrival of the three largest races.

2. ORGANISER

A.E. Trail Runners Aran organises Val d'Aran by UTMB® under the technical direction of Inaran Sports. The event is supported by UTMB® International, Conselh Generau d'Aran and the local councils of the area.

3. ACCEPTANCE OF THE REGULATIONS AND ETHICS OF THE RACE

Participation in Val d'Aran by UTMB® events implies express and unreserved acceptance of these rules and of any instructions given by the organiser to the participants.

4. DEFINITION OF THE EVENTS

Val d'Aran by UTMB® is an event in which various events are proposed open-air, using the great hiking routes of Val d'Aran territory. Each race takes place in a single stage, at a free pace, in a limited time.

- **VDA: Torn dera Val d'Aran (*Tour of Val d'Aran*)**

Circular route of 162 kms with about 10.600 meters of elevation gain, starting from Vielha in semi-autonomy and in 48 hours maximum. Open to a total of 1.300 participants.

- **CDH: Camins de Hèr (*Iron Tracks*)**

Route of 105 kms with about 6.500 meters elevation gain, starting from Les, in semi-autonomy and in 28 hours. Open to a total of 1.300 participants.

- **PDA: Peades dera Aigua (*Water Footsteps*)**

Route of 55 kms with about 3.100 meters elevation gain, starting from Beret, in semi-autonomy and in 14 hours maximum. Open to a total of 1.400 participants.

- **SKY Baqueira Beret**

Circular route of 15 kms with about 850 meters elevation gain, starting and ending in Pla de Beret, in semi-autonomy and in 4 hours maximum. Open to a total of 350 participants.

5. CONDITIONS OF PARTICIPATION AND REGISTRATION

5.1. REGISTRATION CONDITIONS

To be able to participate in any of Val d'Aran by UTMB® races, you must have obtained a specific number of ITRA points in one or more races, except for the SKY Baqueira Beret. The ITRA points can be obtained by becoming finisher in any of the qualifying races between 01/01/2018 and 30/04/2021. The points accumulated in

2018, 2019 and 2020 will be valid for the 2021 call, which must be accredited at the time of registration.

Points required for registration are as follows:

- VDA: minimum of 8 points in 2 races maximum
- CDH: minimum of 6 points in 2 races maximum
- PDA: minimum of 4 points in 2 races maximum
- SKY: it is not necessary to accredit points.

2020 registrants: the points already awarded at the time of registration will be valid for 2021 races.

The complete set of rules for "[Qualifying races](http://www.utmbmontblanc.com)" can be found at www.utmbmontblanc.com. In case of inaccurate declaration of qualifying races, not in accordance with the regulations or an outright lie, the organisation reserves the right to cancel the registration without reimbursing the fee paid. Note: in the case of a qualifying race having been shortened, the premature termination of a race or its cancellation, the qualifying points will be recalculated in relation to the actual race characteristics.

VDA, CDH and PDA races are open to any person, male or female, born in or before 2001, licensed or not, under the following categories:

Category	Age at December 31st 2021
Senior	20-39
Masters 1	40-49
Masters 2	50-59
Masters 3	60-69
Masters 4	70+

The Sky BB is open to any person, male or female, born in 2005 or earlier, licensed or unlicensed, according to the following categories:

Category	Age at December 31st 2021
Junior	16-19
Senior	20-39

Masters	40+
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To validate one's registration, each runner must **supply a specific medical certificate** (*). Associations' cards are not valid. It must be downloaded onto their runner's page **before April 30th, 2021** (the organisation does not accept medical certificates sent by email or the post).

Warning: We strongly advise you to use our official medical certificate template. If no medical certificate is received by this date, the registration will be cancelled without reimbursement.

(*) *At the end of the registration procedure, each runner will receive a confirmation email with link to the official medical certificate form.*

In the absence of a medical certificate, no race-bib will be attributed.

5.2. REGISTRATION FEE

Registration is uniquely via Internet and secure payment by credit card.

Registrations will open 28 October from 12pm (UTC +1), and will be done through the website www.aranbyutmb.com, by direct sale without any raffle. Registrations will be open until June 10th 2021, or until bibs are sold out.

In case bibs are sold out before June 10th, the organisation has the right to create a waiting list to cover possible cancellations. In this case, all interested runners will be contacted before May 31st, 2021.

Registration fees:

Race	Price
VDA – Torn dera Val d’Aran	210 €
CDH – Camins de Hèr	160 €
PDA – Peades dera Aigua	84 €
SKY Baqueira Beret	18€

Prices include taxes. A contribution per runner to the *A.E. Trail Runners Aran* is also included, to help preserve the local environment and to perform social initiatives.

The fee covers all the services described in the current regulations.

Registration is nominative. There is no authorisation for transferring one's registration from one person to another whatever the motive.

5.3. CANCELLATION OF A REGISTRATION

Any cancellation of a registration must be made in writing either by email or post. No withdrawal is registered by telephone.

