



Skyrunning Rules

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1. Introduction

1.1 An international federation for skyrunning (running at altitude) has been founded in 2008 following the transformation of the Federation for Sport at Altitude (FSA), founded in 1995. The International Skyrunning Federation, hereinafter ISF, was created to promote, govern and administer the sport of skyrunning and similar multisports activities.

1.2 The ISF undertakes to diffuse the practice of skyrunning with respect for the environment, to promote private and public sports events, to develop training schools and to foster the physical welfare of competitors. The ISF aims to administer the sport of skyrunning, competitions and events as an independent International Federation with its own legal entity.

1.3 The International Skyrunning Federation (ISF) is responsible for all aspects of international skyrunning and associated multisports and raid competitions at altitude. The principal purposes of the ISF are the direction, regulation, promotion, development and furtherance of the sport of skyrunning and high altitude multisports on a worldwide basis.

1.4 The ISF fosters links, networks, and friendly relations among its members, their athletes and officials. The ISF is the final authority for all matters concerning skyrunning and multisports competitions at high altitude.

1.5 The ISF is a non-governmental international association with a non-profit-making purpose of international interest, having legal personality pursuant to Art. 60 ff. of the Swiss Civil Code. The ISF seat is in Switzerland.

1.6 These regulations aim to be the international reference for worldwide skyrunning competitions and to represent a guideline for national competition regulations. The purpose of these rules is to describe the obligations and rights of competitors who participate in the official ISF international skyrunning competitions and those that organise them.

1.7 The official language of the ISF is English.

OBJECTIVES AND PRINCIPLES - Statutes Article 4

1.8 All activities of the ISF are independent of any political or governmental influence. The ISF does not allow any discrimination for political, racial or religious reasons. The ISF promotes and supports with all means gender equality in its activities.

1.9 The ISF is in particular responsible for and undertakes:

- a) to establish and maintain rules and standards for competitions in accordance with the general principles described in the Statutes and Regulations;
- b) to establish and maintain rules for international competitions and for the participation in such competitions in accordance with the Regulations;
- c) to decide which international skyrunning competitions are officially recognised;
- d) to award licenses and contracts to members and other organisations that seek authorisation to organise official international competitions and associated activities;
- e) to promote and control good sporting practice;
- f) to combat doping and all other processes and procedures that might undermine sporting equality; it applies the IOC Medical Code and anti doping regulation;

g) to respect the Olympic Charter and to develop the sport towards possible Olympic Games programme status

1.9.1 The ISF official calendar is based on races organised by third parties who are financially solvent and have demonstrated the capacity to hold international standard events. The ISF has the task of coordinating the international race calendar and applying the official rules in these races.

1.9.2 Local race regulations must be consistent with the official ISF rules. In the event of conflict, the ISF rules and the decision of the ISF representatives will prevail.

2. Definitions

2.1 **ISF** - International Skyrunning Federation.

2.2 **SKYRUNNER** – An athlete who competes in skyrunning disciplines.

2.3 **SKYRUNNING** – The discipline of running in the mountains above 2,000m altitude where the climbing difficulty does not exceed II° grade and the incline does not exceed 40%. Ski poles and hands may be used to aid progress.

2.3.1 In the Skyrunner® World Series a maximum of two races may have mixed courses or a maximum altitude inferior to 2,000 metres with the object of giving nations without these requisites the opportunity of participating.

Skyrunning and SkySports disciplines are divided into different categories: SkyMarathon®, SkyRace®, SkyRaid® and Vertical Kilometer® (registered trademarks). Skyrunner® (a registered trade mark) is the term defining those who participate in running competitions above 2,000m altitude. The Skyrunner® trade mark is incorporated in the ISF logo.

2.4 **SKYRUNNING DISCIPLINES** – The various skyrunning disciplines are classified as follows:

2.4.1 **SKYMARATHON®** - Races with a minimum of 2,000m total elevation gain and between 30 km to 42 km long. The course may be over paths, trail, moraine, rock or snow (asphalt less than 15%) and reach or exceed 4,000m altitude.

2.4.2 **ULTRA SKYMARATHON®** - Races that exceed the parameters for a SkyMarathon by more than 5%.

2.4.3 **SKYRACE®** - Races between 2,000m and 4,000m altitude, minimum 20 km long – maximum 30 km (5% tolerance admitted). In countries where the altitude does not reach a 2,000m summit, competitions that exceed 1,300m vertical climb may be considered a SkyRace®.

2.4.4 **VERTICAL KILOMETER®** - Races with 1,000m vertical climb over variable terrain with a substantial incline, not exceeding five kilometres in length. The Vertical Kilometer® is defined at three altitude levels (+/- 200m variable) example: from 0 – 1,000m, 1,000 – 2,000, 2,000-3,000m, with 5% tolerance.

2.4.5 **SKYSPEED®** - Races with 100 metres or more vertical climb and more than 33% incline.

2.4.6 **SKYBIKE®** - Duathlons consisting of a bike or mountain bike race and Vertical Kilometer® or skyrunning competition.

2.4.7 **SKYRAID®** - Team skyrunning races over long distances combining other sports such as cycling, skiing, climbing etc.

International Skyrunning Federation Official Competitions

2.5 **SKYRUNNER® WORLD SERIES (also known as “SWS”)** - Races open to individual skyrunners and sponsored teams based on the sum of the best results.

