

## ELS BASTIONS 2022

### INTERNAL RACE RULES

#### Article 01.

Article 01. OCISPORT SERVEIS ESPORTIUS SL is organising three races to be held on 4 June, 2022, as part of the Els Bastions® SkyRaces event.

### RACE DESCRIPTIONS

#### Article 02.

- a. Ultra Els Bastions®: A circular race to be completed on foot spanning approximately 70 km, with roughly 5,140 m of elevation gain, starting and finishing in Ribes de Freser and reaching the summit of the highest mountains in Vall de Ribes.
- b. Marathon Els Bastions®: A circular race to be completed on foot spanning approximately 51 km with roughly 2,943 m of elevation gain, starting and finishing in Ribes de Freser, allowing participants to discover one of the most emblematic mountains in Vall de Ribes.
- c. Trail Els Bastions®: A 21-km race to be completed on foot with elevation gain of approximately 1,394 m, starting and finishing in Ribes de Freser.

### PARTICIPATION RULES

The Ultra, the Marathon and the Trail are tough events that are completed in a semi-autonomous manner in the middle of the mountains, featuring some night sections. We recommend that participants have a very good level of fitness and experience in this type of event. Participants must be prepared to deal with sometimes difficult race conditions and a physical or mental state resulting from great fatigue.

#### Article 03.

Minimum age: To be able to participate in any of the races participants must be of legal age on the day of the race.

#### Article 04.

Participant's declaration: For registration to be valid participants must accept the rules and exempt the organisers from any responsibility in case of accident or bodily injury suffered during the competition or upon its completion. This declaration must be made online at the moment of registration.

#### Article 05.

Insurance: Participants who do not possess a federation licence equivalent to the FEEC licence, type C or above, must take out insurance when registering, which will be processed by the organisers themselves. Participants who hold a federation licence equivalent to the FEEC licence, type C or above, may also take out this insurance when registering if they wish.

#### Article 06.

Image rights: Participants in all four races give their consent to the organisers and their sponsors to freely use and publish any photographs or videos taken in the context of the race.

Article 07.

Registration:

- a. Registration can only be made via the official Els Bastions® website (<http://www.elsbastions.com>).
- b. Payment only constitutes pre-registration. Registration is considered valid once the necessary documents have been received and are deemed correct.
- c. Changes of name after having already registered are not permitted.

Article 08.

Cancellation of registration: Once registered, the participant's place is reserved and only part of the full amount will be refunded in the following cases:

- a. The organisers offer Cancellation Insurance through which the full registration fee will be refunded to all participants who have taken out this service and are able to submit documentary proof of the seriousness and/or principal cause of their withdrawal. Refunds will only be made up to 15 days before the start of the event. No refunds will be given after this date.

The purpose of the cancellation insurance is to allow for the reimbursement of the full cost of the race bib, in the event that a participant requests to cancel their registration only for the following reasons:

- Sustained injury preventing participation in the event.
- An accident, serious illness, serious accident or death of the runner.
- A serious illness requiring hospitalisation or the death of the participant's spouse or common-law partner, parents or children, or their involvement in a serious accident, 30 days prior to or during the event.
- A registered participant becoming pregnant or the birth of a baby within 15 days prior to or after the race.
- Suffering from COVID-19 during the thirty days prior to the event and being unable to attend the event as a result of this.
- Confinement by government order due to COVID-19 at the time of the event or 15 days prior to it.
- Being summoned as a witness or jury member before a criminal court or civil court.
- Being summoned as a member of a polling station.
- Having to sit official public examinations.
- Serious damage caused by fire, explosion, theft or force of nature at the insured person's main residence or professional premises if the insured person carries out business activity there and their presence is absolutely necessary.
- The insured person's dismissal from work.

For health-related cancellations, a medical certificate signed and sealed by a doctor confirming the reason for being unable to participate in the race or any other official documentation must be provided. For any of the other reasons for cancellation, duly justified official documentation proving the incident must be submitted. The cancellation of registration or non-participation in the race in which the participant is registered does not grant you priority in the registration process for subsequent editions.

- b. No cancellation insurance:

- Until 28/02/2022, 50% will be refunded
- From 01/03/2022 to 30/04/2022, 30% will be refunded
- From 01/05/2022, no refund will be made

Only applications for refunds due to non-participation submitted before 01/05/2022 will be accepted. In both cases, in order to receive a refund, an email must be sent to

info@ticketoci.net, stating the name and surname of the participant and requesting the cancellation. Refunds will be issued to the same credit card used for payment.

## RACE RULES

Article 09. Race bibs:

- a. Bibs are personal and non-transferable.
- b. To collect bibs, participants must present photo identification.
- c. During the race it must remain visible at all times.
- d. Bibs (and gifts) will not be sent to the participant's home address.

