

# RULES

## 1. ORGANIZATION

The association "Udruga Dalmacija Trails" are organizing the 5th edition of Dalmacija Ultra Trail (DUT), a partially self-sufficiency mountain trail running race in an low-mountain environment.

## 2. GENERAL INFORMATION

The Dalmacija Ultra Trail is a running race that takes place along paths in Dalmatia with four different courses:

**MOUNTAIN DUT – 122 km:** The race starts on Friday, October 16th, 9 p.m. from Solin, Ancient Salona. Maximum time: 32 hours. Each finisher will be awarded with **5 ITRA** qualification points.

**SEA DUT – 56km:** The race starts on Saturday, October 17th, 8 a.m. from Makarska. Maximum time: 15 hours. Each finisher will be awarded with **3 ITRA** qualification point.

**ETHNO DUT – 18km:** The race starts on Saturday, October 17th, 1 p.m. from Dugi Rat. Maximum time: 5 hours. Each finisher will be awarded with **1 ITRA** qualification points.

**KIDS RACE:** The race starts on Sunday, October 18th, 11 a.m. in Omiš.

## 3. PARTICIPATION REQUIREMENTS

To be completely aware of the length and the specificity of the event and to be perfectly prepared for it.

- To have acquired, prior to the race, a real capacity for self-sufficiency in the mountains which permits the management of problems induced by this type of course, and notably
- To know how to face, without outside help, climatic conditions which can become very difficult due to the microclimate conditions (night, wind, cold, fog, rain or snow)
- To know how to manage, even if one finds oneself isolated, physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, minor ailments...
- To be fully aware, that it is not the role of the organization to help a runner to overcome these problems and that for such an activity in the nature, security depends upon the capacity of the runner to adapt to the problems encountered, or envisaged.

These races are open to anyone, man or women, born in 2002 or before, club member or not.

Each runner declares their knowledge of and accepts the present regulations and agrees to accept them without reserve and to promote the event's ethical charter available at [www.dalmacijaultratrail.com/ethical-charter](http://www.dalmacijaultratrail.com/ethical-charter).

#### 4. SEMI AUTONOMY

The individual principle of racing in semi autonomy is the rule.

Semi autonomy is defined as having the capacity to be autonomous between two refreshment points, not only on the food front but also that of clothing and security, being able to adapt oneself in particular to problems encountered or envisaged (bad weather, physical problems, injuries...).

This principle is implicated in the following rules:

- Each runner must have all of his/hers obligatory equipment with him/her at all times during the race. He/she carries this equipment in a pack presented at the race-bib distribution and it must not be changed during the course. At any time during the race, the marshals can verify the bag and its contents. The runner is obliged to accept these controls in a friendly manner, at the risk of exclusion from the race.
- Refreshment points have been supplied with food and beverages to consume on the spot. Only plain water (excluding other drinks) is destined for water bottle or bag replenishment. Each runner must make sure to have, upon leaving each refreshment point, the quantity of water and food necessary for them to reach the next refreshment point.
- Personal assistance is only tolerated at refreshment points, in the zone specifically reserved for this purpose and with agreement of the head of post. This assistance can only be assured by one single person, without specific equipment other one than one bag of a volume of 30 litres maximum. The remainder of the refreshment point is strictly reserved for the runners.
- It is forbidden, to be accompanied or agree to be accompanied during all or any part of the race by a person not enrolled, outside the tolerance zones indicated close to the refreshment posts.

#### 5. ACCEPTANCE OF THE REGULATIONS AND ETHICS OF THE RACE

Participation in the Dalmacija Ultra Trail assumes the acceptance of the present regulations and ethics of the race which are available at [www.dalmacijaultratrail.com](http://www.dalmacijaultratrail.com).

#### 6. MAXIMUM NUMBER OF RUNNERS

- MOUNTAIN DUT – 122 km: 250
- SEA DUT – 56km: 450
- ETHNO DUT – 18km: 400
- KIDS RACE – 1km: 250

**TOTAL: 1350**

## **7. ENROLLMENT**

Registration procedures

The pre-registration starts on March 10th 2020. and closes on September 28th 2020. unless the maximum number of participants in total has already been reached.

