

# WORLD MOUNTAIN RUNNING ASSOCIATION

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IAAF (Patrons)

## TECHNICAL REGULATIONS

### WMRA WORLD MOUNTAIN RUNNING CHAMPIONSHIPS

September 2011

# **TECHNICAL REGULATIONS**

## **WMRA WORLD MOUNTAIN RUNNING CHAMPIONSHIPS**

### 1. PROMOTION AND NATURE OF THE COMPETITION

1.1 WMRA shall organise the WMRA World Mountain Running Championship (hereafter called WMRC) annually as a team and individual competition, male and female, senior and junior.

1.2 All the rights related to the WMRC belong to the WMRA who can forward them to a third party (OM, LOC see hereafter) through a written agreement.

1.3 The event title shall normally have the year and the edition number, except when there is a title sponsor, e.g. 25<sup>th</sup> WMRA World Mountain Running Championship 2009 or WMRA/Sponsor World Mountain Running Championship 2009

1.4 The event will be hosted by one of the countries registered as members of WMRA.

1.5 Applications for staging the World Championship will normally be considered two years in advance of the competition. Applications must conform to the current WMRA document entitled 'World Mountain Running Championship – Bid Advice for potential organisers', and be submitted on the WMRA WMRC Application form.

### 2. PROGRAMME

2.1 With the approval of WMRA, the Local Organising Committee (hereafter called LOC) may choose whether to hold the WMRC over one day or two days.

2.2 WMRC in even numbered years is a mainly uphill race; in odd numbered years it is an up and down race (see 3.1).

### 3. COURSE REGULATIONS

3.1.1 WMRC races shall be held over the following approximate distances:

	Mainly uphill		Up & down	
	distance	ascent	distance	ascent / descent
Junior Women	4 km	400 m	4 km	250 m
Junior Men	8 km	800 m	8 km	500 m
Senior Women	8 km	800 m	8 km	500 m
Senior Men	12 km	1200 m	12 km	750 m

3.1.2. For up and downhill courses there should be a minimum height difference (200 m) between the high point and low point per lap.

3.2 The WMRC courses will comply with the following regulations:

3.2.1 Courses must not contain any dangerous sections;

3.2.2 Courses must be adequately marked throughout, such that complete strangers to the courses can follow without difficulty;

3.2.3 Courses must have less than 20% of the distance on asphalted road. Technically difficult sections and possible shortcuts must be manned by marshals;

3.2.4 Guidelines for downhill sections are as follows:

- They must not have rock steps;
- They must not consist of loose rock terrain;
- They must not exceed 30% rate of descent, averaged over each kilometre from the starting point of descent.

3.2.5 Any course which exceeds any parameter specified in rule 3.1 by more than 20% will not be accepted.

3.2.6 For mainly uphill courses, the total amount of descent should not exceed 10% of the total ascent.

3.2.7 For up and downhill courses which do not start and finish at the same point, the difference between the total ascent and total descent should not be more than or less than 5% plus or minus.

3.2.8 The local organising committee should pay due regard to mountain ecology and preservation when planning the courses.

3.3 Drinking/Sponging and Refreshment Stations.

3.3.1 Water and other suitable refreshments shall be made available at the finish of all races.

3.3.2 Drinking/Sponging stations shall be provided at intervals of approximately 2-3 kilometres, based on weather conditions.

3.3.3 Refreshments which may be provided either by the organiser or the athlete, shall be placed at the refreshment stations so that they are easily accessible to the competitors.

3.3.4 Competitors providing their own refreshments may take it only from their registered team officials at the official refreshment stations only.

3.3.5 Competitors who take refreshments at a place other than the refreshment stations, render themselves liable to disqualification.

3.4 It is forbidden to pace athletes or give any other unauthorised assistance during the race.

3.5 Athletes are free to wear footwear of their choice, but no shoes with spikes are allowed.

## 4. ENTRIES

4.1. Invitation to Compete.

4.1.1 All IAAF Member Federations shall be entitled to compete.

4.1.2 Specific invitations to compete will be sent by IAAF, on behalf of WMRA, OM and LOC to all WMRA Members; these invitations shall be sent at least six months before the Competition.

4.1.3 The Organising Member (hereafter called "OM") will confirm this invitation.

4.1.4 WMRA Members shall be represented only by Citizen of the Country (or Territory) which the affiliated Member represents, in accordance with the terms of the IAAF Competition Rule.

Exceptions are accepted for the teams representing a Country (or Territory) with less than 50,000 inhabitants and at the condition that these athletes can proof that they are resident in this Country (Territory) since at least 5 years at the date of the competition.

4.2 Teams.

4.2.1 For the Senior Men's race, teams of not more than six competitors can be entered. Six competitors will be allowed to start in the race of whom four will score.

4.2.2 For the Senior Women's and Junior Men's races, teams of not more than four competitors can be entered. Four competitors will be allowed to start in the race of whom three will score.