The reimbursement of fees paid at registration will be made by partial re-credit to the credit card used at the time of registering under the following conditions. The organisation puts at runners' disposal the possibility to contract a Cancellation Insurance (see point 5.4):

Cancellation date	No Cancellation Insurance booked (% of the paid registration fee)
Before January 31 st	60%
Between February 1 st and March 15 th	50%
Between March 16 th and May 31 st	40%
Between June 1 st and 20 th	30%

After June 20th 2021, no reimbursement of registration fees will be made.

5.4. CANCELLATION INSURANCE

For those runners who wish to add a cancellation insurance, the organisation can book an insurance policy in their name with insurance company ARAG (Seguro Triple Sport) to cover registration cancellation and the costs associated to this cancellation, with the conditions detailed below. The runner is the policy holder. The organisation will establish contact between the insurance company and the runner, but it will be the insurance company who will process the compensation and make the payment.

The purpose of the cancellation insurance booked is to completely refund the expenses of registration, when a runner asks to cancel his registration exclusively for one of the following reasons:

- Long-term injury that prevents from participating in the race.
- Accident, serious illness, serious accident, or death of the runner.
- Serious illness that requires hospitalisation, serious accident or death of husband/wife/legal partner or first-degree ancestors/descendants in the 30 days before the event or during the event.
- Pregnancy of a registered runner or birth in the 15 days before the event or after the event.
- Having suffered Covid-19 30 days before the event and that this prevents from attending the event.
- Being in lockdown by governmental order because of Covid-19 at the moment of the event or 15 days before the event.

- Call as a witness or jury before a criminal or civil court.
- Call as a member in a polling place.
- Attending an official public examination
- Having serious damages because of fire, explosion, robbery, or the force of nature, in the principal residence or the policy holder's professional establishment and his/her presence is necessary.
- Because of the policy holder's dismissal.

For all health-related cancellations, it is necessary to provide a medical certificate signed and stamped by a doctor, stating the contraindication of participating in the race, or any other type of official document. All other types of cancellations must be justified with official documents. Once the insurance company is informed, they will require all the proof documents.

The compensation processing is responsibility of the insurance company, who will establish their own terms.

Cancellation of an entry or non-participation in the race does not entitle the runner to benefit from a priority entry for a subsequent year.

All runners who had a place for the 2020 event and had taken out medical cancellation insurance at the time, will automatically be covered by the described insurance, benefiting from the new terms and conditions. Those who had not booked an insurance last year, will have normal cancellation conditions, improved from last edition.

Cancellation insurance prices:

- VDA and CDH: 20€
- PDA: 10€

Cancellation insurance must be booked at the moment of registration.

For SKY, there is no possibility of booking a cancellation insurance.

5.5. CANCELLATION OF ENTRY OR EVENT DUE TO COVID-19

Event cancellations related to the coronavirus outbreak, will be subject to the following conditions (based on the participants' choice):

- Transfer the registration to 2022 or 2023 editions, at runner's choice.
- 75% refund of the fee costs without cancellation policy and 100% refund for those with cancellation policy.

6. RUNNER'S COMMITMENT

To participate in the Val d'Aran by UTMB® event, in particular the VDA and the CDH, it is essential:

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it,
- To have acquired, previous to the race, a real capacity of personal autonomy in the mountains (1) allowing for the management of problems induced by this type of event, and notably:
 - Know how to confront, without outside help, climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow),
 - Know how to manage, including when one is isolated, physical or mental problems arising from a great fatigue, digestive problems, muscle or articular pains, small wounds...
 - To be totally conscious that the organisation's role is not to help a runner manage these problems;
 - To be totally aware that for such an activity in the mountains, security depends upon the runner's capacity to adapt to the problems encountered or foreseen
 - To inform and to sensitize the members of the runner's entourage towards the respect of nature, people and the regulations of the race.
 - To accept to receive newsletters providing information about the event.

(1) Participation in other races in order to have the required number of points (see paragraph REGISTRATION CONDITIONS) in order to register, is useful for acquiring this experience, but not necessarily sufficient.

6.1. SEMI AUTONOMY

The principal of an individual race in semi-autonomy is the rule. The VAL D'ARAN by UTMB® events take place in one single stage, at an undefined pace, within the limits of the time barriers which are specified for each event. Semi-autonomy is defined as having the capacity to be autonomous between two refreshments posts, as much on the food front as that of clothing and security, allowing for adapting to problems encountered or foreseen (bad weather, physical problems, injury...)

This principal implies, in particular, the following rules:

1. Each runner must have with them throughout the duration of the race the totality of their obligatory equipment (see section 7). They transport this equipment in a pack; tagged during race-bib distribution and which cannot be changed along the race route. At any moment of the race, the race stewards can verify the pack and its contents. The runner is obliged to submit to these checks in good humour, at the risk of exclusion from the race.