## **8. REGISTRATION FEES**

### **MOUNTAIN DUT – 122 km:**

- March 10th 2020 – July 15th 2020: 100€ + 1.00€ + 5,00% of administration fees
- July 16th 2020 – September 28th 2020: 115€ + 1.00€ + 5,00% of administration fees

### **SEA DUT – 56km:**

- March 10th 2020 – July 15th 2020: 60€ + 1.00€ + 5,00% of administration fees
- July 16th 2020 – September 28th 2020: 70€ + 1.00€ + 5,00% of administration fees

### **ETHNO DUT – 18km:**

- March 10th 2020 – July 15th 2020: 25€ + 1.00€ + 5,00% of administration fees
- July 16th 2020 – September 28th 2020: 30€ + 1.00€ + 5,00% of administration fees

### **KIDS RACE – 1km: free**

## **9. PAYMENT PROCEDURES**

Registration fees can be paid online by **credit card** via secure payment system.

The registration fees includes the following:

- a race bib
- assistance and refreshments along the race route
- race pack
- a food voucher on arrival
- a finisher's medal

## **10. CANCELLATION OF AN ENROLLMENT**

Any cancellation of registration must be made by email at [info@dalmacijaultratrail.com](mailto:info@dalmacijaultratrail.com) . No cancellations are accepted by telephone or fax.

If a competitor wants to cancel his registration, reimbursement of a percentage of the registration fee will be made by crediting the bank account associated to the credit card used upon registration in accordance to the following conditions:

SEND DATE	AMOUNT SREDITED IN% OF THE REGISTRATION COST (EXCLUDING CHARGES)
TILL SEPTEMBER 28TH 2020.	50%
AFTER SEPTEMBER 28TH 2020.	NO REIMBURSEMENT CAN BE MADE

Race bib exchange is not allowed. Registration fee can not be used for the following race year (2021) and it's not transferable to another person.

In the case of the cancellation of an event, for whatever reason, decided more than 15 days before the date of the start, partial reimbursement of the registration fee will be made. The amount of this reimbursement will be fixed so as to allow the organization to deal with all the irremediable expenses committed to the date of the cancellation. In case of a cancellation decided less than 15 days before the departure or in case of interruption of the race, for whatever reason, no refund of registration fees will be made.

## 11. CANCELLATION OF A REGISTRATION IN THE CASE OF INJURY

In the case of a non chronic osteoarticular or muscular injury to the runner, and uniquely in this situation, suffered after registration and not completely curable by the day of the race, the organization recommends that the injured runner does take an unnecessary risk, and cancels his registration for the current year at the same time making a request to participate in a future race.

Any request for postponement must reach us, accompanied with a complete medical report (detailed medical report and x-ray results confirming the diagnosis) by September 28th 2020 at the latest. Any incomplete report will be rejected.

Requests will be processed by October 14th 2020 at the latest. The only medical counsel will judge the case and their decision is final.

## 12. RUNNER'S COMMITMENTS

By registering, each runner personally agrees to engage in the following :

- I declare that I have read and understood the regulations and ethics of the race (available at [www.dalmacijaultratrail.com](http://www.dalmacijaultratrail.com))
- I understand and approve of the conditions of participation which figure in the regulations
- I agree to respect all items of the regulations
- I agree to scrupulously respect and promote the ethic

- I agree to be aware of any medical condition which could concern me and, consequently relieve the organization of any responsibility for any medical problem which may arise during the event due to any negligence on my part

### 13. EQUIPMENT

In order to participate in these events, a set of obligatory equipment is required. However it is important to note it is the minimum necessary and that each trail-runner must adapt it according to their needs. It is important, in particular, not to choose clothing that is the lightest possible weight in order to gain a few grams, but to choose items which will give real protection against the cold, windy or snowy mountain weather, therefore giving a good level of security and performance.

Obligatory material :

DUT 2020 - EQUIPMENT	MOUNTAIN (122km)	SEA (56km)	ETHNO (18km)
mobile phone (save in the contacts the security numbers of the organisation, keep it switched on, do not hide one's number and do not forget to set off with recharged batteries)	O	O	O
personal beaker 15cl. minimum (water-bottles or flasks with lids are not acceptable)	O	O	O
stock of water (minimum 1 liter)	O	O	O
head torch in good working condition with replacement batteries	O	O/R*	R
survival blanket 1.40m x 2m minimum	O	O	O
whistle	O	O	O
adhesive elastic band enable making a bandage or a strapping (min. 100cm x 6 cm)	O	R	R
food reserve	O	O	O
jacket, with a hood, capable of withstanding the bad mountain weather and made with a waterproof (recommended: 10 000 Schmerber) and breathable (RET recommended less than 13) membrane	O	R	R
long running trousers or leggings or a combination of leggings and long socks which cover the legs completely	O	R	R
additional warm midlayer top: one single midlayer long sleeve top for warmth (cotton excluded) OR a two piece clothing combination of a long sleeve baselayer/ midlayer for warmth (cotton excluded)	SR	R	R
cap or bandana	R	R	R
warm hat	R	R	R
warm and waterproof gloves	R	R	R
waterproof over-trousers	R	R	R
<b>LEGEND: O - Obligatory R - Recommended SR - Strongly Recommended O/R* - Obligatory after 18:00h</b>			

#### LEGEND:

O – obligatory equipment

R – recommended equipment

SR – strongly recommended equipment

\* – the jacket must, imperatively, have an integral hood or one which is attachable by a system made for that effect by the manufacturer.