4.2.3 For the Junior Women's race, teams of not more than three competitors can be entered. Three competitors will be allowed to start in the race of whom two will score.

4.3 Quota.

4.3.1 IAAF may provide a financial support to the competing delegations

4.3.2 IAAF and WMRA will agree on the criteria and amount. The factors to be taken into account will be performance levels of individuals and teams in previous WMRC competition, distance to travel to the venue, and the financial strength of the Members country

#### 4.4 Age Categories.

4.4.1 Junior Races: Athletes aged from 16 to 19 years on 31 December in the year of the competition may compete in the Junior races.

4.4.2 Junior Athletes: Any Junior athlete, i.e. an athlete aged 18 or 19 years on 31 December in the year of the competition may compete in the Senior race or the Junior race, but not both.

4.4.3 Youth Athletes: Any Youth athlete, i.e. an athlete aged 16 or 17 years on 31 December of the year competition may compete in the Junior race, but not in the Senior race.

4.4.4 No athlete aged less than 16 years on 31 December of the year of competition may compete in WMRC races

4.4.5 On arrival, Team Leaders must present athletes' passports or other official documents, which indicate the year of birth and nationality.

#### 4.5 Preliminary Entries

Preliminary entry forms will be sent out by the IAAF at the same time as the invitation (see 4.1.2). They shall indicate the number of competitors and officials. The preliminary entries must reach the LOC and IAAF not later than two months before the first day of the Championships.

#### 4.6 Final Entries

Final entry forms in the WMRA standard format shall be sent out by the IAAF or LOC (by agreement) The Final Entries with names of the athletes, names of the officials and all other requested details, shall reach the LOC and IAAF not later than two Mondays before the first day of competition (e.g. Monday, 23<sup>rd</sup> August for a competition starting on Saturday, 4<sup>th</sup> September).

#### 4.7 Confirmation

Unless otherwise specified otherwise confirmation of entries must be made at the Technical Meeting.

### 5. AUTHORITY AND DUTIES OF THE WMRA CONGRESS.

5.1 The Regulations of the WMRC and any changes proposed by WMRA Council or by a WMRA Member must meet the approval of the Congress.

5.2 Changes to these regulations must be submitted as proposals to Congress in accordance with the WMRA constitution. Any changes involving matters of clarification, provided they are agreed unanimously by Congress, may be introduced without prior notification.

5.3 The venue of the WMRC will be decided by Congress, normally two years before the event.

5.4 Congress will appoint three members of the Jury of Appeal for the WMRC comprising one from the LOC and two members of WMRA Congress.

### 6. AUTHORITY AND DUTIES OF THE WMRA COUNCIL.

6.1 The Council shall:

6.1.1 enter into a contractual agreement with the OM and LOC;

6.1.2 decide the date of the WMRC at the most appropriate Council Meeting to be held after the Congress decision about the venue;

6.1.3 approve the timetable at least one year before the Competition;

6.1.4 confirm the formula for the quota and the benefit with regard to travel and accommodation costs;

6.1.5 appoint, at least eighteen months before the Competition of:

- one Organisational Delegate;

- one Technical Delegate;

6.1.6 confirm the appointment by LOC, at least six months before the Competition of:

- one Press/Television Delegate;

- one Medical/Doping Control Delegate;

## 7. DELEGATES/OFFICIALS

7.1 The OM and LOC shall receive WMRA/IAAF Delegates and Officials, as shown below.

Travelling and accommodation expenses will be on charge of LOC.

7.2 Organisational Delegate - Bear the travelling, hotel and full board expenses, hereafter called "expenses", of the Organisational Delegate for a period of not more than two days before the beginning of the Competition until one day after the end of the Competition, and for preliminary visits whenever agreed necessary for the successful staging of the Competition (no more than three full days).

7.3 Technical Delegate - Bear the expenses of the Technical Delegate for a period of not more than two days before the beginning of the Competition until one day after the end of the Competition and for preliminary visits whenever agreed necessary for the successful staging of the Competition (no more than three full days).

7.4 Medical/Doping Control Delegate - Bear the expenses of the Medical/Doping Control Delegate for a period of not more than two days before the beginning of the Competition until one day after the end of the Competition, and for one preliminary visit if it is deemed necessary (no more than two full days).

7.5 Press/Television Delegate - Bear the expenses of the Press/Television Delegate for a period of not more than one day before the beginning of the Competition until one day after the end of the Competition, and for one preliminary visit (no more than two full days).

7.6 The LOC shall supply the Organisational Delegate, Technical Delegate and Medical/Doping Control Delegate with a mobile phone each, complete with a local chip.