2. The refreshment posts supply drinks and food to be consumed on site. The organisation only supplies still water or energising drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each refreshment post, the quantity of drink and food which is necessary to keep them going until the following refreshment post. For slower runners, the longest sections without refreshments can be more than 4hrs during the VDA and the CDH.
3. For the VDA and the CDH, a personal assistant is tolerated exclusively at certain refreshment posts (*), in the zone specifically reserved for this use and at the discretion of the chief of the post. One person can only give this assistance, without specific equipment other than a bag with a maximum volume of 30 litres. Assistance given by a team of professionals, or any medic or paramedic, is strictly forbidden. The rest of the refreshment post is strictly reserved for the runners. No assistance is allowed, at any point along the race route, during the PDA or the SKY.
4. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the tolerance zones which are clearly marked in the proximity of the refreshment posts.
5. A participant who accepts being accompanied outside of the expressly designated zones contravenes the principle of semi-autonomy. The race stewards witnessing irregularities are authorised to penalise the participants in order to guarantee the spirit of trail-running events.

(*) Personal assistance is tolerated at the following posts:

VDA: CP6, CP11, CP15

CDH: CP5, CP9

It is forbidden at all other refreshment posts, as well as at any other point of the race route.

PDA and SKY: no assistance is allowed at any point throughout the race.

7. EQUIPMENT AND MANDATORY EQUIPMENT

In order to ensure their security and the good progress of each of the events, each participant must have at their disposal the all the obligatory equipment on the list, detailed below.

Each participant must therefore present their obligatory equipment, including the kit activated by the organisers, in order to retrieve their race-bib, and agree to keep it with them throughout the event.

It is important to note that the material imposed by the organisers is a **vital minimum, which each trail-runner must adapt in function to their own capacities**. In particular, **they must not choose the lightest weight clothing possible in order to gain a few grams but opt for clothing that really offers good protection in the**

mountains against the cold, wind and snow, which therefore give better security and a better performance.

7.1. MANDATORY EQUIPMENT VDA AND CDH

- The appropriate closed-toe shoe for trail running.
- Pack destined to transport obligatory equipment throughout the race.
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during and after the race:
 - mobile phone with international roaming allowing for its use in Spain and France (load into its memory the organisation's security numbers, don't mask your number and don't forget to leave with the battery fully charged)
 - Keep the phone on, airplane mode is prohibited and could give rise to penalties.
 - For smartphones: LiveRun application installed and activated.
 - An external battery is highly recommended
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted)
- Supply of water of 1 litre minimum
- 2 torches in good working order with spare cells/batteries for one torch
Recommendation: 200 lumens or more for the main torch
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Self adhesive elasticated bandage which can serve as a bandage or strapping (minimum 100 cm x 6 cm)
- Food reserve
Recommendation: 800kcal (2 gels + 2 energising bars each of 65g)
- Jacket with hood that will withstand bad weather in the mountains and made with a waterproof (minimum 10.000mm water columns) and breathable membrane. The jacket must, imperatively, be fitted with an integrated hood or one that is attached to the jacket by the original system designed for that purpose by the manufacturer. The seams must be sealed. The jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back), since they do not damage in any obvious way the impermeability, are accepted. It is the runner's responsibility to judge, with these criteria, if their jacket fits the regulations stated and so bad weather in the mountains, but, during a check, the person in charge of the check or the steward makes the judgment.
- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely
- Waterproof over trousers
- Cap or bandana or garment that covers your head

- Warm and water-proof gloves
- Additional warm second layer: a warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 180g (men's size medium (M)) OR the combination of a warm long sleeved underwear (first or second layer, cotton exclude) of a minimum weight of 110g (men's size medium (M)) and a durable water repellent (DWR protection) windproof jacket*
**the wind-proof jacket does not replace the obligatory waterproof jacket, and vice versa*

All clothing must be the correct size for the competitor and without having been modified in any way after leaving the factory.

You carry this equipment in a pack that must be tagged during race-bib distribution and is not interchangeable during the race.

Other recommended equipment (list non exhaustive):

- Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury.
- Poles in the case of rain or snow for your security on slippery ground
- Water purification tablets or filtered water bottles
- Vaseline or anti-heat cream
- Reusable bowl
- GPS watch
- Knife or scissors for cutting elasticated bandage
- Emergency sewing kit...

If you choose to take poles, it is for the duration of the race. It is forbidden to start without poles and recuperate them during the course of the race. No poles are authorised in the drop bags.

The use of poles will be forbidden in certain zones along the route marked by specific signs, for the security or environmental reasons.

7.2. MANDATORY EQUIPMENT PDA

- The appropriate closed-toe shoe for trail running.
- Pack destined to transport obligatory equipment throughout the race
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during and after the race:
 - Mobile phone with international roaming allowing for its use in Spain and France (load into its memory the organisation's security numbers, don't mask your number and don't forget to leave with the battery fully charged)

- Keep the phone on, airplane mode is prohibited and could give rise to penalties.
- For smartphones: LiveRun application installed and activated.
- An external battery is highly recommended
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted)
- Supply of water of 1 litre minimum
- 1 torch in good working order with spare cell/batteries (except TCZ)
Recommendation: 200 lumens or more
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Self adhesive elasticated bandage which can serve as a bandage or strapping (minimum 100 cm x 6 cm)
- Food reserve. *Recommendation: 800kcal (2 gels + 2 energising bars each of 65g)*
- Jacket with hood that will withstand bad weather in the mountains and made with a waterproof (minimum 10.000mm water columns) and breathable membrane. The jacket must, imperatively, be fitted with an integrated hood or one that is attached to the jacket by the original system designed for that purpose by the manufacturer. The seams must be sealed. The jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back), since they do not damage in any obvious way the impermeability, are accepted. It is the runner's responsibility to judge, with these criteria, if their jacket fits the regulations stated and so bad weather in the mountains, but, during a check, the person in charge of the check or the steward makes the judgment.
- Waterproof over trousers.
- Hat.
- Warm and water-proof gloves.
- Long-legged trousers or race leggings OR a combination of legging and socks which cover the legs completely

All clothing must be the correct size for the competitor and without having been modified in any way after leaving the factory.

