

## **RULES**

### **Sardinia Trail 08-09-10 May 2026 ShorT-18 10 May 2026**

#### **ART. 1 - Organisation**

The Sardinia Trail and the Short-18 are organised by the GLEsport A.s.d. under the aegis of the UISP and the patronage of the Autonomous Region of Sardinia with the Sports Department and the municipalities crossed.

#### **ART. 2 - Validity and Duration**

The Sardinia Trail is an Ultra Trail race. The race will take place in three stages totalling approximately 100 km.

The Short-18 is a Trail race. The race will be held over a distance of 18km.

#### **ART. 3 - Classifications**

The final classification of the Sardinia Trail will be drawn up with the sum of the times of the three stages.

#### **ART. 4 - Pathways**

The routes will mainly be on mountain trails and dirt roads.

#### **ART. 5 - Participation**

All races are open to women and men aged 18 years and over (18 years must have been reached by the day before the start of the race).

Competitors may be registered for the year 2025/26 with UISP or for the year 2026 with Fidal or have an active RUNCARD (according to the agreement in force between the organisation and the federation) and hold a valid medical certificate of fitness for competitive athletics issued by a doctor from the sports medicine federation. Those not licensed to the aforementioned bodies/federations will be required to present a similar medical certificate attesting to fitness for competitive athletics issued less than one year previously. Certificates will not be returned.

#### **ART. 6 - Insurance**

The organisation has taken out a civil liability policy, however, it is recommended that each competitor take out an individual insurance policy to cover any issues not attributable to the organisation.

#### **ART. 7 - Obligations of competitors**

The courses must be run in semi-self-sufficiency. Competitors must be in possession of (on **pain of disqualification**):

- Personalised bibs, provided by the organisation, must be pointed at the front and outside of shirts or jackets, the same must always be

**clearly visible in its full size;** IT IS STRONGLY RECOMMENDED that it be pinned to an elastic waistband so that it can possibly be overlapped with jackets or sweaters.

- Flasks or similar with a minimum of 1.0 litre of water and must be topped up at every refuelling;
- Mandatory use of the telephone
- Mandatory use of a personal glass;
- Survival cloth;
- Whistle;
- Windproof/rainproof jacket;
- Walking sticks are optional, but if used they must be used throughout the course.
- The material will be checked by punching in at the start of each stage and at each refreshment post.

**In adverse weather conditions: the organisation may make the following compulsory: woollen hat and/or fleece, thermal jersey, long trousers and gloves.**

In addition, all competitors are advised to equip themselves with their own food reserve, which can be replenished at the refreshment posts.

A hat and sunglasses are recommended.

#### **ART. 8 - Passage controls and gates.**

There are also surprise checkpoints and passage points, where competitors must have their bibs stamped and/or sign the transit sheet.

**A time gate will be placed at each individual stage (see road-book) at the refuelling stations of each stage. Anyone who does not pass after the time set at the start will be unquestionably stopped and accompanied to the finish by a designated vehicle.**

#### **ART. 9 - Miscellaneous**

The organising committee reserves the right, at any time, to change the race route, the starting times and the gate passage times.

#### **ART. 10 - Image**

Competitors taking part in the competition authorise the press and the organising committee to publish images and photos taken during the race.

#### **ART. 11 - Briefing**

Briefings will be held half an hour before each start at the start line.

#### **ART. 12 - Itinerary**

Competitors **are not allowed to leave the signposted route**, the signposts will be coloured webbing and/or arrows.

#### **ART. 13 - Precedence**

The competition route will take place in some sections on carriageways and competitors will not have priority or precedence, they will be required to run on the right side of the road and give way to vehicles.

#### **ART. 14 - Disqualifications**

Competitors may be disqualified in the event of:

- failure to punch in at the start or at a passage control on the course;
- passing through the gates after the appointed time;
- cutting the route;
- arrival out of time;
- use of a means of transport;
- unauthorised assistance;
- **abandonment of waste outside the refreshment areas;**
- refusal to be examined by doctors provided by the organisation at any time during the trial;
- anti-doping positives, to which any competitor may be subjected during or at the finish of each individual event;
- insults or threats to members of the organisation or improper or dangerous behaviour at the sole discretion of the Organising Committee.

#### **ART. 15 - Obligations**

By registering and signing the relevant form, competitors acknowledge that they have read these regulations and accept **the terms in full**. Any complaints must be lodged within one hour of the publication of the rankings for each leg, accompanied by a € 50.00 deposit, which will only be returned if the complaint is accepted.

#### **ART. 16 - Organising Committee**

The Organising Committee will be composed as follows:

- President: Gian Domenico Nieddu.

#### **ART. 17 - Supplies**

For all stages there will be one: about halfway through the route and will include: water, coke, tea, fresh and dried fruit.

It is forbidden to leave rubbish along the entire route **UNDER PENALTY OF DISQUALIFICATION** (see art. 14) It is recommended to deposit rubbish at the refreshment posts.

#### **ART. 18 - Assistance**

Medical assistance will be ensured at the start and finish of each stage, along the route there will be two all-terrain vehicles that will follow the competition in its entirety, and two pathfinders will ensure along the entire route that the markings are always visible and accurate. Safety and assistance will also be ensured by the organisation through rescue vehicles.

#### **ART. 19 - Awards**

Prizes will be awarded to the first five overall finishers in the men's category and the first five overall finishers in the women's category. Prizes will be in kind.

In addition, the winners of the men's and women's rankings will have free entry for the 2027 edition.

## **ART. 20 - Registration**

### **The entry formula entitles you to**

- Race package
- Assistance and refuelling along the race route of the three stages
- Pasta party at the end of each stage and the Short-18
- Finisher medal
- Sardinia Trail Jersey

### **Registration does not include:**

- transport to and from Cardedu
- stage transfers
- airport/port transfers Cardedu
- extras of any kind
- everything not specified in the rights

## **ART. 21 - Renunciation**

In the event of withdrawal, the registered competitor and any accompanying person may claim 50% of the entry fee by notifying the organiser 30 days before the race, 30% up to 10 days before, no reimbursement after this date. The date considered to be the date on which the organiser becomes aware of the renunciation will be the date on which the refund is made. In the event of withdrawal for other reasons, the renounced runner will only be reimbursed 50 % of the fee paid if he/she is replaced by a new entrant by 3 May 2026. No other type of reimbursement is permitted.

## **Art. 22 - Cancellation or postponement of the competition**

Should force majeure occur such as to make it impossible to hold the Sardinia Trail, in the unquestionable opinion of the organising committee, the competition may be cancelled at any time and the organisation of the Sardinia Trail shall not be liable to the participants, except for an amount equal to 50% of the registration fees paid.

If the start of the Sardinia Trail is postponed, the organisation of the Sardinia Trail must immediately inform each participant of the new date of the race. If competitors are unable to participate in the race due to this change of date, they will have a maximum of eight days to request a refund of their registration fee by sending an email to [info@sardiniatrail.com](mailto:info@sardiniatrail.com). In any case, participants will not be able to claim any compensation.

The Organisation