



## ISF RULE RECOMMENDATIONS FOR ATHLETES & RACE ORGANIZERS

Up dated, November 2017

- **Practical guidelines** to integrate with the race rules, before and during the skyrunning events (art 2.3 – skyrunning definitions)
- **Athlete indications**, levels of competition, equipment and safety needs
- **Race safety standards** for international races and skyrunning circuits

### VERTICAL

**Vertical Kilometer®:** races with 1,000m vertical climb with more than 30% incline sections, not exceeding five kilometres in length

#### 1. ATHLETES

- a) Entry from 16 years of age. Medical certificate required in some countries
- b) Running equipment – trail running or minimalist running shoes with grip
- c) Wind jacket carried or in race bag at the summit for descent
- d) See specific race rules regarding use of poles (5.5.1)
- e) Any Federation Membership Card: recommended

#### 2. RACE ORGANISERS

- a) Race website must include profile/map/programme. Briefing at the start line or before including English language version
- b) Most direct course should be chosen. Signage should include altitude and be placed every 100m or 200m
- c) Aid stations not suggested at 500m altitude and/or at the finish
- d) Mass start allowed. Timed start or wave for single track or over 100 athletes
- e) Drop bag at summit optional. Compulsory in bad weather
- f) Plan B: only on technical course (crest, fixed ropes etc) or bad weather
- g) Race insurance required. Athletes should provide federation card, insurance, or waiver (in countries where waivers are recognized by the law)

### SKY

- Races between 20 and 49 km with 1,300m minimum vertical climb
- Minimum total climbing of 2000m (SkyMarathon)

SkyRace® & SkyMarathon: races from 20 to 49 km above 2,000m altitude and/or with a running time of under five hours for the winner (art 2.4);

#### 1. ATHLETES

- a) SkyRace Entry: from 16 years of age in races below 3,000m altitude and less than 25 km long
- b) SkyMarathon Entry: from 18 years of age. CV analysis is recommended for technical courses.
- c) Supply medical certificate (if required by national law), a Federation Membership Card or personal insurance
- d) SkyRace and SkyMarathon equipment: technical t-shirt, shorts or tights, trail shoes, wind jacket
- e) SkyRace and SkyMarathon additional equipment (recommended): rain jacket, gloves, camel bag, headgear, poles, etc according to race rules, pre-race briefing, ISF referee indications and/or weather conditions.
- f) Any Federation Membership Card: recommended

#### 2. RACE ORGANISERS > SkyRace // SkyMarathon



- a) Race website must include profile/map/programme and briefing information. Compulsory pre- race briefing including English language version (via web, email or meeting before the race)
- b) Signage: on technical course or with snow, markers should be distanced within sight of each other
- c) In the event of strict environmental regulations or for safety reasons, the trail must be followed
- d) Aid stations suggested every 5-10 km, halfway point and finish
- e) Mass start: élite runners should be at the front
- f) Start/finish area: medical assistance, toilets, race bag area, aid station (water and food)
- g) **Plan B & C** must be prepared in all cases and adopted as conditions dictate. Athletes must be informed of their existence and content. Plan B should be notified at briefing or race start
- h) Race insurance required. Athletes should provide federation card, insurance, or waiver (in countries where waivers are recognized by law)

## ULTRA

- Distance between 50 and 99 km;
- Maximum time 16 hours;
- Minimum vertical climbing of 3200m

*(Ultra SkyMarathons: skyrunning races over 50 km with an estimated running time between five to twelve hours for the winner)*

### 1. ATHLETES

- g) Entry: From 18 years of age up to 80 km. From 21 years of age for 80 km +. CV analysis is recommended for technical courses.
- a) Supply medical certificate, a Federation Membership Card or personal insurance. Rescue insurance recommended
- b) **Equipment:** headgear, technical T-shirt, ¾ tights or shorts and compression socks, socks, trail shoes, rain jacket, hydration pack, whistle, phone with number supplied by organizers, thermal blanket
- c) **Additional equipment (recommended):** headlamp, gloves, long tights, rain jacket, hydration pack, telephone, poles, food, water, spare technical top, or other equipment according to race rules, pre-race briefing, ISF referee indications and/or weather conditions.
- d) Bag drop with shoes or other equipment to be collected at check point according to race rules or briefing.
- e) Any Federation Membership Card: recommended

### 2. RACE ORGANISERS > Ultra SkyMarathon

- a) Race website must include profile/map/programme and briefing information. Compulsory pre-race briefing including English language version
- b) Signage: on technical course or with snow, markers should be distanced within sight of each other
- c) In the event of strict environmental regulations or for safety reasons, the trail must be followed
- d) Aid stations suggested every 10 km, halfway point and finish
- e) Mass start: élite runners should be at the front
- f) Start/finish area: medical assistance, toilets, race bag area, aid station (water and food)



- g) Race insurance required. Athletes should provide federation card, insurance, or waiver (in countries where waivers are recognized by law)
- h) **Plan B & C** must be prepared in all cases and adopted as conditions dictate. Athletes must be informed of their existence and content. Plan B should be notified at briefing or race start

**Plan B or C should be adopted depending to the severity of weather conditions.**

#### **PLAN B**

The object of Plan B is to safeguard the participants and staff while preserving the original course as much as possible.

Race organisers must prepare in advance an alternative reserve course in case of bad weather such as fog, heavy rain, snow etc. Updated information should be published on the website and participants notified via email, sms or in the pre-race briefing.

Plan B must maintain 75-80% of the distance and vertical climb of the original course, geography permitting. The following are further options:

- a) Reduction of critical points and distance
- b) Create a new course, or use the course of a shorter scheduled race. Avoid including laps
- c) Evaluate changing the start time and the check point time limits

#### **PLAN C**

The object of Plan C is to safeguard the participants and staff in severe conditions and if necessary, halt the race.

50-60% of the original course should be maintained including any additional laps.

- a) Reduce the cut-off times and increase marshals to sweep and close each section of the course
- b) Plan points where it's possible to divert runners directly to the finish on the shorter route
- c) Provide assistance to retired athletes (shelter, medical aid, etc)
- d) Plan points where runners can be collected by bus, cable car or other means

#### **EMERGENCY DURING THE RACE (fog, storm, snow)**

- a) Regroup the participants in a safe area with a view to a second start (new direction or return to start or start from finish)
- b) If the race is stopped, the position at the last check point will be scored
- c) If at least half the distance of the course is run, the ranking will be recognised
- d) If the organizers are not able to take these measures, the race must be postponed or cancelled\*

#### **(\*) ISF RULES: RACE CANCELLATION**

*The races can not be cancelled or postponed unless in extreme cases.*

*Each race organiser must prepare an alternative reserve course in the case of unfavourable weather conditions such as fog, snow etc.*