- all seams must be taped/sealed.
- the jacket must not have sections composed of fabric which is not waterproof, but the air vents (under the arm, across the back), which do not appear to affect the waterproofness of the garment are accepted.

It is the runner's responsibility, according to these criteria, whether their jacket fits the regulations and therefore bad weather in the mountains, but, when controlled, the judgement will be made by the person responsible for the control or the race steward.

\* The windproof jacket does not replace the mandatory waterproof jacket with hood

Required by the police :

- ID card

Very strongly recommended :

- Knife or scissors with which to cut the self-adhesive elasticised bandage
- walking poles for security on slippery ground in case of rain or snow
- a change of warm clothes indispensable in the case of cold weather, rain or injury
- the sum of 20 €/150 kn minimum (in order to cover the unexpected....)

Advised (list not definitive) :

- Telescopic sticks, change of clothing, compass, knife, string, sun cream, Vaseline or anti-chaffing cream, needle and thread,...

All clothing must be the runner's size and without alteration since leaving the factory.

If you decide to use poles, you must keep them throughout the whole of the race... It is forbidden to start without sticks and recover them up along the way.

No poles will be allowed in the spare's bags.

For all your questions concerning obligatory equipment consult on [info@dalmacijaultratrail.com](mailto:info@dalmacijaultratrail.com).

## 14. RACE BIBS

Every bib is individually handed to each runner on production of:

- a photographic identity,
- your race pack and all you obligatory equipment

The race bib must be worn on the chest or the stomach and must be permanently and fully visible throughout the entire race. It must, therefore, always be positioned over any clothing and cannot for any reason be fixed onto the back or a leg. The name and logo of the sponsors must neither be modified, nor hidden.

The race number is the pass necessary to get to the shuttles, buses, refreshment posts, nurses, rest areas, showers, areas for depositing or recuperating spares bags... Except in the case of refusal to comply with a decision taken by a race official, the race bib is never withdrawn, but in the case of retirement, it is deactivated.

## 15. SPARES BAGS

**MOUNTAIN DUT – 122km COURSE** : each competitor receives with his/her race bib, big and small plastic bag.

Big one: for the aid station/transition Kostanje. Having filled it with the affairs of their choice and having closed it, they can deposit it, at the designated place at the race HQ in the working hours. The bag is transported by the organization to aid station/transition Kostanje. When reaching Kostanje, each runner reclaims their bag. When they leave again, they deposit their bag at the area set aside for this purpose. The bag is then taken back to Omiš.

Small one: for the personal stuff/gear at the start point. Having filled it with the stuff competitors doesn't want to carry along the course, they can deposit it at the designated places at the each race start. The bags is then taken back to Omiš.

**SEA DUT – 56km & ETHNO DUT – 18km:** each competitor receives with his/her race bib, small plastic bags.

Small one: for the personal stuff/gear at the start point. Having filled it with the stuff competitors doesn't want to carry along the course, they can deposit it at the designated places at the each race start. The bags is then taken back to Omiš.

The organization assures the repatriation, to Omiš, of sacks belonging to runners who have abandoned, on the condition that their abandonment has been registered. The delay of the return of bags is based on the logistical constraints and the organization cannot guarantee a complete return of the bags before the end of the race.

Only the bags supplied by the organization will be transported. Sticks are not transportable in these bags.

The contents of the bags not having been checked, any complaint about the contents on arrival is not acceptable. It is recommended not to put valuable objects in it.

The Organization will definitely NOT send any bag to participants' houses. Bags not collected after this deadline will be immediately destroyed for reasons of hygiene.

It is recommended to keep toiletry and change of clothing material at Omiš.

## 16. RESCUE AND MEDICAL ASSISTANCE

First aid posts are positioned at different points throughout the course. These posts are in radio or telephone liaison with Race Control. A medical control team is present during the entire duration of the event in Omiš.

The rescue posts are aimed at bringing help to any person in danger with the means particular to the organization or registered.

If it appears that a runner is in difficulty or seriously injured to call for assistance :

- go in person to a first aid point
- telephone the course controller
- ask another runner to alert the first aiders

It is essential that each runner helps anybody in danger and alerts the first aid point.