2.5.5 **SKYRUNNER® WORLD SERIES TRIALS (also known as “SWS TRIALS”)** - Races open to individual skyrunners. Competitors in the SWS must participate in one of these competitions if they wish to qualify for the final title. Team points are not awarded in SWS Trials.

2.5.6 **NATIONAL COMPETITIONS** - Each nation is responsible for organising skyrunning national competitions under its own criteria and based on the ISF official rules.

2.5.7 SKYRUNNING CONTINENTAL CHAMPIONSHIPS - These competitions are held every two years, coinciding with odd years, promoted by each Continental Council and governed by the specific regulations (see 5.9 - 5.18). Only official national teams may take part in Continental Championships.

2.5.8 SKYRUNNING WORLD CHAMPIONSHIPS - These competitions are held every four years, coinciding with even years, alternating with the SkyGames®. The World Championships are governed by specific regulations. Only official national teams may take part in World Championships.

2.5.9 SKYGAMES® - These competitions are held every four years, coinciding with the IOC Olympic Games. The SkyGames® are governed by specific regulations. Only official national teams may take part in the SkyGames®.

2.5.10 If the organisers of the Continental Championships, World Championships or SkyGames® wish, with the approval of the ISF Technical Committee, athletes not representing their country may participate in the local race but will not appear on the official ISF ranking.

2.5.11 Requests to organise official competitions must be signed by the ISF Member in countries where they exist.

2.5.12 More information in chapters 4 and 5 (Race rules and Official competitions).

2.6 IOC - International Olympic Committee.

2.7 NATION - Independent State recognised by the international community.

2.8 OPEN RACES – Races open to all runners.

2.9 NATIONAL TEAMS - Official teams representing an ISF Full Member nation. All team members should have the nationality of the country they represent.

2.10 SPONSORED TEAMS - Participation in the Skyrunner® World Series is open to all teams whatever their nationality or membership of the individual components.

2.11 CONTINENTAL COUNCIL - Continental Councils are responsible for the administration, development and furtherance of skyrunning competition in a specific continent or geographic area. The Continental Council organises Continental Championships and other competitions in these areas.

2.12 ISF MEMBERS - Associations which act as the national representatives for skyrunning competition in their countries.

2.13 ISF ASPIRANT MEMBERS - Associations in countries where no ISF member exists.

2.14 ISF ASSOCIATE MEMBERS - Associations affiliated with skyrunning competition, or associations in countries where a Full ISF member already exists.

3. Organisers' rules

3.1 INTRODUCTION - Local race regulations must be consistent with the official ISF rules. In case of conflict the view expressed in these rules and the decisions of the ISF representatives will prevail.

3.2 BIDS FOR STAGING EVENTS – Applications to stage ISF official competitions must be received by the ISF following the indications and conditions of the bid which will be made annually, biannually or every four years according to the competition. The application must be on the organisers' headed paper and list full race details or on the specific ISF bid application form sent to organisers or available on the ISF website. Applications to stage any official competition must be signed by an ISF Member in countries where they exist.

3.2.1 It is implicit that organisers applying to stage any ISF competition, have read and accept these rules and the general ISF rules.

3.2.2 Bids may include any of the following ISF competitions:

- Skyrunner® World Series
- Skyrunner® World Series Trials
- Skyrunning Continental Championships
- Skyrunning World Championships
- SkyGames®

3.2.3 All bid applications must be accompanied by a document citing all the relevant information relating to the competition and the event in general including: financial budget, services for competitors, provision of technical staff, accommodation, meals, prizes and awards, invitations, promotion, press facilities, etc.

3.2.4 The ISF Technical Committee will consider all applications and may seek further information to make the final decision. The Management Committee will approve the final event calendar which will be duly communicated to the applicants.

3.2.5 If necessary, the ISF Technical Commission may convene a meeting with the competition organisers with races on the official calendar with the aim of unifying criteria, study proposals, etc.. The organisers are committed to attend this meeting on a agreed date and location.

3.3 SPECIAL CONDITIONS - Each year the ISF will set quotas for participation in each of the competitions and other obligations such as: guaranteed entry and accommodation to the top ranked competitors, ISF staff, eventual television crews, photographers and journalists, and a minimum cash prize for the race winners, cups, medals, trophies, etc. These requirements are detailed in the bid application reply.

3.3.1 CONTRACT - The competition organisers must sign a contract with the ISF agreeing to a number of obligations, including rights and duties, sponsorships, awards, enforcement of rules, financial obligations, availability and supply of goods and services, promotion, etc..

3.3.2 The official competition organisers and the national federation must take all necessary and useful administrative measures to ensure that the event takes place in the best possible conditions (assistance and rescue, environmental issues, etc).

3.4 PARTICIPATION FEE – A fee for participating in the circuit will be set each year with the object of contributing to general expenses and final prize money. Other requirements may be negotiated such as hospitality for technical staff, ISF representatives, press etc..

3.5 INSURANCE - The official competition Organisers/National federations must hold an insurance policy in their country guaranteeing civil liability cover (see 3.8.1) and abide by national legislation with respect to any local or national taxes that apply to the event and assume the event's financial risk. In competitions held in countries without official ISF Members, the organiser shall assume all responsibilities.