Article 10.

Cut-off times: There are several cut-off times listed on the official Els Bastions® website. These times may be modified at any time by the organisers. Participants who wish to follow the course, even if they have exceeded the cut-off times, shall do so outside of the race and at their own risk, after having returned the race bib to the organisers.

Article 11.

Checkpoints:

- a. Participants must check in at all the designated checkpoints including the start and finish line.
- b. Each participant must follow the entire course without skipping any checkpoints.

Article 12. Life bags:

Participants in the Ultra will be able to hand in a bag (maximum 12 litres capacity) containing the items (not compulsory) that they require, which will be available at the feed zone in Núria. The organisers will transport the bags to the feed zones and once used they must be brought back to Ribes de Freser.

Article 13.

Compulsory apparel and equipment: Two lists have been made: Compulsory equipment A, for all without exception from the start, and Compulsory equipment B, which will vary depending on the weather forecast and/or the participant's level.

The following lists set forth minimum requirements that do not take into account individual factors related to each runner. Therefore, the final choice of equipment is the sole responsibility of the participant.

Equipment A: Equipment that all participants in the **ULTRA** must carry without exception, whatever the weather conditions, during the whole event:

Track A (original) and alternative tracks B and C

Trail running shoes that cover the foot fully Minimalist footwear such as sandals that do not cover the foot fully are not permitted

Thermal or survival blanket (minimum size 2 x 1.2 metres)

Hydration pack (minimum 1 litre)

Backpack or equivalent

Mobile phone that is switched on and not in airplane mode

Windbreaker with hood in the runner's size made from a waterproof (minimum 10,000 mm water column) and breathable fabric such as Gore-Tex®, Membrain®, H2NO®, HyVent® or similar, with taped seams

Calorie-rich food suitable for the trail and the quantity and type of feed zones the race €20

Battery-operated headlamp with spare batteries or two headlamps (night sections) Thermal base layer in the runner's size (minimum 180 g)

Long leggings or three-quarter-length leggings combined with leg sleeves Gloves

Cap, neck gaiter or similar

Equipment B: Equipment that participants must carry depending on the weather conditions forecast for the day of the event and/or the participant's level:

Waterproof trousers  
Waterproof jacket with hood Thermal t-shirt  
Gloves  
Crampons

Equipment A: Equipment that all participants in the **MARATHON** must carry without exception, whatever the weather conditions, during the whole event:

Track A (original) and alternative tracks B  
Trail running shoes that cover the foot fully Minimalist footwear such as sandals that do not cover the foot fully are not permitted  
Thermal or survival blanket (minimum size 2 x 1.2 metres)  
Hydration pack (minimum 1 litre)  
Backpack or equivalent  
Mobile phone that is switched on and not in airplane mode  
Windbreaker with hood in the runner's size made from a waterproof (minimum 10,000 mm water column) and breathable fabric such as Gore-Tex®, Membrain®, H2NO®, HyVent® or similar, with taped seams  
Calorie-rich food suitable for the trail and the quantity and type of feed zones the race €20  
Thermal base layer in the runner's size (minimum 180 g) Long leggings or three-quarter-length leggings combined with leg sleeves  
Gloves  
Cap, neck gaiter or similar

Equipment B: Equipment that participants must carry depending on the weather conditions forecast for the day of the event and/or the participant's level:

Waterproof trousers  
Waterproof jacket with hood Thermal t-shirt  
Gloves  
Crampons

Equipment A: Equipment that all participants in the **TRAIL** must carry without exception, whatever the weather conditions, during the whole event:

Track A (original)  
Trail running shoes that cover the foot fully Minimalist footwear such as sandals that do not cover the foot fully are not permitted  
Thermal or survival blanket (minimum size 2 x 1.2 metres)  
Hydration pack (minimum 1 litre)  
Backpack or equivalent  
Mobile phone that is switched on and not in airplane mode  
Windbreaker with hood in the runner's size made from a waterproof (minimum 10,000 mm water column) and breathable fabric such as Gore-Tex®, Membrain®, H2NO®, HyVent® or similar, with taped seams  
Calorie-rich food suitable for the trail and the quantity and type of feed zones the race €20  
Gloves  
Cap, neck gaiter or similar

During the briefing (see place and time in the programme) participants will be informed if and when equipment B is compulsory.

All participants must have all the items on this list at hand and in perfect condition, in case they are finally required.

The organisers may set up generalised or random checks at different points along the route to check said equipment.

Article 14.

