RULEBOOK

PROKLETIJE TRAIL 2026

1. ORGANISATION

NGO New Beginning and Tourist Organization of Plav municipality, in cooperation with sponsors, organize "Prokletije Trail" as a partial self-sufficiency mountain trail running race in mountain environment.

2. GENERAL INFORMATION

Prokletije Trail is a trail running competition that takes place along trails of Plav region of Prokletije mountain range with 3 different courses:

- RED – cca. 50 km / +2800m
  - Maximum time to complete: 12 hours
  - The race starts on Saturday, September 19th, 2026 at 7:00 AM from Plav city center
  - Finish line: Plav city center
- BLUE – cca. 29 km / +1800m
  - Maximum time to complete: 8 hours
  - The race starts on Saturday, September 19th, 2026 at 7:00 AM from Plav city center
  - Finish line: Plav city center

- ORANGE – cca. 10 km / +300m
  - Maximum time to complete: 3 hours
  - The race starts on Sunday, September 19th, 2026 at 7:00 AM from Plav city center

The maximum time to reach the finish line is:

- RED course – 50 kilometers: 12 hours. There shall be a time limit:
  - on the 36th kilometer - 8 hours
- BLUE course – 29 kilometers: 8 hours.
- ORANGE course – 10 kilometers: 3 hours.

3. PARTICIPATION REQUIREMENTS

Participants must be fully aware of the length and special characteristics of this competition. It's recommended for the runners to be well prepared (in terms of fitness) for this type of competition. It is strongly recommended that participants check their health status prior to the race, particularly if they have or had any cardiac issues, unexplained fainting, chest pain during exercise, family history of sudden cardiac death or other risk factors (such as hypertension, diabetes, high cholesterol or smoking) to consult a doctor before participating in the race.

To have acquired, before the race, a real capacity for self-sufficiency in the mountains which permits the management of problems, 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 have basic knowledge and orientation techniques while competing in the mountain environment.

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 nature, security depends upon the capacity of the runner to adapt to the problems encountered or envisaged.
Competition is open to anyone, men or women (18+ years old), recreational or professional athletes.
Participants who have not become adults (aged 16+) may only participate upon presenting parental consent.
Each runner declares their knowledge of and accepts the present regulations and agrees to accept them without reserve.

4. SEMI AUTONOMY

The individual principle of racing in semi autonomy is applied. 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/her obligatory equipment with him/her at all times during the race (see paragraph EQUIPMENT). 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.

5. ACCEPTANCE OF THE REGULATIONS AND ETHICS OF THE RACE

By participating in the race, each individual accepts the rules of the race regulated by this document (Rulebook for the “Prokletije trail” race). Each participant participates in the race at his/her own risk.

6. ENROLMENT AND REGISTRATION PROCEDURES

Registration process
Registration for the race is done exclusively online on the website **prokletijetrail@gmail.com** within the specified deadlines or shorter in case the maximum defined number of participants is reached earlier unless otherwise stated by the organizers.

Registration fees and deadlines

Registration starts on February 1st 2026 and finishes on September 1st 2026.

For the runners who register after August 01th the Organization cannot guarantee the full starting package (race t-shirt etc).

Note: the registration is considered complete only when the registration fee has been paid in full as listed below:

Red 50k Participants limit: 50

From February 1st to April 1st. participant fee is 60,00 euros.

From April 1st to August 1st participant entry fee is 70,00 euros.

From the August 01st to September 1st participant entry fee is 80,00 euros.

Blue 29k - Participants limit: 200

From February 01st to April 1st participant entry fee is 30,00 euros.

From April 1st to August 01st participant entry fee is 40,00 euros.

From August 1st to September 1st participant entry fee is 50,00 euros.

Orange 10k – Participants limit: 200

From February 01st to September 15th participant entry fee is 20,00 euros.

The registration fee for all the races includes the following:

- Start number
- Mountain rescue assistance in case of emergency or injury
- Assistance and refreshments during the race
- Start package
- Meal and refreshments in the finish area.

Cancellation of participation and fee reimbursement

If the competitor wishes to cancel his registration, cancellation must be notified by e-mail to **prokletijetrail@gmail.com**, following above stated rules:

- Competitors who register for the race and do not pay the entry fee by the specified deadline for registration fee payment will be considered to have withdrawn.
- Competitors who have already paid the registration fee, and contacted the organizer (before 1st August 2026) by emailing **prokletijetrail@gmail.com** can claim a refund of 50% of the entry fee, or they can transfer it to the next race edition.
- All competitors who have already paid the registration fee, but have decided to withdraw their registration/participation after 1st August 2026, cannot receive a refund of the entry fee.