3.6 COSTS ASSUMED BY THE ISF - The ISF will pay the final prize of the SWS (cash and medals based on sponsorship contributions and race fees), trophies for the final champions in each category in the Continental Championships, World Championships and SkyGames®. The ISF is also responsible for the international promotion of the events, managing the ISF web site, news, media relations, etc..

3.7 EVENT CALENDAR – The race date must be compatible with other circuit races. In the case of incompatibility, the organisers must be willing to anticipate or postdate the race by seven days to be included in the circuit.

3.8.1 ORGANISERS' OBLIGATIONS – Each race organiser is required to:

3.8.2 Obtain all permits and event insurance. Conduct relations with the local authorities including eventual traffic control and road closures near and/or on the course for participants' and public safety.

- 3.8.3** Supply all organisational staff: administration, race registration staff, participants' liaison officer, race director, course markers and marshals, start and finish officials, timekeepers, speaker, aid station and checkpoint staff, medical staff, rescue service, press office. (See 4.2)
- 3.8.4** Handle race entries, distribute competitors' race bibs, race bags, compile and check start list, print and supply results to officials and athletes.
- 3.8.5** Supply materials and prepare course with signage, placing flags or arrows at forks or at points where confusion may arise. Supply and manage check points and aid stations.
- 3.8.6** Provide medical assistance and rescue service. Provide assistance for retired athletes.
- 3.8.7** Organise a pre-race briefing in a suitable location to host all participants and staff (see 4.17).
- 3.8.8** Award Ceremony: provide cash prizes, podium and backdrop.
- 3.8.9** Provide accommodation for top ranked athletes.
- 3.8.10** Establish safe, segregated areas for the public, a segregated race start and finish area and designated areas along the course where necessary. Provide transport to officials and press to enable various points of the course to be accessed (i.e. jeep, motorbike, helicopter).
- 3.8.11** Antidoping controls (see 4.19)
- 3.8.12** Provide use of toilets and showers close to the start and finish area.
- 3.8.13** Provide a Press Office for communication, invitations, media relations, accreditation, badges for access to designated areas. Segregated Press Area at finish line.
- 3.8.14** Provide a Press Room with free internet access, preferably WIFI connection.
- 3.8.15** Supply professional photographs to the ISF and media.
- 3.8.16** Each event must have a website with a link to the ISF web site. The ISF logo and SWS, Championship or SkyGames® logos must be inserted. Race news must be posted before, and after the event with results.
- 3.8.17** In each event, in accordance with the ISF delegate, the organisers can specify what additional competitors apparel and equipment may be necessary.

3.9 ISF VISIBILITY – Race organisers' promotional material must include the ISF logo and the official competition category logo (ie "Skyrunner® World Series" or "European Championships" or "SkyGames®") as well as those of any sponsors or ISF partners. The ISF will provide a list of partners to the organisers. Any partnership or advertising that might conflict with the activities of the main ISF partners is forbidden. All advertising deemed inappropriate for health or moral reasons is forbidden. Any dispute on this point must be addressed by the ISF Communication and Marketing Commission. ISF_Visibility granted by the organisers consists of:

- a) A full page advertisement in the race brochure, the relative logos (see above) in advertisements, on posters and on any printed material.
- b) ISF logos and/or banners together with those above to be placed on the start/finish arch and in the finish line area and on the award stand .
- c) The SWS will supply leaders' bibs and winners' and champions' jerseys to the race organiser. The ranking leaders (first male and first female) must wear the "leader" bib and the race winners (first male and first female) must wear the "winner" jersey on the podium. The final champions must wear the "champion" jersey on the podium. Other forms of visibility or bib space and their costs may be successively agreed upon.

3.10 STANDARDS - SWS Race organisers must comply with the "World Series Race Standards" and the relevant "SWS Style Guide" provided on acceptance.

3.11 ORGANISERS' VISIBILITY - Visibility will be given to affiliated races and their sponsors in the specific promotional material produced by the ISF, on the official website and through federal communication.

3.12 PRESS OFFICE & PUBLIC RELATIONS – The organiser's press office is responsible for local promotion and communication, including leaflets, posters and banners posted in the area. Pre and post

race press releases must be prepared and supplied to the ISF together with all images, results and any other relevant information on the competition by email within 24 hours of the closure of the event including professional photographs (see 3.8.14).

3.13 ECOLOGY ISSUES. Race organisers must take into account ecological issues before, during and after the race. Reference may be made to the ISF Environment Commission's guidelines.

3.14 Competitors, trainers and team managers cannot be officials.

4. Race rules

4.1 INTRODUCTION - Local race regulations must be consistent with the official ISF rules. In case of conflict the view expressed in these rules and decisions of the ISF representatives will prevail.

