

The funnels should have moveable ropes at the end at which the athletes enter, so that when one lane is full, the next rope can be drawn across behind the last athlete, to enable the next finisher to enter the new finish lane, and so on.

Judges and Timekeepers will additionally be placed on either side of the finish line and it is recommended that, in order to follow up any appeal relative to the finishing order, an official with video recording equipment (if possible with a timing clock in sight) shall be assigned and placed a few metres after the finish line in order to record the order in which the athletes cross the line.

RULE 251 Mountain Races

Types of Mountain Races

1. (a) Most Mountain Running races are mass starts in which all athletes start together or are started separately by sex or age categories.
- (b) For Mountain Running Relays, the composition, course distances and course types could vary widely, depending on the natural conditions and the plans of the Organisers.
- (c) Mountain Races with individual start times at various intervals are considered time trials. The results are ordered by the individual finish times.

Course

2. (a) Mountain Running takes 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) Each Mountain Running course is a specific one with the natural conditions dictating the basic course route. Existing roads and trails should preferably be used. The Organisers are responsible to care for the environment.
- (c) The course length may vary from 1km to the marathon distance respecting required technical details.
- (d) Courses can be mostly uphill, up and down or a mix.
- (e) The average incline should include a minimum of 5% (or 50m per km) and not exceed 20% (or 200m per km). The most preferable average elevation gain is approximately 100m per km provided that the course remains runnable.
- (f) Courses should be well marked. A detailed course map with a profile should be provided.

Start

3. 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. Organisers of Mountain Races shall ensure the safety of athletes and officials. Specific conditions such as high altitude in relation to the weather conditions and available infrastructure should be respected.

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 should be provided at suitable places along the course.

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 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.