You carry this equipment in a pack that must be tagged during race-bib distribution and is not interchangeable during the race.

Other recommended equipment (list non exhaustive):

- Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury.
- Additional warm second layer: a warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 180g (men's size medium (M))

OR the combination of a warm long sleeved underwear (first or second layer, cotton exclude) of a minimum weight of 110g (men's size medium (M)) and a durable water repellent (DWR protection) windproof jacket*
**the wind-proof jacket does not replace the obligatory waterproof jacket, and vice versa.*

- Water purification tablets or filtered water bottles
- Poles in the case of rain or snow for your security on slippery ground
- One working headlamp with replacement batteries.

Recommendation: 200 lumens or more.

- Vaseline or anti-heat cream
- Reusable bowl
- GPS watch
- Knife or scissors for cutting elasticated bandage
- Emergency sewing kit...

If you choose to take poles, it is for the duration of the race. It is forbidden to start without poles and recuperate them during the course of the race. No poles are authorised in the drop bags.

The use of poles will be forbidden in certain zones along the route marked by specific signs, for the security or environmental reasons.

7.3. MANDATORY EQUIPMENT SKY

- The appropriate closed-toe shoe for trail running.
- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during and after the race:
 - Mobile phone with international roaming allowing for its use in Spain and France (load into its memory the organisation's security numbers, don't mask your number and don't forget to leave with the battery fully charged)
 - Keep the phone on, airplane mode is prohibited and could give rise to penalties.
 - For smartphones: LiveRun application installed and activated.
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted)
- Supply of water of 1 litre minimum
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Jacket with hood that will withstand bad weather in the mountains and made with a waterproof (minimum 10.000mm water columns) and breathable membrane. The jacket must, imperatively, be fitted with an integrated hood or one that is attached to the jacket by the original system designed for that

purpose by the manufacturer. The seams must be sealed. The jacket must not have sections of fabric that are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back), since they do not damage in any obvious way the impermeability, are accepted. It is the runner's responsibility to judge, with these criteria, if their jacket fits the regulations stated and so bad weather in the mountains, but, during a check, the person in charge of the check or the steward makes the judgment.

All clothing must be the correct size for the competitor and without having been modified in any way after leaving the factory.

Other recommended equipment (list non exhaustive):

- Spare warm clothing, indispensable in the case of cold or wet weather or in the case of injury.
- Poles in the case of rain or snow for your security on slippery ground
- Vaseline or anti-heat cream
- GPS watch

If you choose to take poles, it is for the duration of the race. It is forbidden to start without poles and recuperate them during the course of the race.

8. QUARTZ EVENT PROGRAM

The Organization of the *Val d'Aran by UTMB®* has decided to set up the QUARTZ Event Program to protect participant's health and to contribute to doping-free sport.

The QUARTZ Event Program has neither the vocation nor the competence to replace anti-doping rules but aims to strengthen the medical supervision before, during and after the competition.

The QUARTZ Event program is carried out in collaboration with the International Trail Running Association (ITRA), Athletes For Transparency association (AFT) and Ultra Sports Science Foundation (USS).

A Medical Commission solely composed of doctors manages the QUARTZ Event program. This Medical Commission can take advice from experts of its choice and specifically give a consultative advice to the race direction on the medical condition of participants.

This Medical Commission can go as far as to suggest to the race direction that a participant should be excluded from competition for health reasons before competition (« no start ») or not ranked after the competition for non-compliance with the procedures.

The QUARTZ Event Program is for each participant who agrees to:

1. Declare to the Medical Commission the following medical information:
 - Any medical history and/or pathology, in particular those which may increase risks during competition.
 - The use of regular treatments or medication or dietary supplements at least during the 30 days prior to the start of the competition.
 - Request or use of a substance or method subject to a Therapeutic Use Exemption (TUE).

The declaration of medical information to the Medical Commission is done through the ITRA health space for which each participant has access after having created a free runner account on the ITRA website: <http://www.itra.run>. The declared medical information is only accessible by the doctors of the Medical Commission, the designated experts as well as to the medical team during an eventual care during the competition.

2. Provide all urinary and/or blood and/or hair and/or salivary samples required from 30 days before the competition and up to 15 days after the competition and also consent to the associated analysis of these samples, on the understanding that the costs for sampling and analyses are covered directly by the Organization.
3. Do not participate in the competition when using:

Within 60 days before the start of the competition and during the competition

- Intravenous iron infusion

Within 7 days before the start of the competition and during competition

- Intravenous infusion
- Gas inhalation
- Substance subject to a Therapeutic Use Exemption (TUE) according to the WADA (World Anti-Doping Agency) Prohibited List published annually
- Glucocorticoids regardless of the mode of administration
- Thyroid synthesis hormones except in case of partial or total removal of the thyroid or hypothyroidism of medical origin.