4.2 RACE STAFF - Each race organiser must appoint the following organisational staff:

- a) **Race Director** – Responsible for all organisational aspects and liaison between the organisers, technical delegates, ISF officials and local authorities.
- b) **Race Secretary** – Responsible for registering participants, accommodation, etc. Must be available to the ISF technicians to meet their needs
- c) **Technical Director** - Responsible for the race course, design, marking, checkpoints, aid stations and supplies etc.. Works in collaboration with the Safety Director. This duty includes environmental responsibilities.
- d) **Safety Officer** - Responsible for the safety of all aspects of the race, hazardous points, emergency medical services, location of evacuation points, etc.. for competitors and spectators. Works in collaboration with the Technical Director.
- e) **Press Officer** – Responsible for all media relations and creation and distribution of press releases. Accreditation, supply of eventual Press Kits, all race information and results, badges. The Press Officer, together with the Race Director, coordinate special transport to access the course (ie motorbike, lifts, helicopter) (See 3.8.9). The Press Officer is responsible for organising eventual Press Conferences and must coordinate their efforts with the ISF.
- f) **Skyrunner Manager**– Responsible for liaising between athletes and organiser. Must provide general information on logistics, travel, accommodation, eventual subsidies etc. to athletes and assist them at all times.
- g) **Results Director** – Responsible for the timekeepers, the results, their publication and assisting ISF technicians.

4.2.1 Bi-lingual staff available at international events to assist athletes and officials (English plus one or more languages).

4.3 COURSE MARKING - The organizers must guarantee basic signage (flags or other signage, preferably fluorescent) for the safety of the competitors. It should be made of biodegradable material and removed immediately after the closure of the competition.

4.3.1 In the event of a clearly defined course without flags or other signage, safety measures and special check points must be adopted by the organisers and approved by the ISF Technical Commission. These points must be explained prior to the event at a specific briefing (see 4.17).

4.4 SAFETY - The organisers will guarantee, with specialised professional staff, the safety of all persons connected with the competition: competitors, public, course marshals, checkpoint and aid station staff etc. with the eventual collaboration of police, mountain guides, medical services, ambulance service, rescue and emergency services. A rescue and safety plan must be provided.

4.4.1 Special attention should be paid to areas which might present a risk for competitors' safety: water, snow and ice, road crossings, steep inclines, exposed crests etc.. These points should be reinforced

with extra personnel, information panels, etc. In some cases ropes or chains may be necessary to aid competitors.

4.4.2 Race headquarters and the principal organisers must be connected by radio to all checkpoints and rescue teams. Those included in this service are the ISF representative, the jury chairman and course director.

4.5 COMPETITORS APPAREL AND EQUIPMENT - In addition to individual race rules it may be necessary to include the use of tights, gloves, camel bags, helmets, sunglasses, etc depending on the course and/or weather conditions, conforming to the ISF Rules. In the SkyRace®, SkyMarathon®, Ultra SkyMarathon® and SkyRaid®, the use of windproof jackets, trail running shoes, and socks is compulsory. The compulsory or recommended need for this equipment must be displayed before each race and elaborated in the pre-race briefing. (See 6.9).

4.5.1 The use of ski poles is regulated by each race organiser and the approval of the ISF Technical Commission either by allowing their use for the entire race, in a specific section, or even prohibiting their use. It is compulsory that the points of poles are protected.

4.6 COMPETITORS' NUMBERS - The organiser will provide the participants' numbered bibs. The allocation of these is determined by the latest ISF ranking order, the lower numbers being assigned to the top ranked male and female athletes and hence in descending order.

4.7 START AREA - Must be closed and should only be accessed by competitors who have entered and are on the start list. A control will be carried out on the required apparel and equipment, that the bib number corresponds to the name and that it is correctly positioned. Entry in this area is prohibited to all those who do not meet the above requirements. Compulsory clothing and equipment check must be carried out.

4.7.1 In the case of a mass start, a preferential position may be given to top ranked competitors of official teams and other competitors based on ranking or past race results.

4.7.2 In Continental Championships, World Championships or SkyGames®, the front line will be exclusively reserved for official teams competing. A 20 metre distance should separate the last line of the ISF national teams from the first of the other competitors registered for the "open race".

4.7.3 A minimum width of five metres is required to validate the start, which must continue for the first 500 metres of the race. Over the first kilometres this width should ideally be maintained.

4.7.4 The approval of the race director and the ISF official are needed to proceed to the start.

4.8 CHECKPOINT CONTROLS – Checkpoints must be set up at significant points along the route: summits, passes, forks or junctions, etc. Controllers must be equipped with radios and be able to communicate with race headquarters. Controllers must take note when competitors pass through their checkpoint and record their arrival order and register retirements. If a race is cancelled or stopped controllers must check the runners through these points for safety purposes.

4.8.1 Controllers must immediately report any infractions of the rules or offences committed by competitors to race headquarters. Controllers may also convey special instructions from race headquarters to competitors (eg to wear a jacket, or that the race has been stopped etc.).

4.9 AID STATIONS – The organisers must provide sufficient supplies at the aid stations for the duration of the race or make sure that athletes are self sufficient. It is recommended to provide liquid supplies every 5 km or every 500 meters of vertical climb (whichever is first met). At least one aid station will provide solid food at the halfway point in the race. Near the finish line, a specific area for competitors will provide both solid food and liquids,

4.9.1 "Outside assistance" to help competitors is permitted 100 metres before and 100 metres after aid stations. The organisers are responsible for removing signage and/or litter on the course and at checkpoints and aid stations (see 4.22).

4.9.2 In the event too few aid stations are available, other points of assistance to competitors may be agreed on between the organisers and the ISF Technical

4.10 FINISH LINE – At least 100 metres before the finish line the course will be closed with barriers for the exclusive use of competitors. The width of the finish line should be approximately five meters.

