



RULES

Sardinia Trail 10-11-12 MAY 2024

Art. 1- Organization

The first Sardinia Trail is organized by the Wild Track A.s.d. under the aegis of UISP and under the patronage of the Autonomous Region of Sardinia and with the Departments of Sport along with the crossed Municipalities.

Art. 2 - Duration and validity

The Sardinia Trail is a race will take place in three stages for a total amount of 100 km.

Art. 3 - Rankings

The final ranking will be drawn up by summing up the times of the three stages.

Art 4 - Courses

The courses will be mainly along mountain tracks and dirt roads.

Art. 5 - Participants

The race is open to men and women (minimum age of 18 within the day before the race). The participants must have a sports license, for which it is required a medical clearance to compete in competitive sports, signed by one of the physicians of the Federation of Sports Medicine and whose date does not expire before the end of the competition.

Non-licensed participants must show the same kind of certificate attesting the athlete's fitness to competitive athletics, been issued for less than a year.

Copies of clearance will not be given back.

Art. 6 - Insurance

Wild Track A.s.d. have subscribed a civil liability insurance policy. Nevertheless, we highly recommend you to subscribe your own insurance policy in order to cover any other problems not ascribable to the Organization

Art. 7 - Participants' duties

The trail running must be accomplished in semi self-sufficiency.
Athletes must carry **(on pain of disqualification)**:

A personal bib number, given by the Organization. The bib number must always **be**



perfectly and entirely visible in its full size; and must be attached to the front and back of the T-shirt or jacket

IT IS STRONGLY RECOMMENDED that it be pinned to elastic waistband so that it can possibly be overlaid on jackets or sweaters.

- Flasks or similar with a minimum of 1 litre of water to be filled in the refreshment points
- Personal glass
- Survival blanket
- Whistle
- Windproof/waterproof jacket
- The trekking sticks are optional, but if used once they must be used all over the course
- Equipment and materials will be checked at the start of each stage and in all the refreshment points

In adverse weather conditions: the organization may make the following mandatory: woolen hat and/or fleece, thermal shirt, long pants and gloves.

Moreover, it is recommended to carry your own food supply that can be replenished in any refreshments points.

It is recommended to wear a cap and sunglasses.

Art. 8 - Checkpoints

There will be checkpoints and passage points, where the competitors may be unexpectedly controlled. In case, they will have their bib stamped and they must sign the transit card.

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

Art. 9 - Any other business

The Organizers reserve the right to make changes to the trekking course of the race, the start times and the passages to the gates at any time.

Art. 10 - Pictures

The participants grant press and the organizing committee permission to use and publish the pictures taken during the race.

Art. 11 - Briefing

Race briefings are on the start line a half an hour before the starting time of each stage.



Art. 12 - Route

Athletes are not allowed to leave the trails marked by colourful tapes and/or arrows with.

Art. 13 - Priority

Some courses of the competition will be on roadways where the athletes have no priority or right of way. They will have to run on the right of the road and leave priority to vehicles.

Art. 14 - Disqualification Athletes can be disqualified if they:

- miss the check at the start or in one of the checkpoints over the courses
- take short cuts
- use means of transport
- receive non-authorized aid
- **throw rubbish outside the refreshment points**
- refuse to be visited by doctors of the organization at any time of the courses
- are tested positive for doping. Athletes may undergo drug testing during or at the arrival of each stage
- use threats or verbal abuses to the Organizing Committee or behave improperly.

Art. 15 - Duties

Upon registration, athletes acknowledge that they have read and understood the contents of these Rules and they have agreed to the terms. Any possible complaint can be lodged within an hour of the publication of rank lists of each stage, leaving € 50 deposit which will be given back only in case the complaint is accepted.

Art. 16 - Organising Committee

The Organising Committee will be composed as follows:

President: Mr Gian Domenico Nieddu

Art. 17 - Aid stations

In each stage, around the middle of each course, there will be a refreshment point with: water, coke, tea, fresh and dried fruits. It is forbidden to throw rubbish along the entire course ON PAIN OF DISQUALIFICATION (see Art. 14). It is highly recommended to throw litter in the rubbish bins situated in the refreshment point areas.

Art. 18 - Assistance: Medical assistance at departure and arrival of each stage are guaranteed. All along the course there will be two off-road vehicles that will follow the whole competition. Moreover, two forerunners will ensure all over the course that signs are always visible and accurate. Safety and assistance will also be assured by the organization through aid vehicles.



Art. 19 - Prizes

Prizes will be awarded to the first five athletes of the absolute male rankings and the first three athletes of the absolute female rankings. Athletes will be rewarded with product prizes. The winners of the men's and women's rankings will have free registration for the 2023 edition.

Art. 20 - Entries

Entry fee includes:

- Race package
- Assistance and supplies along the three-stage race tracks
- Pasta party at the end of each stage
- Finisher medal
- Sardinia Trail T-shirt 2024

Entry fee does not include:

- transport from/to Cardedu (NU)
- transfer for stages
- transfer from airports/ports to Cardedu and vice versa
- all kind of extras
- everything not hereby specified

Art. 21 - Withdrawals before the race

in case of withdraw, the registered competitor and any accompanying person could claim 50% of the registration fee communicating 30 days before the race, 30% of the entry fee shall be refunded in case of withdrawal submitted 10 days before the race, no refund after that date. The date in which the withdrawal is submitted to the Organization is considered valid for the refund. In case of waiver for other reasons, 50% of the fee paid will be refunded to the renunciation runner only if a new member will take over by 3 May 2024. other types of reimbursement are not allowed

Art. 22 - Cancellation or postponement of the event

In case the departure of the Sardinia Trail cannot take place for majeure force's reasons Sardinia Trail Organization will be liable to the competitors only for the 50% amount of the entry fees.

Should the start of the Sardinia Trail be delayed, Sardinia Trail Organization will immediately inform each participant of the new date of the Sardinia Trail.



On their part, competitors who cannot take part in the event owing to this change of date, will have a maximum of eight full days to request, by mail to info@sardiniatrail.com, the refund of the amount of the entry fees paid to Sardinia Trail Organization. In any case the participants cannot claim any indemnity.

The Organization