

UTSM 2024 REGULATION

The Ultra Trail Senderos de Las Merindades will take place between October 30 and November 3, 2024 with departure and arrival in the town of Villarcayo (burgos)

Participation in the Ultra Trail Senderos de las Merindades is open to all runners and walkers who meet the requirements established in these Regulations in each of its modalities. Runners and walkers, regardless of the modality in which they register, must be in good physical and mental condition, sufficiently trained and prepared for this competition, having technical skill and sufficient survival resources to guarantee their own safety, under the conditions of autonomy in which the different tests are developed.

Registration in the Ultra Trail Senderos de las Merindades means knowing and fully accepting these Regulations and going through what is regulated therein.

Article 1: Sports behavior and respect for the Environment.

The Ultra Trail Senderos de las Merindades is celebrated with absolute respect for the Environment. The organization will not cut off traffic at any time and participants will respect road rules in towns, highways, intersections, public roads and paths.

Participants who display unsportsmanlike attitudes or throw garbage into nature or, in any way, damage it, will be disqualified from the competition. It is mandatory to respect crops, livestock and private property in general. Participants will be responsible for any damage caused as a result of this type of behavior.

Article 2: The Organization

The Ultra Trail Senderos de las Merindades, hereinafter UTSM, is a mountain test promoted by the nineteen towns of the Merindades of Villarcayo Castilla La Vieja, Valdebezana, Valdeporres, Sotoscueva and Espinosa de los Monteros in Burgos as well as the Vega de Pas in Cantabria, organized by RunELA Pura Vida

Article 3: The Tests

Within the framework of the Ultra Trail Senderos de Las Merindades, five different competitive mountain races and two non-competitive Nordic walking tests are carried out. Each test takes place in a single stage. In the case of Nordic walking tests, you cannot run. All of them have a limited time. The specific conditions of each test will be set out and developed in detail on the UTSM website and in the dossier annexed to these regulations.

The Ultra Trail Senderos de Las Merindades covers the following modalities:

- 300 UTSM (Attached dossier) Competitive race in self-sufficiency and without marking
- ULTRA (Attached dossier) competitive race
- EPIC (Attached dossier) competitive race
- TRAIL (Attached dossier) competitive race



- STARTER (Attached dossier) competitive career
- ANDANELA (Attached dossier) non-competitive Nordic walking
- FAMILY (Attached dossier) non-competitive Nordic walking
- KIDS (Attached dossier) non-competitive cross





The 300 throughout the test and present upon arrival at the finish line as well as various mazes and puzzles that they must solve in order to continue. All of this being individualized and specific for each participant.



In the ULTRA mode, participants will also have the places reflected on the track where they must pick up certain objects that they must carry throughout the race and present upon arrival at the finish line.

These last two sections will be MANDATORY COMPLIANCE and in all tests the passage through the control points related to each discipline is MANDATORY and failure to complete them completely will be grounds for disqualification.

Article 3.1 Test details

	<ul style="list-style-type: none"> • 300 KMS • 15000 METERS OF LEVEL + • UNMARKED MOUNTAIN RACE <ul style="list-style-type: none"> • 75% TRAIL • 10% HINT • 10% OFF TRAIL • 5% ASPHALT • 3 BAGS OF LIFE • GPS BEACON • DEPARTURE WEDNESDAY, OCTOBER 30 AT 9 AM FROM VILLARCAYO (BURGOS) ARRIVAL AT THE SAME PLACE <ul style="list-style-type: none"> • MAXIMUM TIME 100 HOURS • YOU WILL HAVE TO SOLVE PUZZLES AND LABYRINTHS AS WELL AS LOCATE OBJECTS THAT MUST BE DELIVERED TO THE FINISH ON ARRIVAL. ALWAYS IN AN INDIVIDUAL WAY FOR EACH PARTICIPANT
	<ul style="list-style-type: none"> • 155 KMS • 7000 METERS OF LEVEL + • MOUNTAIN'S RACE <ul style="list-style-type: none"> • 78% PATH • 15% TRACK • 5% OFF TRAIL • 2% ASPHALT • 12 PROVISION STATIONS <ul style="list-style-type: none"> • GPS BEACON • DEPARTURE FRIDAY, NOVEMBER 1 AT 9 AM FROM VILLARCAYO (BURGOS) ARRIVAL AT THE SAME PLACE <ul style="list-style-type: none"> • MAXIMUM TIME 53 HOURS • OBJECTS WILL HAVE TO BE LOCATED AND MUST BE DELIVERED AT THE FINISHING ARRIVAL ON ARRIVAL. ALWAYS IN AN INDIVIDUALIZED WAY
	<ul style="list-style-type: none"> • 85 KMS