4.10.1 After the finish line an area with restricted access will be provided for the athletes. Their compulsory clothing and equipment will be checked here. Only accredited staff may enter this area: organisers, medical services, press and television, etc.. Toilets and showers must be available in the vicinity (see 3.8.11).

4.11 WINNERS - Every race can have only one winner in each category based on a photo-finish or other control system. Only races that time each runner (Vertical Kilometer® or an individual start for example) may have a tie.

4.12 FINISH AND RESULTS CONTROL - The organisers will ensure timing controls at the finish line, under the supervision of an ISF officer or race referee. If an electronic timing system is used, then times and finishing order are established by this system. If the race does not use an electronic timing system, then times and finishing orders are established when the competitor's chest crosses the finishing line (verified by photo finish, film, referees etc.).

4.12.1 The organisers will provide competitors' lists in order of arrival time, and to referees whenever requested. These results may not be published without the supervision and approval of the referees.

4.13 JURY – The composition of the jury must be indicated before each race and include an ISF representative, a course director and an international referee. The decision of the jury is final by the majority, and in case of dispute, the decision of the ISF representative and the ISF rules will be applied.

4.14 ROLE OF THE JURY - The role of the race jury is to make decisions concerning any race issues, address adverse weather conditions, approve solutions to conflicts, assess claims and decide on their outcome, ensure that races and rankings are standardised, guarantee sporting fairness and make decisions about questions of any kind which appear incomplete or unclear.

4.15 ISF REPRESENTATIVE - The highest official attending a race is the ISF representative, delegated by the ISF president if not present. The task includes coordinating relations between the ISF and the organisers and national federation representatives, ensuring that all regulations are adhered to, including those concerning anti-doping, that the correct protocol is adhered to and appropriate trophies awarded. It is the duty of the ISF official to supervise provisional ranking and write an official report within 48 hours.

4.16 ISF RACE REFEREES – An international ISF referee ensures that all regulations are adhered to and, together with the organisers, must attend safety committee meetings and race meetings, ensure sporting fairness, sign official rankings, receive any claims submitted and that the event is staged with respect for the environment. Each competition will designate at least one international ISF referee.

4.17 BRIEFING - Competitors are required to understand all aspects the race: the rules, the course etc and a briefing should be organised to illustrate this. The following is a basic guide:

- a) Presentation of race officials, particularly the jury and ISF representatives
- b) Weather forecast, temperatures, wind speed, etc
- c) A race description using visual aids (slides or video), aid stations, checkpoints, any difficult areas, various technical features
- d) The equipment required for the competition
- e) Cut-off times and cut-off points

- f) Daily event schedule with times and places for: breakfast, public transport to and from the competition, car parks, race starts and finishes, anti-doping controls, meals, awards and closing ceremony, etc.
- g) Race services: drop off and collection points for clothing, changing rooms, showers, catering facilities
- h) Information about good environmental practice to be respected during warm-up and competition

4.18 RACE CANCELLATION – The races cannot 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. The jury must anticipate the possibility of the event being postponed. It is compulsory that the final decision on the latter is agreed with the jury.

4.19 ANTI-DOPING CONTROLS – Anti doping controls may be carried out in any of the races according to the rules of each nation, the (WADA) protocol and in agreement with the national federation concerned.

4.20 OFFICIAL CEREMONIES – The organisers will ensure that prizes are awarded (without gender discrimination) to at least the first three men and three women ranked in the race.

4.20.1 The award ceremony will follow international protocol: the first prize delivered by the ISF delegate, the second prize by the ISF Local Member and the third prize by the local authority representative.

4.21 EVENT SCHEDULE – The ISF and the race organisers decide together the event programme, race date, time, meetings, awards, etc.

4.22 ENVIRONMENTAL ISSUES - The organisers must take all necessary measures to avoid designing routes that cross areas with sensitive ecosystems, ensure the rapid removal of race marking at the end of the race, rapid removal of all waste material discarded by spectators and participants and that only natural biodegradable products are used for marking, etc..(see 4.9.1).

5. Official Competitions

SKYRUNNER® WORLD SERIES

5.1 INTRODUCTION – The Skyrunner® World Series is based on a circuit of international standard races in various countries. The race circuit is open to individual skyrunners affiliated to a national sports or mountain federation or association (in countries where these exist) and to teams.

5.2 RACES - A minimum of six and a maximum of eight races are selected annually by the ISF in at least five different countries. The selected events will conform to skyrunning standards and be of international level in terms of athlete presence, notoriety and organisation.

5.3 FEATURES – The races can be either a SkyRace® or a SkyMarathon®. At least five races must fall within the parameters of the rules defining these type of races.

5.3.1 In the Skyrunner® World Series a maximum of two races may have mixed courses or a maximum altitude inferior to 2,000 metres with the object of giving nations without these requisites the opportunity of participating.

5.4 SKYRUNNER® WORLD SERIES TRIALS – The object of the introduction of Trials is to promote skyrunning in as many countries as possible and to give the opportunity to as many athletes as possible to participate in the World Series. Races are open to individual skyrunners affiliated to a national sports or

mountain federation or association in countries where these exist. These races must comply with the official ISF rules.

5.4.1 Competitors in the SWS must participate in one of these competitions if they wish to qualify for the final title. Points are awarded only to individual skyrunners. Teams are not awarded points in Trial races.