Within 24 hours before the start of the competition and during competition

- Beta-2-agonist regardless of the mode of administration

- Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) regardless of the mode of administration

The possible use of these different substances may be identified in the context of the analysis carried out before and/or after the competition or any other means of investigation.

4. Accept to answer any meeting request on site or remotely (phone or videoconference) that the Medical Commission may ask for in order to discuss their ability or not to participate in the competition or not to be rank after the competition.
5. Submit any doping control form legible completed within 30 days before the start of the competition and up to 15 days after the competition.
6. Accept the use, for the only purpose of research and in a strictly anonymous way, of data concerning him. Each participant has a right of access, rectification and opposition to data concerning him. The Medical Commission is the authority with which the participant can exercise this right.

Any unreasonable breach, refusal, or transmission of erroneous information in connection with the QUARTZ Event Program can result in the exclusion of the participant from the competition before the competition or not to be rank after the competition.

8.1. ANTI-DOPING CONTROL

Any competitor could be subjected to an anti-doping control before, during or at the finish of an event. In the case of a refusal or abstention, the sportsman will be sanctioned in the same manner as if they had been convicted of doping.

9. INSURANCE and CIVIL RESPONSIBILITY

Each competitor must, obligatorily, be in possession of a personal accident insurance that covers the cost of search and rescue and evacuation in the mountains of Spain and France, until 3.000 masl. It must also cover hospitalization expenses. The insurance must cover the sport of trail running and the participation in long distance races. Such insurance can be taken out with any organisation of the runner's choice. For members of the ITRA (International Trail Running Association) it is possible to subscribe to Assistance – Repatriation insurance that covers the cost of search and rescue worldwide. For further information visit www.itra.run.

Nonetheless, the organisation offers to runners without the adequate insurance, or that want to extend their insurance cover, the possibility to obtain insurance at the moment of registration. Highly recommended to runners.

At the moment of bib collection, validity of the insurance will be checked through presentation of the card or certifying document.

Medical evacuation with helicopter and hospitalization might be subject to a fee. The choice of evacuation method depends exclusively on the organisation, which will systematically put the runner's security first. The choice of the method of evacuation and the actual choice of hospital is at the discretion of the search and rescue and medical officials.

Expenses arising from the use of exceptional methods of rescue or evacuation have to be paid by the person rescued who will also have to pay their return from the place to where they were evacuated. It falls to the runner to create their file and present it to their insurance company within the stated time limit.

The organisation takes out a third-party Civil Responsibility insurance for the duration of the event for each of the runners (already included in the registration price), according to Generalitat de Catalunya's regulations, competent authority in this case.

10. RESPECT FOR THE ENVIRONMENT

By registering in one of the VAL D'ARAN by UTMB® events, participants agree to respect the environment and the natural areas they pass through. In particular:

- It is strictly forbidden to abandon your rubbish (gel tubes, paper, organic detritus, plastic wrappers...) along the race route. Trash/rubbish bins are available at each refreshment post and it is imperative that they are used. The race stewards conduct random checks all along the race route.
- All participants must keep any rubbish and wrappers with them until they can throw them in the bins that are provided for them at each refreshment post. The organisation encourages runners to equip themselves with a bag or pouch in which to transport their waste to the next bin. Plastic bags for soiled paper are handed out with the race-bibs. They must be used for collecting any paper soiled during any urgent need along the route.
- It is imperative that you follow the paths, as they are way marked, without shortcutting them. Actually, short cutting a path causes erosion damaging the site.
- No disposable dishes (cutlery, cups, bowls) will be distributed in life bases and refreshment points. This is to reduce the plastic usage by runners, as well as by the volunteers of the Val d'Aran by UTMB®. We invite you to bring your own utensils if you wish to eat hot meals in the refreshment points.

11. ELITE RUNNERS

Having the status of an international elite creates rights and duties for the athletes concerned. They are as below:

Rights:

In regard of justified recognition for athletes of a high calibre and for fair management of registration, we reserve places for elite athletes, who request a place, according to precise criteria based on their general ITRA performance index data.

Free registration: Men > 825 / Women > 700

Runners corresponding to the criteria may benefit from the free registration on condition that they have the required number of points for 2021. To register for free, elite runners meeting the above criteria should contact the organisation at info@aranbyutmb.com before May 20th 2021.

At the start of the races, elite athletes are invited to position themselves at the front of pack according to the following race-bib numbers:

- VDA: bibs 1 to 199
- CDH: bibs 3001 to 3199
- PDA: bibs 6001 to 6199

Duties:

In return, the elite runners agree to:

- Be present at any press conferences and official ceremonies to which they are invited,
- Be present at prize-giving ceremonies if it concerns them,
- Accept to carry a GPS tracker, supplied by the organisation at the start of the race, throughout the totality of the race; then to return this tag at the end of their race,
- Be present at the start line no later than 20 minutes before the start of the event.
- Publish a post in their Social Networks indicating their participation, tagging @aranbyutmb.