7. RACE BIB EXCHANGE

- BIB transfer to another runner is not allowed without the permission of the organizer. Exchange/substitution of starting numbers among runners is not allowed.

Changing the courses

- The competitor can send a request via email **prokletijetrail@gmail.com** to the organizer to change the course, until the defined deadline for payment of registration fees. Requests sent by phone or via social media channels will not be considered.

- The price difference will be calculated between the price (course to which it is transferred) at that moment and the price (course from which it is transferred) that was when the payment was made. The competitor is obliged to pay the price difference immediately after the approval of his request.

Cancellation of the race by the organizer and refund of the entry fee

- In the event of a race cancellation 30 days or less before the race date, for reasons beyond the control of the organizer, the organizer shall make a refund to the competitors (50% of the price). This percentage is determined so that the Organizer can cover the extraordinary costs incurred.
- Should the race be cancelled or interrupted for atmospheric reasons, or any other reason beyond our control, no refund of the registration fee will be made.

Cancellation of a registration in the case of injury

- In the case of non-chronic, inflammatory, or muscular injuries of runners, which occurred after registration and the runner can't be completely cured until the day of the race, the organizers recommend that the injured competitor does not risk unnecessarily, and cancel his application for the current year with the possibility of transferring registration fee to the next year competition.
- Requests for postponement must be provided to the organizers before the race starts, accompanied by a complete medical report (detailed medical report and x-ray results confirming the diagnosis). Any incomplete report will be rejected, as well as subsequent cancellation requests.
- Requests will be processed by October 1st at the latest. The only medical advisor will judge the case and their decision is final. In the case of a favorable assessment by a medical advisor, the runner may take part in the next race edition.

8. QUIPMENT REQUIREMENTS

The competitors must have the following equipment with them, for the full duration of the race:

- Mobile phone (battery full) and an active number. The phone must be switched on during the whole race. (For all race courses!)
- Basic first aid kit (band-aids, gauze). (For all race courses!)
- Survival blanket/heat sheet. (For all race courses!)
- Whistle. (For all race courses!)
- Start number (BIB). (For all race courses!)
- Glass or water bowl (For all race courses!) (**There will be no plastic cups on refreshment stations or checkpoints!**).
- Camel bags or bottles that contain at least one litre of liquid. (Only for RED and BLUE courses!).
- Headlamp with spare batteries. (Only for RED course!).
- Jacket with hood (waterproof) – (Only for RED and BLUE course)

Required equipment can be worn on the body or in the backpack. The organizer reserves the right to verify the required personal equipment of the competitors during the race and at the finish (first 10 competitors and lottery afterward). For every part that is missing, the competitors will be penalized by adding penalty time (30 minutes for each part missing!) A competitor will be disqualified if he or she collects more than 90 penalty minutes (if he or she lacks more than 3 parts of the required equipment).
It is recommended that, besides the mandatory equipment, competitors also carry the following:

- Wind or rain jackets suitable for bad weather in high mountain areas.
- Long-sleeved top.
- Cap, hat or bandanna.
- Gloves
- Energy bars or solid food

- A small amount of money for the possible purchase of food in the mountain shelters and/or at the shops in the villages (20EUR);
- Elastic bandages.

The use of poles is permitted, but if a competitor chooses to use them, they must carry them throughout the race. The competitor must carry the poles in such a way that they do not pose a danger to other competitors.

The general rule is that the race must be finished with all the technical equipment with which it was started. The organizer does not take responsibility for its return in case it is discarded during the race or left at one of the refreshment stations. If a competitor is found to have left one or more pieces of equipment on the track during the race, he bears the risk of receiving penalty points and/or disqualification.

9. RACE BIBS

Start numbers or BIBs are given to competitors after showing the photo document to confirm the identity. 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. 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 spare 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.