	<ul style="list-style-type: none"> • 3500 METERS OF SLOPE + • MOUNTAIN'S RACE <ul style="list-style-type: none"> • 80% TRAIL • 15% TRACK • 3% OFF TRACK • 2% ASPHALT • MOUNTAIN'S RACE • 7 PROVISIONS <ul style="list-style-type: none"> • DEPARTURE SATURDAY, NOVEMBER 2 AT 9 AM FROM VILLARCAYO (BURGOS) ARRIVAL AT THE SAME PLACE <ul style="list-style-type: none"> • MAXIMUM TIME 29 HOURS
	<ul style="list-style-type: none"> • 55 KMS • 1200 METERS OF SLOPE + • MOUNTAIN'S RACE <ul style="list-style-type: none"> • 73% PATH • 15% TRACK • 10% OFF TRAIL AND TRACK <ul style="list-style-type: none"> • 2% ASPHALT • MOUNTAIN'S RACE • 5 PROVISIONS <ul style="list-style-type: none"> • DEPARTURE SATURDAY, NOVEMBER 2 AT 12 AM FROM VILLARCAYO (BURGOS) ARRIVAL AT THE SAME PLACE <ul style="list-style-type: none"> • MAXIMUM TIME 6 HOURS
	<ul style="list-style-type: none"> • 25 KMS • 960 METERS OF SLOPE + • MOUNTAIN'S RACE <ul style="list-style-type: none"> • 73% PATH • 15% TRACK • 10% OFF TRAIL AND TRACK <ul style="list-style-type: none"> • 2% ASPHALT • MOUNTAIN'S RACE • PROVISIONS <ul style="list-style-type: none"> • DEPARTURE SUNDAY, NOVEMBER 3 AT 10 AM FROM VILLARCAYO (BURGOS) ARRIVAL AT THE SAME PLACE <ul style="list-style-type: none"> • MAXIMUM TIME 4 HOURS
	<ul style="list-style-type: none"> • 55 KMS • 1200 METERS OF SLOPE + • NON-COMPETITIVE Nordic WALKING <ul style="list-style-type: none"> • 73% PATH • 15% TRACK • 10% OFF TRAIL AND TRACK <ul style="list-style-type: none"> • 2% ASPHALT • 5 PROVISIONS <ul style="list-style-type: none"> • DEPARTURE SATURDAY, NOVEMBER 2 AT 10 AM FROM VILLARCAYO (BURGOS) ARRIVAL AT THE SAME PLACE <ul style="list-style-type: none"> • MAXIMUM TIME 12 HOURS
	<ul style="list-style-type: none"> • 25 KMS

	<ul style="list-style-type: none"> • 1200 METERS OF SLOPE + • NON-COMPETITIVE Nordic WALKING <ul style="list-style-type: none"> • 73% PATH • 15% TRACK • 10% OFF TRAIL AND TRACK <ul style="list-style-type: none"> • 2% ASPHALT • PROVISIONING • DEPARTURE SUNDAY, NOVEMBER 3 AT 8 AM FROM VILLARCAYO (BURGOS) ARRIVAL AT THE SAME PLACE • MAXIMUM TIME 6 HOURS
	<ul style="list-style-type: none"> • 0.5 KMS – 2 KMS • NON-COMPETITIVE CROSS • AGE BETWEEN 6 AND 14 YEARS • DEPARTURE SUNDAY, NOVEMBER 3 AT 9 AM FROM VILLARCAYO (BURGOS) <ul style="list-style-type: none"> • GREAT FINAL PIÑATA • GAMES

Article 3.2: Categories and trophies

The first, second and third of all Categories, both Absolute Male and Female, Youth, Promise, Senior and Veteran, will receive a trophy in the mountain racing events, according to the following established categories:

- Absolute Category: 15 years and older after the year of the competition
- Youth Category: 15 to 17 years old, after the year of the competition.
- Promise Category: 18 to 23 years old, after the year of the competition.
- Senior Category: 24 to 54 years old, after the year of the competition.
- Veteran Category: from 55 years of age or older in the year of the competition.

As mountain races officially registered in the ITRA (International Trail Running Association) and the ITRA NATIONAL LEAGUE, participants will receive the ITRA points corresponding to their event as well as become part of the world classification in the INL, mentioned above.