Prize money (*only VDA*)

The organisation of Val d'Aran by UTMB® has decided to reward the best ranked in each category, for women's and men's.

Prizes are considered an income by the State. Athletes domiciled in Spain must include it in their income tax return. For all runners, the Spanish Government realizes a % retention (according to current legislation) before the amount is paid by the organisation.

Ranking	Prize
	W/M
1	1.500€
2	1.000€
3	800€
4	600€
5	500€

12. RIGHTS FOR IMAGES

Every competitor expressly foregoes the right for any images during the event, just as they renounce any right of appeal to the organisers and their partners for the use of their image. Only the organisation can transfer this right for images to any media, via an accreditation or relevant license.

Ultra-Trail® and UTMB® are the legally registered names. All communication about the event or the use of images from the event must respect the name of the event, the registered trademarks and have official approval from the organisation.

13. INDIVIDUAL SPONSORS

Runners who are sponsored can only display their sponsor's logos on their clothing and equipment used during the race. All other publicity accessories (flags, banners...) are forbidden at all points of the race route including the finish line, at the risk of a penalty given by the discretion of the race directors.

14. PERSONAL DATA PROTECTION POLICY

According the new General Data Protection Regulations (EU RGPD 2016/679), any competitor has the right to access and amend all information concerning him/her.

The information is collected as part of a registration for one of the **Val d'Aran by UTMB®** races, for the needs of the organisation and in particular to identify each competitor in order to communicate him/her information related to his/her participation before, during or after the event.

The runner's data is kept in the database for 10 years. This period is renewable at each registration. Beyond these 10 years, and unless the runner authorizes the organisation to keep his/her data, all data are deleted except the runner's surname, first name, date of birth, gender and nationality to maintain the rankings.

Any runner can request the modification or elimination of his/her personal data:

1. By mail to the following address:

Apartado de correos N.º 27, 25530 Vielha e Mijaran (Lleida-Spain).

2. By e-mailing the following address: info@aranbyutmb.com

Any request for access or personal data modification will be processed as soon as possible and within a maximum period of 1 month of receiving it.

Inaran Back Office S.L. is the responsible of the data use and protection. The participant authorizes that this information can be transmitted to a third party with the only intention of a good event development, and particularly and not exclusively, to the live tracking and control platform Livetrail and NoLimit.

15. RACE ORGANISATION IN GENERAL

RACE-BIBS

Race-bibs are handed over to each runner upon presentation of:

- **A valid photo ID or passport identity.**
- **Your race pack and all the obligatory equipment.**
- **A proof of accident insurance card.**

The race-bib must be worn on the chest or stomach and be permanently and completely visible throughout the totality of the race. It must always be placed on top of all clothing and can in no case be positioned on a leg or pack. The name and partner's logos must not be either modified or hidden. The race-bib is the pass necessary for accessing the shuttle buses, buses, refreshment posts, infirmary, rest areas, showers, drop-off or pick-up areas for drop sacks... Except in the case of a refusal to comply with a decision taken by a race official, the bib is never taken away but in the case of an abandonment the bib is deactivated.

DROP BAGS / SPARE'S SACKS

Each competitor receives 30 litre bags with their race-bib. After having filled it with the necessities of their choice and having closed it, they can drop it off at the start until 30 minutes before the start.

VDA: each competitor receives 1 bag to be collected at CP11 (Beret) and Finish.

CDH: each competitor receives 1 bag to be collected at CP5 (Beret) and Finish.

PDA: each competitor receives 1 bag to be collected at Finish.

Recuperation of bags in the finish line: The bags are returned to either the competitor or a family member or friend, uniquely upon presentation of the race-bib. The bags must be recuperated at the finish line no later than 2 hours after the end of the race. After that time, the runner must come, in person, to recuperate their bag, at their own cost, from the organisation.

The organisation ensures the repatriation, to the finish line, of any bags of runners who abandon, on the condition that the abandonment has been registered. The delay of the repatriation is in relation to logistical constraints and the organisation cannot guarantee a complete repatriation of bags before the end of the race.

Only bags supplied by the organisation will be transported. Poles are not allowed in these bags. The contents of the bags will not be verified; no contestation over the contents of the bag at the finish will be accepted. The placing of valuable objects in these bags is not recommended.

You are recommended to pack toiletries and a change of clothing for your return to the finish line.

REFRESHMENTS

The organisation ensures the presence of solid and liquid refreshments along the race-route. The aid stations supply drinks and food for consuming in situ. The organisation supplies still water and energising drink for filling water bottles/hydration packs and personal beakers are obligatory. The runner must take care, when leaving each refreshment post, which they have the necessary quantity of food and drink to last them to the next refreshment post.

For more information concerning the composition of the refreshments, consult the page "Aid stations", which will be published before April 2021.

Only runners wearing a visible race-bib who have been duly checked have access to the aid stations.

The race guide and the relevant pages on the website have a complete list of refreshment posts and what they serve before March 2020.