10. SPARE BAGS

Each competitor receives his/her race BIB and a bag for personal stuff/gear. Once filled with his/her stuff and closed, the bag can be deposited right before the start at the designated place. The bags are handed back either to the competitor or to their entourage, uniquely on the presentation of the race number. They must have been collected before 1 p.m. on Sunday, the last day of the race at the race HQ. The Organization will not send any bags to participants' houses. Bags not collected after this deadline will be immediately destroyed for reasons of hygiene. Only the bags supplied by the organization will be transported. Poles are not transportable within these bags, because the organizer will not be responsible for the same. Any complaint about the contents on arrival is not acceptable. It is recommended not to put valuable objects in it, because the organizer will not be responsible for the same.

11. START OF RACE

Competitors must be at the start of the race at least half an hour before the start due to the technical meeting.

12. RACE ROUTES

The race kilometers are not marked. Competitors should therefore adhere strictly to the marked race route and avoid taking shortcuts or cutting out sections of the route. Any departures from the official route, apart from entailing disqualification, shall be at the sole risk of the competitor. The organizer reserves the right to disqualify competitors after the end of the race if it is found that there is a deviation from the marked path.

13. SAFETY AND CHECKPOINTS

First aid posts are positioned at different points throughout the course. These posts are in radio or telephone liaison with race HQ. A medical control team is present during the entire duration of the events at the race HQ. 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, call for assistance:

- Contact a person at the nearest first aid or refreshment station.
- 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 (or in whose name it is called) 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:

- Excluded 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 hospitalize any runners whose state of health necessitates doing so.

The choice of the means of evacuation and 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 insurance within the deadline

given. If for any reason it is impossible to make contact with the course HQ you can call the rescue services directly at numbers that are provided on BIB. Each runner must stay on the way-marked paths. Any runner who leaves the way-marked path is no longer under the responsibility of the organization.

14. CONTROL AND REFRESHMENT STATIONS

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 guide and the relevant pages on the internet give a precise list of the refreshment points and the offer in it. An end-of-race meal is served at the finish. To avoid improper disposal of plastic cups during the race, each runner is required to equip himself with a cup or bowl minimum volume 15cl. 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.

REFRESHMENT STATIONS

RED course – 50 kilometers:

- Hridsko lake – 15 Km
- Qafa Belega – 25 km
- Starac – 36 km

BLUE course – 29 kilometers:

- Hridsko lake – 13 km

- Treskavica – 20 km

When leaving each refreshment station, athletes must take into account whether they have enough liquid and food to reach the next station. Competitors must also keep in mind that the garbage is left at the refreshment station or that they carry it until the next station.

15. TIME LIMITS AND ELIMINATION

The maximum time to reach the finish line is:

- RED course – 50 kilometers: 12 hours. There shall be a time limit:
  - on the 36th kilometer, 8 hours,
- BLUE course – 29 kilometers: 8 hours.
- ORANGE course – 10 kilometers: 3 hours

IMPORTANT: Competitors who do not reach these points within the established time limits shall be stopped and will not be allowed to continue the race. Competitors who want to continue the race can do so at their own risk, in full autonomy and only after returning their starting number to the organizer.

To protect the health of the participants, medical staff at the checkpoints have the authority to stop those runners who are judged unfit to continue the race. In this case, the participant must follow the indications of the member of the medical staff. Anyone failing to do so will incur immediate disqualification.
Participants who reach the checkpoints 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. 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 checkpoints should make their way to the following aid station/checkpoint and from there will be transported to race HQ 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.

16. WITHDRAWAL FROM FURTHER PARTICIPATION IN THE RACE AND RETURN OF COMPETITORS TO THE FINISH

Runners can give up further participation in the race only at the control stations, except in case of injury. They must inform the organizer, who will invalidate their race-BIB. The runner can keep the invalidated race BIB because it is still the pass for shuttle buses and meals.
The return of the competitor to the finish line is left to the decision of the leader of the refreshment station, following the general rules:

- Runners who give up further participation in the race at the refreshment station, and whose health condition does not require medical evacuation, should independently transfer themselves to the return location or a location accessible by vehicle.
- When closing the refreshment station, the organizers will, to the extent and in the manner in which it is possible, return the runners who have given up, to the finish line.
- In case of unfavorable weather conditions that would justify the partial or complete cancellation of the race, the organizers are obliged to ensure the fastest possible return of the runners who have given up.

- In case of giving up during the race, before the refreshment station, it is extremely important to return to the previous station and inform the responsible person at the refreshment station. If during the return to the previous control station, the runner encounters "the cleaners of the courses", they can cancel the starting number. The runner then ceases to be under the responsibility of the organizer.