5.5 SKYRUNNER® WORLD SERIES INDIVIDUAL POINTS SYSTEM – Each race will assign points based on the winning men’s/women’s results according to the “Ranking points breakdown: 100-88-78-72-68-66-64-62-60-58-56-54-52-50 down to 2 points, to the 40th position for men and 15th position for women”.

5.5.1 In the Trial races each race will assign points based on the same system but down to the 25th position for men and 10th position for women. Points obtained in the Trial races will be awarded only to competitors participating in the Skyrunner® World Series.

5.5.2 In a six (or seven) race calendar, skyrunners may use the four best results (3+1) obtained in the Series. When eight or more races exist, athletes may use the five best results (4+1) obtained in the Series **. If participating in more than three or four SWS Races, only the best three (or four) results will be considered.

5.5.3 Competitors in the SWS must participate at least in one Trial race competition if they wish to qualify for the final title. If participating in more than one Trial race only the best result will be considered (see 5.4.1).

5.5.4 ** **NB:** Skyrunner® World Series Champions titles are awarded on three or four World Series Races and one World Series Trials race: (3+1) or (4+1).

5.5.5 The ranking points in the final race will be increased by 20% for all World Series competitors.

5.5.6 In the event of a tie, the best result in the previous race of the official calendar (SWS and Trial races) will be counted in the General Ranking.

5.6 SKYRUNNER® WORLD SERIES TEAM POINTS SYSTEM – A sponsored team ranking system will be adopted based on the individual points accrued by the first three men and the first woman of the same team in each race obtained in all SWS races. Teams are not ranked in Trials races.

5.7 TITLES - At the SWS final, the first male and female competitors with the highest score will be declared “Skyrunning World Champions”. Also the team with the highest score will be declared “Skyrunning World Champion Team”.

5.8 AWARDS – At the SWS final, the first three ranked men and women will receive medals.

5.9 SKYRUNNER® WORLD SERIES BIBS AND JERSEYS. - The race organiser must ensure that the various SWS bibs and/or jerseys (supplied by the ISF) are worn by the competitors as follows:

5.9.1 The ranking leaders (male and female) must wear the leader’s bib throughout the race. The bib may be placed in any visible position.

5.9.2 WINNER’S JERSEY - The race winners (male and female) must wear the winner’s jersey on the podium.

5.9.3 CHAMPION’S JERSEY – The SWS champions (first ranked male and female) must wear the champion’s jersey on the podium.

5.10 SPONSORED TEAMS – The composition, nationality and name of the team must be declared in the ISF official form at the beginning of the Series and must be updated for registering new members at least 12 hours before each race. Each team may be composed of a minimum of two to a maximum of 12 components (mixed gender) regardless of their nationality.

5.10.1 A team member cannot change to another team after the start of the Series. A registered team member cannot be replaced by another that has not participated in any of the Series’ races in the current year. All members of each team must be identified by the same kit or logo. No offensive team names are permitted.

5.10.2 A representative from each team (Team Leader) will represent the team in every race . The team leader, who need not be the same person throughout the circuit, should be identified on registration at every race. It is the team leader's responsibility to liaise with the race organisers and/or ISF officials.

5.10.3 After registering with the ISF, entry must be made direct with the individual race organiser in compliance with the rules of that race.

CONTINENTAL CHAMPIONSHIPS, WORLD CHAMPIONSHIPS, SKYGAMES®

5.11 GENERAL - The Continental Championships, World Championships and SkyGames® are open only to official national teams belonging to a full ISF Member nation.

5.11.1 National teams from countries without full ISF membership may participate at the discretion of the ISF Board, in particular if they are presented by their country's highest sports authority. An extra registration fee set by the ISF is payable, and the ISF rules and regulations must be strictly adhered to. Only one team will be allowed per nation.

5.11.2 Each National Team is responsible for registering their competitors. All team members must be of the nationality of the country they represent.

5.12 NATIONAL TEAMS - The official national team of each country must be declared on the ISF official form at the beginning of the Championships and updated only for registering new members at least 12 hours before each race. Each team may be composed of a minimum of two to a maximum of 12 components (mixed gender).

5.12.1 A registered team member cannot be replaced by another that is not participating in the Continental Championships. All members of each team must be identified by the same kit or logo.

5.12.2 A representative from each team (Team Leader) will represent the team in every race . The team leader, who need not be the same person throughout the circuit, should be identified on registration at every race. It is the team leader's responsibility to liaise with the race organisers and/or ISF officials.

5.12.3 After registering with the ISF, entry must be made direct with the individual race organiser in compliance with the rules of that race.

5.13 REGISTRATION - For all ISF Continental Championships, national teams must register via their ISF full member association. Team members must belong to the country they represent (no foreign members). Skyrunners with dual nationality must select one nationality to represent at the beginning of each season.

5.14 INDIVIDUAL POINTS SYSTEM – Each race will assign points based on the winning men's/women's results according to the "Ranking points breakdown: 100-88-78-72-68-66-64-62-60-58-56-54-52-50 down to 2 points and down to the 40th position for men and 15th position for women". In the event of a tie, the best result in the last race will be counted in the General Ranking.

5.15 NATIONAL TEAMS POINTS SYSTEM – A team ranking system will be adopted based on the individual points accrued by the first three men and the first woman of the same team in each race obtained in all Championships or SkyGames® races.