## 8. DUTIES OF THE ORGANISATIONAL DELEGATE

8.1. The Organisational Delegate shall act in conformity with WMRA/IAAF Rules, Regulations and Guidelines.

8.2 He/she is the liaison between the WMRA Council, the OM, the LOC and all other appointed Delegates.

8.3 He/she shall at all times retain responsibility for ensuring that the WMRC is organised to the approved standards.

## 9. DUTIES OF THE TECHNICAL DELEGATE

9.1 The Technical Delegate shall act in conformity with WMRA/IAAF Rules, regulations and Guidelines.

9.2 He/she shall submit to the Council proposals for the timetable, which shall have been given, if necessary, to the relevant television authorities for comment.

9.3 He/she shall approve the course. Final approval of the course will be confirmed by the Technical delegate plus two Council members before the Technical meeting.

9.4 He/she will advise the LOC on the race procedures.

9.5 He/she shall approve the accommodation, together with the Organisational Delegate, for the athletes and officials.

9.6 He/she shall chair the Technical Meeting.

## 10. DUTIES OF THE JURY OF APPEAL

10.1.1 The Jury of Appeal and the appointed Secretary to the Jury shall act in conformity with IAAF Rule 119 and WMRA, WMRC Regulations.

## 11. TECHNICAL MATTERS AND REQUIREMENTS

11.1 The course shall comply with the requirements of WMRC regulations (see item 3)

11.2 The OM is responsible for the appointment of all technical officials, whose competence must be guaranteed. The Competition Director (IAAF Rule 121) must ensure that the Competition and its scheduled events start at the exact time agreed by the WMRA Council.

11.3 All Members must bring a colour photograph of their team uniform or a complete set of competition attire to the accreditation centre for inspection. The uniform must conform to IAAF Rules and Regulations. All athletes of the team shall wear the same colour competition uniform during the competition and in all ceremonies.

11.4 Team Scoring:

11.4.1 Each race shall be scored separately; 7

11.4.2 The team results shall be decided by the aggregate of places recorded by the scoring competitors of each team (see 11.4.3)

11.4.3 For the team classification, will count:

- a) in the Senior Men's race best four athletes;
- b) in the Senior Women's race best three athletes;
- c) in the Junior Women's race best three athletes;
- d) in the Junior Women's race best two athletes.

11.4.4 The team with the lowest aggregate of points will be judged the winner.

11.4.5 In assessing the aggregate, no adjustment to the scoring placing of the finishing teams shall be made in respect of any non-scoring team runners or of individual entries.

11.4.6 If a team fails to finish with a complete scoring team, the runners finishing shall be counted as individuals in the race result and be eligible for the individual awards.

11.4.7 Any tie will be decided in favour of the team whose last scoring member finishes nearer the first place.

11.5 Video tape recording equipment, to a level approved by the WMRA, shall be installed on the finish line.

11.6 The LOC is responsible for the production of a Team Manual, in close co-operation with the Organisational and Technical Delegates. The Team Manual must be posted on the LOC website (and be available for download) no less than two months before the competition and Member Federations informed. LOC may also send the Team Manual to all Members at the same time.

11.7 It is the LOC's responsibility to supply the athletes' number bibs to be worn front and back

11.8 Doping tests will be taken in accordance with IAAF regulations, and will be conducted immediately after conclusion of the races.

## 12. TECHNICAL MEETING

12.1 On time before the Competition (usually the day before the beginning of the competition), a Technical Meeting will be held which not more than two representatives (and, if necessary, an interpreter) from each delegation may attend. Delegations shall be given due notice of the place and time of the meeting. The LOC shall provide translation in English.

## 13. COMPETITION AWARDS

13.1 Competition Awards will be as follows:

- Individual medals: gold, silver and bronze medal for the first 3 finishers in each race.
- Team medals: gold, silver and bronze medal for all the members of the first 3 teams in each race (6 men, 4 women, 4 junior men, and 3 junior women).

- Team Trophies (for retention): one trophy (with different size) decided by LOC with WMRA approval for the first 3 teams in each race.

13.2 The Medals will be supplied by WMRA at the cost of the LOC.

13.3 The Trophies will be provided by the LOC which can be offered by commercial partners, if approved in advance by WMRA

#### 14. EXPENSES.

14.1 The host country will bear the cost of organising the races, the cost of awards, the cost of accommodation and meals for all teams and officials.

14.2 Accommodation will be for a minimum of 3 nights. If the races are spread over 2 days accommodation will be provided for a minimum of 4 nights

14.3 Travelling expenses must be met by competing countries.

14.4 Each competing country must pay to WMRA an annual membership fee, the amount of which will be determined by WMRA Congress as per constitution item 3.4. This fee also entitles that country to participate as a voting member at the WMRA Congress held in association with the World Trophy event.

14.5 A fee of \$1500 US is payable to WMRA by the organising country before the time of the competition.

#### 15. GENERAL

15.1 IAAF Rules/Regulations apply for anything not provided for by these regulations.

Approved by WMRA Congress on 10th September 2011 in Tirana (Albania).