CHECK POSTS

A check is carried out at the arrival at an aid station and at certain security posts. **Unexpected check posts are set-up at posts other than those of refreshment or security posts.** Their location is not divulged by the organisation.

WAY-MARKING

For better sighting at night, the way-markers are fitted, in part, with reflective material, which attracts the light of your torch.

ATTENTION: if you don't see any, turn back!

In respect for the environment no paint is used on the paths.

MAXIMUM AUTHORISED TIME AND TIME BARRIERS

The maximum time for the event, for the totality of the route is fixed at:

- VDA : 48 hours

- CDH : 28 hours
- PDA : 14 hours

The time limit of the start (time barriers) from the main check points will be defined and printed in the Runner's Guide and on the website. In the case of a change (see "Exceptional Conditions"), the new time barriers will be announced via text message, email and on the website.

These time barriers are calculated to allow participants to arrive at the finish within the maximum time allowed, while having made eventual stops (rest, food...). **In order to be authorised to continue with an event, competitors must leave the checkpoint before the fixed time** (whatever their time of arrival at the check point).

All competitors excluded from the race who wish to continue the route can only do so after having returned their race-bib and under their own responsibility and in complete autonomy.

SECURITY AND MEDICAL ASSISTANCE

Security posts are positioned at various points along the route. These posts have a radio or telephone link to the race Command Center for security (the phone number will be printed on the runner guide and on the runner's bibs. A regulation medical team is present throughout the events at the race security Command Center.

These security posts are designed to give assistance to any person in danger by their own or public means.

It is up to a runner in trouble or seriously hurt to call for the help:

- By going to a security post
- By calling race Command Center
- By asking another runner to alert the security service
- By using the SOS app LiveRun

Every runner must give assistance to any person in danger and alert the security services. And stay with the injured runner until rescue arrives.

In the case where it is impossible to contact race Command Center, you can make a direct call to the rescue service (most particularly if you find yourself in a zone where only emergency calls are possible): Emergency number in Spain: 112

Do not forget that hazards of all sorts, linked to the environment and the race, may require you to wait assistance for a longer time than expected. Your security therefore depends upon the quality of that which you have put in your pack.

All the personnel, medics, paramedics, search and rescue and official guides, as well as any person so designated by the organisation are able to:

- Exclude any competitor from the race who is judged to be unable to continue the race
- Obly any competitor to use any element of the mandatory equipment

- Evacuate by any means the runners they deem to be in danger
- Hospitalize runners who have underlying medical problems

A runner who contacts a doctor or search and rescue personnel submits themselves to their authority and agrees to accept their decisions. As from the moment where the state of a runner's health justifies treatment via an intravenous drip, they are obligatorily excluded from the race.

An infirmary will be accessible in the finish line throughout the duration of the events. Runners who have a severe medical problem may present themselves. Minor treatments will be carried out at the discretion of the personnel and subject to their availability.

Each runner must stay on the way-marked route, even to sleep.

In case the runner needs to sleep along the way, it is very recommended to use the "sleeping bib" given by the organisation. This bib indicates the runner wants to sleep a little bit without being bothered.

All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organisation.

FINISH LINE

All finishers will receive a unique gift at the finishing line.

A post-race light meal is served at the finishing line.

REST

Resting areas will be available at the finishing line to accommodate runners of the VDA and CDH races. This space is strictly reserved for runners who have just finished their race.

In no way does this constitute a solution for accommodation for the entire night. Runners having finished their race who wish to extend their stay must have their own accommodation.

VDA: runners can benefit from a resting area (camp beds with blankets) in CP6, CP11 and CP15.

CDH: runners can benefit from a resting area (camp beds with blankets) in CP5 and CP9.

RANKING AND RECOMPENSE

The overall rankings, men's and women's, are based on the performance scores of all athletes at each category.

The top five highest scoring, men's and women's, in each category will be awarded a trophy or prize. Awards will be distributed during the award ceremony.

The scoring results can be found on our website (www.aranbyutmb.com).

ABANDONMENT AND RETURN TO THE FINISH LINE

Except in the case of injury, a runner must not abandon outside of a checkpoint. They must inform the person responsible for the post or inform the race Command Center. In this case, the bib will be marked as “abandoned”. In case of not indicating abandonment to the person responsible of control or in case of not answering the organization’s calls, runners may be billed the cost of their search.

In the case of the decision to abandon between two checkpoints, the runner must go to the nearest checkpoint where they announce their abandonment.

The runner keeps hold of their race-bib because it is the pass for accessing shuttle buses, buses, meals, treatment rooms...

Return to finish line works in the following manner:

Buses are available from certain refreshment posts marked by a pictogram «bus» on the maps so as to return runners who abandon to the finish line.

Runners who abandon at other security or refreshment posts whose state of health does not necessitate an evacuation must go to as fast as possible and under their own means the nearest point of repatriation.

For that which concerns refreshment or security posts accessible by car or 4x4:

At the closure of the post, the organisation, within the means possible, returns to finish line the runners who have abandoned and who are still present at the post.

In the case of unfavourable weather conditions, which justify the partial or total stoppage of the race, the organisation ensures the return to finish line of the runners as fast as possible.