5.16 TITLES – At the conclusion of the Continental Championships, World Championships and SkyGames®, the first male and female competitors with the highest score will be declared "Skyrunning Continental or World or SkyGames® Champions" (Combined Ranking). Also the team with the highest score will be declared "Skyrunning Continental or World or SkyGames® Champion Team".

5.16.1 AWARDS - At the end of the Continental Championships, World Championships and SkyGames®, the first three ranked men and women will receive medals.

5.17 SKYRUNNING CONTINENTAL CHAMPIONSHIPS - These competitions are held every two years, coinciding with odd years, promoted by each Continental Council.

5.18 RACES - The races will be selected by the Continental Council. The selected events must fall within the parameters of the rules defining these type of races and conform to international level in terms of athlete presence, notoriety and organization. These races may or not be part of the Skyrunner® World Series or the Skyrunner® World Series Trials.

5.19 PARAMETERS – The races can be a SkyRace®, a SkyMarathon® or a Vertical Kilometer®. At least one race must comply with the strict parameters of their defining rules and one must have a maximum altitude inferior to 2,000 metres with the object of giving nations without these requisites the opportunity of participating (see 2.4.3).

5.20 SPECIAL CASES - If two competitions forming the Continental Championship are not the same discipline (Vertical Kilometer® + SkyRace® for example), the title of “Continental Vertical Kilometer® Championship” and “Continental SkyRace® Championship” (individual, team, or both), will be awarded.

5.21 SKYRUNNING WORLD CHAMPIONSHIPS - These competitions are held every four years, coinciding with even years, alternating with the SkyGames®.

5.22 RACES - Four races are selected by the ISF in agreement with the event organisers.

- Vertical Kilometer®
- SkySpeed®
- SkyBike®
- SkyRace® or SkyMarathon®

5.22.1 The selected races will be on ISF certified skyrunning courses. The SkyRace® or SkyMarathon® may or may not be part of the Skyrunner® World Series or the Skyrunner® World Series Trials.

5.23 TITLES – The World Championship title in each of these four competitions is awarded. Also combined titles and a team category will be awarded World Championship titles.

5.24 SKYGAMES® - These competitions are held every four years, coinciding with the IOC Olympic Games.

5.25 RACES - Five races are selected by the ISF in agreement with the event organisers.

- Vertical Kilometer®
- SkySpeed®
- SkyBike®
- SkyRace® or SkyMarathon®
- SkyRaid®

5.25.1 The selected races will be on ISF certified skyrunning courses. The SkyRace® or SkyMarathon may or may not be part of the Skyrunner® World Series or the Skyrunner® World Series Trials.

5.26 TITLES – The “SkyGames® Champion” title is awarded in each of the five competitions disputed. Also combined titles and a team category will award World Championship titles.

5.27 MERCHANDISING AND VENDOR RIGHTS - to be negotiated prior to the event with the ISF.

5.28 TELEVISION RIGHTS – are the property of the ISF and may be negotiated prior to the event.

OTHER COMPETITIONS

5.29 The ISF aims to include future competitions designed to enable people with physical disabilities to compete.

6 Competitors rules

6.1 INTRODUCTION - Local race regulations must be consistent with the official ISF rules. In case of conflict the view expressed in these rules and decisions of the ISF representatives will prevail.

6.2 COMPLIANCE WITH RULES – It is compulsory for all competitors to adhere to the ISF rules and the local race rules, to observe good sportsmanship towards the other competitors, organisers, public and representatives. It is compulsory to participate in the local pre-race briefing.

6.3 QUALIFICATION – The official ISF competitions are open to athletes of 18 years of age or over, in possession of a medical certificate valid for the law of the country where the race is held. Competitors taking part in a competition on the ISF official calendar, declare they have read and accept the rules, and the general ISF rules.

6.3.1 The age limit may be lowered in a **Vertical Kilometer®** and a **SkyRace®** below 3,000m altitude and without any mountaineering difficulty. Entry regulations should be specified in the rules of each single race and listed in a specific entry request form to be compiled and signed.

6.3.2 SkyRace® competitions are open to all athletes in possession of a medical sports certificate valid for the country where the race is held and/or a membership of a national mountain sports federation. In the case of particularly demanding courses it is necessary to demonstrate experience of high altitude running and/or ski mountaineering experience.

6.3.3 SkyMarathon® competitions are open only to:

- a) Athletes as described in article 6.3 who have completed a SkyRace® organised, sanctioned or recognised by the ISF during the previous 12 months.
- b) Athletes who have completed an ISF recognised SkyMarathon® within the time limit in the previous two years.
- c) Athletes with mountaineering experience and a marathon best time of less than 3 hours for men and 3 hours 30 minutes for women run in the previous three years.

6.4 Competitors are required to hold accident insurance.

6.5 All SWS races are open to skyrunners and sponsored teams but the final podium is reserved only for skyrunners and teams belonging to an ISF associate member or other association recognised by the ISF.

6.6 The Continental Championships, World Championships and SkyGames® are open only to official national teams belonging to a full ISF Member nation.

6.7 National teams from countries without full ISF membership may participate at the discretion of the ISF Board, in particular if they are presented by their country's highest sports authority. An extra registration fee set by the ISF is payable and the ISF rules and regulations must be strictly adhered to. Only one team will be allowed per nation.