Penalties: Participants who commit any of the following offences may be disqualified by a member of the organising team if they deem it appropriate:

DESCRIPTION OF THE OFFENCE	PENALTY
Failure to assist another person	Disqualification
Withdrawal without notifying the organisers at the time of withdrawal	Disqualification
DESCRIPTION OF THE OFFENCE	PENALTY
Giving a bib/chip to another person so they take over for part of the race or for the entire race	Disqualification of both participants
Straying from the marked route, reducing the route's distance	Disqualification
Skipping a checkpoint	Disqualification
Showing unsportsmanlike conduct in the presence of other athletes, spectators or the organisers	Disqualification
Failure to bring the compulsory equipment or refusing an equipment inspection	Disqualification
Littering along the route or damaging the natural and human environment in any way	1 hour: 1st warning Disqualification: 2nd warning
Straying from the marked route WITHOUT reducing the route's distance	1 hour: 1st warning Disqualification: 2nd warning

Article 15.

Compulsory withdrawal: The organisers may temporarily stop a participant or force them to withdraw from the race if they consider that their condition is compromising their physical integrity or safety.

Article 16.

Voluntary withdrawal: Except in case of injury, it is only possible to withdraw from the race at a checkpoint. If a checkpoint is not accessible by vehicle, the runner must reach the nearest withdrawal point by their own means. Leaving the marked route without informing the organisers and without being duly authorised is forbidden. Participants must clock in at checkpoints.

Article 17.

Weather: In case of poor weather conditions, the organisers reserve the right to neutralise the race, modify the route, the cut-off times or the starting time and even cancel the race.

#### Article 18.

Suspension of the event due to the COVID-19 pandemic or other force majeure. In case of full cancellation or postponement of the event by governmental order due to the COVID-19 pandemic, participants will be able to choose between the following options:

- Transfer of registration to the 2022 edition.
- Refund of 85% of the full registration fee for those who do not have cancellation insurance and 100% for those who do have cancellation insurance.
- The amount paid for insurance will not be refunded under any circumstances.
- In case of postponement of the event, participants who do not have cancellation insurance may assign their registration to a friend, but they will not be able to get the registration fee back if they do not wish/are not able to participate on the new alternative dates.

#### POST-RACE RULES

#### Article 19.

Clothes storage will be available to participants at the finish line.

#### CATEGORIES AND PRIZES

#### Article 20.

Categories: The following categories have been established for both male and female groupings:

- Absolute (from 18 years old)
- Veterans (from 40 years old)

The age of participants in the veteran category will be that on 31 December, 2021.

#### Article 21.

Prizes: Prizes must be picked up during the scheduled times. Under no circumstances will they be sent to the home of runners who do not pick them up.

Prizes for overall ranking: Trophy for the top three men and women from each race.

Prizes for rankings according to categories: Gifts for the first-placed man and woman in each race excluding the Absolute category.

#### CLAIMS

#### Article 22.

The race director will be in charge of:

- Enforcing compliance with rules
  - Deciding the outcome of a claim
  - Deciding on disqualification
  - Deciding on course changes and rule changes
- The race director's decision is final. Any protests or complaints must be submitted in writing and within 24 hours after the end of the race. The race director's decision will be communicated to the participants as soon as possible.

#### EXTERNAL ASSISTANCE

#### Article 23.

Receiving assistance from other people during the event is not permitted. Each runner must be self-sufficient between official feed zones. Receiving external assistance will lead to disqualification.

## DATA PROTECTION

### Article 24.

In accordance with the provisions of Law 15/1999 on the Protection of Personal Data, and Law 34/2002 on Information Society Services, the personal data that is collected will be part of a database included in a file registered in the General Register of Data Protection, owned by OCISPORT SERVEIS ESPORTIUS, SL. The aforementioned data will be processed in order to manage data relating to the natural person who submits an application for registration under the stipulated terms and conditions, with this data required for the organisation, implementation and publication of the sporting event's results and to inform people about new activities, products and services offered by OCISPORT SERVEIS ESPORTIUS, SL. and the brands it manages.

Participants may exercise their rights of access, rectification, cancellation and opposition by sending an email to coliva@ocisport.net

## IMAGE RIGHTS

### Article 25.

Participants expressly waive the right to their image being used during the race, as well as waiving any claim against the organisers and its authorised partners for the use of their image. The organisers may assign image rights to the media, through the appropriate certification or permit.

Els Bastions® is a legally registered trademark. Any communication about the event or the use of images of the event will be made in accordance with the name of the event, its registered trademark and the formal agreement of the organisers.

## MODIFICATION OF THE RACE DATE AND COURSE

### Article 26.

The organisers reserve the right to modify at any time the date, time, route and location of assistance points and feed zones, modify cut-off times and even stop the event for as long as necessary without prior notice. If weather conditions are adverse, the start may be postponed for a few hours to ensure the safety of the participants.

## ACCEPTANCE OF THE RULES

### Article 27.

By participating in the event, each team member explicitly accepts these rules in their entirety.