16. PENALTIES AND DISQUALIFICATIONS

Race stewards present along the race-route, and those responsible for the different refreshment and security posts are able to enforce the regulations and immediately apply a penalty (**) in the case of non-respect for these regulations, according to the following chart:

VDA and CDH

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION
Short cutting the route	According to the race Committee* decision
Absence of obligatory equipment	Immediate disqualification
Refusal to have obligatory equipment checked	Disqualification

Phone turned off or in airplane mode	15 min penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1 hour penalty
Lack of respect for others (organisation or runners) Note: a participant whose supporters are uncivil and/or refuse to respect the organisation's instructions will be penalised.	Disqualification
Not assisting a person in difficulty (in need of care)	Disqualification
Assistance	30 minute penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of the refreshment posts.	15 minute penalty
Cheating (eg.: use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	15 minute penalty
The wearing of a non-conforming race-bib	15 minute penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Attitude deemed dangerous (eg.: poles with unprotected points orientated towards runners or spectators)	15 minute penalty
Absence of an electronic chip	According to the race Committee* decision
Absence of passage through a control point	According to the race Committee* decision
Refusal to comply with an order from the race directors, race stewards, chief of posts, doctors or research and rescue personnel.	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking

Departure from a check point after the time barrier	Disqualification
Pack not tagged	1 hour penalty
Use of poles not carried with you from the beginning of the race	1 hour penalty

(*) *The Race Committee shall consist of the Event Director, the Race Director, one UTMB® representative, the Medical Safety Director (when it comes to medical matters).*

(**) *The time penalties are immediately applicable in situ, that's to say that the runner has to interrupt his/her race for the duration of the given penalty time. If the breach of regulation is found after the race, the race Committee can decide to add the penalty time to the final race time of the runner in question. All other lack of respect for the regulations will be subject a sanction at the race Committee* discretion.*

PDA and SKY

BREACH OF REGULATION	PENALTIES (*) – DISQUALIFICATION
Short cutting the route	According to the race Committee* decision
Absence of obligatory equipment	Immediate disqualification
Refusal to have obligatory checked	Disqualification
Phone turned off or in airplane mode	10 minute penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	30 minute penalty
Lack of respect for others (organisation or runners) Note : a participant whose supporters are uncivil and/or refuse to respect the organisation's instructions will be penalised.	Disqualification
Not assisting a person in difficulty (in need of care)	Disqualification
Assistance outside of authorised zones	30 minute penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of the refreshment posts.	10 minute penalty

Cheating (eg.: use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	10 minute penalty
The wearing of a non-conforming race-bib	10 minute penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Attitude deemed dangerous (eg. : poles with unprotected points orientated towards runners or spectators)	10 minute penalty
Absence of an electronic chip	According to the race Committee* decision
Absence of passage through a control point	According to the race Committee* decision
Refusal to comply with an order from the race directors, race stewards, chief of posts, doctors or research and rescue personnel.	Disqualification
Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Pack not tagged	30 minute penalty
Use of poles not carried with you from the beginning of the race	30 minute penalty

(*) *The Race Committee shall consist of the Event Director, the Race Director, one UTMB® representative, the Medical Safety Director (when it comes to medical matters).*

(**) *The time penalties are immediately applicable in situ, that's to say that the runner has to interrupt his/her race for the duration of the given penalty time. If the breach of regulation is found after the race, the race Committee can decide to add the penalty time to the final race time of the runner in question. All other lack of respect for the regulations will be subject a sanction at the race Committee* discretion.*

CLAIMS

Any claim that implicates a classification change must be made to us by email, within a delay of 24 hours after the end of the event.

Any other claim must be made to us by email, within a delay 10 days after the end of the event.

17. EXCEPTIONAL CONDITIONS

If the circumstances require it, the organisation reserves the right to, at any moment, modify the route, start times, time barriers, position of refreshment or security posts, and any other aspect related to the good functioning of the events.

In the case of a force majeure, weather conditions which are too unfavourable or any other circumstance which puts the security of the competitors at risk, the organisation reserves the right to:

- Change the route or edit a shorter distance
- Defer the start by a few hours maximum
- Modify the time barriers
- Cancel the event
- Neutralise the event
- Stop the race in progress
- Establish exceptional health measures, including wave-offs.

In the case of the cancellation of an event, for whatever reason, decided more than 15 days before the date of the start, partial reimbursement of the registration fee will be made. The amount of this reimbursement will be fixed so as to allow the organisation to deal with all the irremediable expenses committed to the date of the cancellation. In case of cancellation decided less than 15 days before the departure or in case of interruption of the race, for whatever reason, no refund of registration fees will be made (see section 5.4).

18. OPTIONAL SERVICES

RUNNERS' GUIDE

A guide is downloadable from the website www.aranbyutmb.com as from the month of April. It includes maps of the routes and practical information such as time barriers, refreshment post locations, security posts, as well as the areas with access for accompanying persons.

Vielha, October 26th, 2020.

The original version of this document is in Spanish. In case of incoherence or discrepancy between the Spanish version and any of the other linguistic versions of this regulation, the Spanish version will prevail.