6.8 CLOTHING AND EQUIPMENT – Competitors must wear and/or carry the clothing or equipment required by the local race rules. To ensure competitors' safety these must conform to the requirements set out and be in perfect condition. Offensive dress is not permitted. The chairman of the jury reserves the right to reject any equipment judged to be defective or inadequate.

6.9 ADDITIONAL EQUIPMENT - In addition to individual race rules it may be necessary to include the use of tights, gloves, camel bags, helmets, sunglasses, etc depending on the course and/or weather conditions, conforming to the ISF Rules. In the SkyRace®, SkyMarathon®, Ultra SkyMarathon® and SkyRaid® the use of windproof jackets, trail running shoes, and socks is compulsory.

The compulsory or recommended need for this equipment must be displayed before each race and elaborated in the pre-race briefing. (See 4.5)

6.9.2 The use of ski poles is regulated by each race organiser and the approval of the ISF Technical Commission either by allowing their use for the entire race, in a specific section, or even prohibiting their use. It is compulsory to protect the points of poles.

6.10 SKYRUNNER® WORLD SERIES BIBS AND JERSEYS - The various SWS bibs and/or jerseys supplied by the race organiser must be worn by the competitors as follows:

6.10.1 LEADERS' BIBS - The ranking leaders (male and female) must wear the leader's bib throughout the race. The bib may be placed in any visible position.

6.10.2 WINNER'S JERSEY - The race winners (male and female) must wear the winner's jersey on the podium. If the jersey is not worn, points in the SWS will not be assigned whatever the final position of the runner.

6.10.3 CHAMPION'S JERSEY – The SWS champions (first ranked male and female) must wear the champion's jersey on the podium. If the jersey is not worn, ranking points will not be assigned whatever the final position of the runner and the final SWS cash prize will not be awarded .

6.11 START AREA - Must be closed and should only be accessed by competitors who have entered and are on the organiser's start list. A control will be carried out on the required apparel and equipment, that the bib number corresponds to the name and that it is correctly positioned. Entry in this area is prohibited to all those who do not meet the above requirements.

In the case of a mass start, a preferential position may be given to top ranked competitors of official teams and other competitors based on ranking or past race results.

6.12 CHECKPOINTS - Competitors must pass through all checkpoints so that arrival order and times can be determined for ranking and for safety purposes if the race is annulled or cancelled. Competitors must follow instructions given by checkpoint officials (to add an item of clothing, or the procedure to follow if the race is cancelled, etc.).

6.13 CATEGORIES – In official ISF competitions only two categories exist: men and women age 18 years of age or over and only these will appear on the ISF official start lists or ranking lists.

6.13.1 The local organiser can establish other categories but these will not appear on ISF official start list or ranking lists.

6.14 PRIZES – Before the start of each season, the ISF will publish the final SWS awards and their distribution in each of the categories, rewarding men and women alike, including any benefits, trophies and medals. Cash prizes may vary from year to year according to sponsorship contributions and race fees. Prizes will be assigned only to athletes who are present at the final race.

6.15 COMPETITORS' RACE CONDUCT - While racing, competitors must abide by the following rules:

- a) Competitors must follow the course markings on sight, go through all the checkpoints and not throw waste during the race outside a 100m radius of an aid station.
- b) Competitors may retire on their own initiative or be forced to retire by the Race Director or one of the doctors present.
- c) Retirement (on own initiative or forced) must take place at a checkpoint according to the procedure described during race briefing unless in extreme circumstances.

- d) Competitors must give assistance to fellow competitors who may be injured or distressed. The jury will take into account the time spent on this assistance.
- e) The race director or a checkpoint official may compel competitors, at any point on the route, to wear their windbreakers, headgear or any other item of compulsory clothing or equipment.

6.16 PENALTIES – Penalties will be applied compliant with the various race regulations and those of the ISF.

6.16.1 A penalty of from three minutes to disqualification will be applied for:

- a) Throwing of trash outside the check point areas (100m +/-)
- b) Receiving any assistance in unauthorized areas (not at specified points such as aid stations)
- c) Not following the race course signage, voluntarily or otherwise
- d) The bib is not on view or has been tampered with
- e) False starts
- f) Not passing through compulsory checkpoints
- g) Unsportsmanlike behaviour – not assisting another competitors in need of help
- h) Not carrying or using the material required
- i) Not complying with the directions of the organisation (WS or Race) or the judges

6.17 Disqualification will be applied for:

- a) Not participating in the awards ceremony without just cause
- b) Refusal to undergo antidoping tests or a positive result in an antidoping test

6.18 CLAIMS – Must be written and countersigned with the complainants name and bib number at the finish line or on publication of the provisional results. A deposit of €/ \$ 50 may be required which will be refunded if the case is accepted. Complaints cannot be made after half hour of the publication of the provisional results. The decision of the jury is final by the majority, and in case of dispute, the decision of the ISF representative and the ISF rules will apply.

6.18.1 Appeals against decisions of the jury may be presented to the ISF with the same procedure and the verdict will be given within ten days of receipt.

6.19 ANTI-DOPING CONTROLS – Competitors are required to attend doping controls assigned to them, according to the rules of each nation and the (WADA) protocol. Competitors with a positive result will be disqualified immediately.