

In races which include a large number of athletes, five-minute, three-minute and one-minute warnings should be given.

Departure boxes shall be provided for teams races and the members of each team shall be lined up behind each other at the start of the race. In other races, the athletes shall be lined up in the manner determined by the organisers. On the command “On your marks”, the starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

Safety

6. Organising Committees of Cross-Country Races shall ensure the safety of athletes and officials.

Drinking / Sponging and Refreshment Stations

7. Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking / sponging station shall be provided every lap, if weather conditions warrant such provision.

Race Conduct

8. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

RULE 251

Mountain Races

Course

1. (a) Mountain Races take place on terrain that is mainly off-road, unless there is significant elevation gain on the route in which case a macadamised surface is acceptable.
(b) The course should not include dangerous sections.
(c) Athletes shall not use supplementary aid(s) to assist their progress on course.
(d) The profile of the course involves either considerable amounts of ascent (for mainly uphill races), or ascent / descent (for up and down races with start and finish at the same level).
(e) The average incline should include a minimum of 5% (or 50 metres per kilometre) and not exceed 20% (or 200 metres per kilometre).

- (f) The highest point on the course should not exceed 3000 metres altitude.
- (g) The entire course shall be clearly marked and include kilometre marks.
- (h) Natural obstacles or challenging points along the course should be additionally marked.
- (i) A detailed course map must be provided along with a profile using the following scales:
 Altitude: 1/10,000 (10mm = 100m)
 Distance: 1/50,000 (10mm = 500m)

Types of Mountain Races

2. (a) Classic Mountain Races

For Championships, the recommended distances and total amount of ascent should be approximately:

	Mainly Uphill		Up and down races	
	Distance	Ascent	Distance	Ascent
Senior Men	12km	1200m	12km	600m/750m
Senior Women	8km	800m	8km	400m/500m
U20 Men	8km	800m	8km	400m/500m
U20 Women	4km	400m	4km	200m/250m
U18 Boys	5km	500m	5km	250m/300m
U18 Girls	3km	300m	3km	150m/200m

(b) Long Distance Mountain Races

Long Distance Mountain Race courses include distances of approximately 20km to 42.195km, with a maximum elevation of 4000m. Participants under the age of 18 years should not compete at distances exceeding 25km.

(c) Relay Mountain Races

(d) Time Trial Mountain Races

Mountain Races with individual start times at various intervals are considered time trials. The results are ordered by the individual finish times.

Start

- 3. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)).

In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given.

Departure boxes shall be provided for teams races and the members of each team shall be lined up behind each other at the start of the race. In other races, the athletes shall be lined up in the manner determined by the organisers. On the command “On your marks”, the starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

Safety

4. Organising Committees of Mountain Races shall ensure the safety of athletes and officials.

Drinking / Sponging and Refreshment Stations

5. Water and other suitable refreshments shall be available at the start and finish of all races. Additional drinking / sponging stations may be provided at suitable places along the course, if the length and difficulty of the race and the weather conditions warrant such provision.

Race Conduct

6. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

RULE 252 **Trail Races**

Course

1. (a) Trail Races take place on a variety of terrain (including dirt roads, forest paths and single track footpaths) within a natural environment in open country (such as mountains, desert, forests or plains) that is mainly off-road.
(b) Sections of macadamised surfaces or concrete are acceptable but should be the minimum possible for the desired course and must not exceed 20% of the total distance of the race. There shall be no set limit on distance or altitude gain or loss.
(c) The Organisers shall, prior to the race, announce the distance and total ascent / descent of the course which must have been measured and provide a map and detailed profile of the course

together with a description of the technical difficulties to be confronted during the race.

- (d) The course must represent the logical discovery of a region.
- (e) The course must be marked in such a way that athletes receive sufficient information to complete it without deviating from it.

Equipment

- 2. (a) Trail Running does not specify the use of a particular technique or specific equipment in its progression.
- (b) The Organiser may, however, impose or recommend obligatory security equipment applicable to the conditions expected or possibly to be encountered during the race which would allow the athlete to avoid a situation of distress or, in the case of an accident, to give the alert and wait in safety for the arrival of help.
- (c) A survival blanket, whistle, supply of water and a food reserve are the minimum elements which each athlete should possess.
- (d) If specifically permitted by the Organisers, athletes may use poles such as hiking poles.

Start

- 3. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given.

Safety

- 4. The Organisers shall ensure the safety of athletes and officials and must have a race specific plan for health, safety and rescue, including the means to provide assistance to athletes and other participants in distress.

Aid Stations

- 5. Since Trail Running is based on self-sufficiency, each athlete shall be autonomous between aid stations in relation to clothing, communications, food and drink. Accordingly, aid stations shall be sufficiently spaced out according to the organisers' plan so as to respect the autonomy of athletes but taking in account health and safety.

Race Conduct

6. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.
7. Assistance may only be provided at aid stations.
8. The Organisers of each trail race shall publish specific Regulations setting out the circumstances that may result in the penalisation or disqualification of an athlete.