Do not forget, that due to the problems related to the environment and the type of event, one might have to wait for assistance for longer than anticipated. Your security, therefore, depends upon the quality of the materials that you have in your pack.

A runner calling on a doctor or a rescuer submits himself to their authority and undertakes to accept their decisions. From the moment where the health of a runner necessitates treatment via an intravenous drip, the runner will be, obligatorily, excluded from the race.

The first-aiders and doctors have the right to :

- exclude from a race (by invalidating the race-bib) all competitors deemed unfit to continue the event.
- to evacuate by any means a runner judged to be in danger
- to hospitalise any runners whose state of health necessitates doing so

The choice of the means of evacuation and of hospital is the decision of the official first-aiders and doctors.

Expenses incurred, resulting from emergency assistance or evacuation, are payable by the person rescued who is also responsible for all costs relating to their return from the area to where they were rescued. The only resort is for the runner to constitute and present a dossier to his personal insurance within the deadline given.

If for any reason it is impossible to make contact with the course controller (**+385 98 265 621**), you can call the rescue services directly by dialing 112 (especially if you find yourselves in a zone « urgences seulement/sos only »)

Each runner must stay on the way-marked paths, even to sleep. Any runner who voluntarily leaves the way-marked path is no longer under the responsibility of the organisation.

## 17. CONTROL AND REFRESHMENTS POSTS

A control is carried out on the arrival of any rescue or refreshment post.

Unexpected control posts are set up in places other than the rescue and refreshment posts. Their position is not communicated by the organization.

Only the runners carrying a visible and duly controlled race number have access to the refreshment posts.

The race info and the relevant pages on the internet give a precise list of the refreshment points.



They will be equipped with drinks + sweet cakes, chocolate, bananas, oranges, raisins, prunes, salty biscuits, cheese, sausage, bread.

A rations without gluten will be available upon request

Furthermore, a hot dish is offered in Kostanje (MOUNTAIN DUT) and in Omiš at the end of the race.

To avoid the wastage of disposable plastic cups during the race, every runner has to equip himself with a tumbler with a minimum volume of 15cl. Attention, water-bottles and flasks are not beakers!

Every runner seen throwing down their litter along the route will be penalized.

Trash cans are provided in large numbers at every refreshment post and must be used.

## **18. MAXIMUM AUTHORISED TIME AND TIME BARRIERS**

The maximum time for the event, for the totality of the course, is fixed at:

- MOUNTAIN DUT : 32 hours
- SEA DUT : 15 hours
- ETHNO DUT : 5 hours

The time limits for leaving (time barriers) of the principle control posts will be marked and written in the course info.

These time barriers are calculated to enable participants to reach the Finish in the maximum time imposed, while making possible stops (rest, meal...) To be authorised to continue the event, runners must set off again from the control post before the fixed time limit (whatever their arrival hour at the control post).

Any competitor excluded from the race and wishing to continue his race can only do so after returning his race number, at his own responsibility and in complete autonomy.

Participants who reach the check points after the maximum time, those who are injured and those who are judged by the medical staff to be unfit to continue the race, and any other athletes who decide to drop out, shall be taken to the finish line by shuttle bus. For logistical reasons, competitors who have dropped out may have to wait before being returned to the finish area. Any participant who drops out from the race at any point other than the established check points should make their own way to the following aid station/check point and from there will be transported to Omiš by car.

In the case of poor meteorological conditions and/or for reasons of safety, the organization reserves the right to stop the event underway or to modify the time barriers.

## **19. REST AND SHOWERS**

Uniquely for MOUNTAIN DUT – 122km: At Kostanje each competitor can benefit from a rest area (with camp beds and blankets).

Those runners who wish to stay on in Omiš after the race, must make their own accommodation arrangements.

It is possible to take a hot shower, only at the arrival.

Access to the rest area and to the showers at the arrival is strictly limited to runners in bare feet.

## **20. ABANDONMENT AND REPATRIATION**

Except for injury, a runner must only abandon at a control post. They must alert the head of post, who will invalidate their race-bib.

The runner keeps his invalidated race bib because it is still his pass for shuttles, buses, meals, care rooms...

Repatriation will be decided on by the post leader, based on the following general rules :

Buses are available from certain refreshment posts indicated by a pictogram “bus” on the event route maps to repatriate runners, who abandon, back to Omiš.

Runners who abandon at another rescue or refreshment post but whose state of health does not necessitate being evacuated must get back as quickly as possible and by their own means to the closest repatriation point.

Concerning the refreshment or rescue posts accessible to cars or four-wheel drive

During the closure of the post, the organization can, in the measure of means available, repatriate the runners having retired and still present at the post

In the case of unfavourable weather conditions justifying partial or total closure of the race, the organization ensures the repatriation as soon as possible of those runners having retired.