17. MARKS, GPS AND TRACKS

ATTENTION: if you don't see the markings, go back the same way until you get back to the trail! For the benefit of the environment, no paint or color markings will be used on the forest paths, but only on asphalted sections.

To be better prepared for all circumstances that may befall the competitor, it is recommended to have the most recently updated GPS record of the track on which the competitor is performing. The GPS record must be saved on a digital device (watch, mobile phone, tracker) that is easy to use and available when needed. The organizer will publish on its communication channels information about the last updated GPS records and possible changes. All records can be found on the race website.

In the case of using a GPS device (tracker) during the race, the competitor is obliged to return it to the organizer without loss or damage.

18. FINISH

After finishing the race within the time limit, the contestants will receive a finishing medal.

19. DISQUALIFICATION

The following infringements will lead to immediate disqualification with the withdrawal of the race BIB:

1. Failing to pass a checkpoint,
2. Leave the refreshment station after the limit set for that point
3. Taking shortcuts,
4. Abandoning rubbish along the race route,
5. Failing to aid a participant in difficulty,
6. Insulting or threatening the staff or volunteers,
7. Behaves badly,
8. Their behavior endangers the smooth progress of the race and the safety of other competitors,
9. Using transport during the race,
10. Refusing to undergo checks by the medical staff along the race route,
11. Refusing to allow checks of the obligatory material,
12. Failing to have 3 or more pieces of mandatory equipment.

The penalty will be applied immediately, where the infringement has been established.

20. COMPLAINTS

All complaints must be made in writing and lodged with the course director, with a caution of 50 (fifty) EUR (non-returnable if the objection is not valid), within two hours of the arrival of the runner concerned.

21. EVENT JURY

The event jury is made of relevant people chosen for their competencies by the president and course director. The jury is authorized to give a ruling at a time compatible with the imperatives of the race on all the objections lodged during the event. The decisions will be without appeal.

22. MODIFICATIONS TO THE COURSE OR TO THE TIME BARRIERS; CANCELLATION OF THE RACE

The organization reserves the right to modify at any moment the route and the positioning of the rescue and refreshment points, 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 of several hours, after that time the race is cancelled. In the case of poor meteorological conditions, and for reasons of safety, the organization reserves the right to stop the event underway or to modify the time barriers.

23. ENVIRONMENT

The race shall partly take place in a protected natural park area with a natural ecosystem. Participants are therefore required to fully respect the environment, in particular by not throwing away rubbish, picking flowers, or disturbing the wildlife. Anyone found leaving rubbish along the way shall be disqualified from the race. To reduce the impact on the environment, the athletes shall NOT be given plastic cups at the refreshment points. Each athlete shall be required to carry his/her own drinking cup or water bottle, which can be filled at the refreshment points.

24. MULTIMEDIA COPYRIGHT

All contestants waive their copyrights to multimedia content (photos, videos, etc.) created during the contest and waive the possibility of filing any complaint against the organizer and its partners due to the use of the same that portrays the contestant. Only organizers can transfer the right to use multimedia content to any media through accreditation or custom permission. The Contestant is entitled to use his camera at the Event only to record content and use such content for private purposes, i.e. only on his website and on his social media channels. Distribution of video and photo content on other channels and media other than those mentioned and without the consent of the organizer is not allowed.

25. RUNNER OBLIGATIONS AND DISCLAIMER

By registering, each runner personally agrees to the following:

- I declare that I have read and understood the regulations and that I will act ethically during the race
- I understand and agree with the conditions of participation stated in the Rulebook
- I agree and respect all items of the Rulebook

Voluntary registration and subsequent participation in the race indicate full acceptance of the race rules and any changes they may have to undergo. By registering, the participant exempts the organizers from any liability, whether civil or criminal, for damage to persons and/or property caused by or to him/her. In addition, contestants will also sign a disclaimer form at the proposal of the organizer and participate in the race at their own risk.

26. INSURANCE

Each participant must have active personal insurance in the event of an accident, which will be used in the event of an insured event.

27. CHANGES, APPENDICES AND INTERPRETATION OF THE RULES

Amendments, additions and interpretations of these regulations are made by the organizer via the EVENT JURY (see paragraph 21. EVENT JURY). The Organizer reserves the right to modify or amend the Regulations of the Race at any time, except for the duration of the race.