In case of abandonment before a control point, it is imperative to return to the previous control point and inform the post leader of one's abandonment.

If, during this return, the runner meets the end of race sweepers, it is them who invalidate the race bib. The runner is then no longer under the organization's control.

## **21. WAY MARKERS**

For better night vision, the way markers include a section of white reflective material which will be easily visible with a head torch.

ATTENTION: if you can not see any more markers, retrace your steps!

It is imperative that you follow the paths with the markers without taking short cuts.

## 22. FINISH

When you finish, you will receive a finisher's medal.

## 23. PENALTY – DISQUALIFICATION

Race officials present on the course, and those in charge of different control and refreshment posts are authorised to uphold regulations and to immediately (\*) impose a penalty for non-respect, based on the following chart :

BREACH OF RULES PENALTY	DISQUALIFICATION
Short-cutting the route	At the race directors' decision
Lacking obligatory safety equip-ment (no minimum water supply of 1 litre, no waterproof jacket with hood, no torch, no survival blanket, no mobile phone)	Immediate disqualification
Lacking other obligatory equipment	Penalty 30 min
Refuse to have obligatory equip-ment checked out	Disqualification
Throwing away rubbish (voluntary act) by a competitor or a member of their team	Penalty 1 hour
Not respecting people (organisation or runners)	Penalty 1 hour
Not assisting a person in difficulty (requiring official assistance)	Penalty 1 hour
Receiving help outside authorised zones	Penalty 1 hour
Cheating (e.g.: using transport, shar-ing race number,...)	Immediate disqualification and for life
Not passing through a control point	Depending on the Race Jury
Refusal to comply with an order from race control, from a race offi-cial, from a head of post, from a doc-tor or from a	Disqualification
Departure from a control post after the hour limitation	Disqualification

(\*) Time penalties are immediately applicable in situ, that's to say a runner while be required to interrupt their race for the duration of the penalty.

Any other breach of the rules will be the object of a sanction decided on by the Race Jury.

## 24. COMPLAINTS

All objections must be in writing and lodged with the course director, with a caution of 100 (one hundred) euros (non-returnable if the objection is not valid), within two hours of the arrival of the runner concerned.

## 25. EVENT JURY

This is made up of:

- a representative of the runners
- the course director
- the race director

The jury is authorised to give a ruling in the time compatible within the imperatives of the race on all the objections lodged during the event. The decisions will be without appeal.

## **26. MODIFICATIONS TO THE COURSE OR TO THE TIME BARRIERS; CANCELLATION OF THE RACE**

The organisation reserves the right to modify at any moment the route and the positioning of the rescue and refreshment posts, without warning.

In the case of unfavourable weather conditions (important quantities of rain or snow at altitude, strong risk of storms....) the start may only be postponed by a maximum several hours, after that time the race is cancelled.

In the case of poor meteorological conditions, and for reasons of safety, the organisation reserves the right to stop the event underway or to modify the time barriers.

In case of cancellation of an event, for whatever reason, decided more than 15 days before the date of the start of the race, a partial refund of the registration fees will be made. The amount of this refund will be fixed so as to allow the organisation to cover all irredeemable expenses committed, up to the date of the cancellation. In case of a cancellation decided less than 15 days before the departure or in case of interruption of the race, for whatever the reason, no refund of the registration fee will be made.

## **27. INSURANCE**

Civil responsibility:

The organiser has taken out civil responsibility insurance for the duration of the event. This civil responsibility insurance guarantees the financial consequences of its responsibility, of that of its officials and of the participants.

Individual accident:

Each competitor should have their own accident insurance which will cover any costs of search and rescue.

## **28. RANKINGS AND REWARDS**

For the 3 races, only the runners arriving at Omiš are classed.

For each race, a general classification man and woman and a classification for each category man and woman are established (only for Mountain DUT 122 km race!)

The first 3 men and the first 3 women in the general classification, and for Mountain DUT race as well as the winners from each category receive a trophy and a prize

## **29. INDIVIDUAL SPONSORS**

Competitors who are sponsored may only have the sponsor's logos on their clothing or equipment used during the race. All other publicity accessories (flags, banners) are forbidden at all points of the race including at the finish, at the risk of penalties imposed by the jury.

## **30. PHOTO COPYRIGHT**

Every competitor relinquishes their claim to photographic copyright during the event, and he relinquishes any recourse against the organizer and against his approved partners for the use of his image. Only the organisation can pass on these rights for the image in any media, via an accreditation or an adapted license.