All finishers in mountain running, non-competitive Nordic walking or cross country will receive an exclusive FINISHER medal

In the 300 XTREMA and ULTRA mountain races you will additionally receive an exclusive FINISHER garment

Article 3.3: Registrations

The registration period is from January 25, 2024 to October 13, 2024

The following registration periods and rates are established:

PERIOD EVENT	FROM 1/20/2024 - 3/31/2024	FROM 4/1/2024 - 7/31/2024	FROM 8/1/2024 - 10/13/2024
	€280	€330	€380
	€150	€180	€210
	€85	€100	€110
	€55	€75	€90

	€30	€45	€60
	€50	€70	€85
	€25	€40	€55
	€5	€10	€15
	€40	€50	€60

Article 3.5: Included in registration

1. Dorsal
2. UTSM T-shirt
3. AWESOME runner bag
4. Accident insurance
5. Liability insurance
6. GPS beacon (depending on distance)
7. Timing system and online tracking of the runner.
8. Access to supplies
9. Transportation of life bags (depending on distance)
10. Wardrobe

11. Medical assistance and ambulances
12. FINISHER exclusive gift (depending on distance)
13. Showers, changing rooms at the finish line
14. Great final meal and concerts
15. Post-race services

Article 3.5: Cancellation and return of registrations

All participants will have the right to cancel their registration and receive the corresponding refund.

100% until May 1, 2024

75% until July 1, 2024

50% until September 15, 2024

0% from September 16, 2024

With CANCELLATION INSURANCE, 100% of the registration made up to 15 days before the test will be refunded. After this period, no refund will be made.

- Only refund requests for cancellation sent before the last 2 months prior to the event will be accepted and 15 days before the event is held if it is with cancellation insurance to the email utsmultratrail@gmail.com.
- All returns will be made within 30 days of the date of acceptance of the request.
- Once the cancellation request has been made, the place becomes available to the Organization,

Cancellation insurance

The organization offers Cancellation Insurance in which 100% of the registration will be returned to all those runners who have contracted said service and have presented a document proving the severity and/or major cause of the withdrawal.

- Said refund will only be made up to 15 days before the start of the test. After this date no registration will be refunded.
- SAFE PRICE: 300 XTREMA €50 - ULTRA €25 - EPIC €15 - TRAIL and ANDANELA €10 - - STARTER and FAMILY €5
- Cancellation insurance can only be contracted when registering. Once it is formalized, it will not be possible to contract cancellation insurance.

Article IV: Conditions of Participation

Participation in the different modalities of the UTSM is open to all people over 15 years of age; except for the 300 legal representative; They must be of legal age in the year of the test and must have duly formalized their registration.

Participants must:

- Know and accept this Regulation, respecting the conditions established therein
- Duly complete the registration process, filling out the form, and paying the corresponding fee
- Participants in the 300 where the distance to be covered is specified, that is, 300 and 155 km respectively. Additionally, in both specialties, a 12-lead electrocardiogram performed in a resting state must also be attached, also performed a maximum of 6 months before the test. The report must be signed by a practicing physician specifying personal identification data and membership number.
- Participants in the ULTRA modality must prove that they have completed a mountain event of more than 50 km in the last two years.
- Participants in the 300 XTREMA modality must prove having completed a mountain event of more than 160 km in the last two years.
- Know the length, gradient, technical difficulty, nighttime, weather conditions and other characteristics of the test, being physically and mentally prepared and having the capacity for autonomy to face possible difficulties derived from the previous conditions.
- Carry the mandatory material with you throughout the entire test
- Know where the respective supply points and life bags are, and what you can replenish at each of them.
- Deposit waste in the containers provided for this purpose in the vicinity of said points.
- Do not rely on people outside the Organization except at the refreshment points and life bags, nor be accompanied by third parties outside the race, in whole or in part.
- Do not be accompanied by any type of animal
- Do not use substances that may be considered doping by any of the administrations, sports entities or sports federations with jurisdiction in the matter, obligatorily submitting to doping controls that may be established by the Organization.
- Provide aid to another participant who is in danger or injured by communicating such circumstances to the Organization immediately.
- Respect the Environment, not being able to voluntarily throw any type of waste or material and will not be able to damage the environment in which it passes either in previous training or during the race, and non-completion of this will be scrupulously sanctioned by the Organization. exposed.
- Respect other athletes, referees, volunteers, supervisors, controls and means of the Organization and the general public.
- Take the route established by the Organization.
- Follow at all times the instructions of the members of the Organization, understood as those who officially present support for the celebration of the Event: Members of the Security Forces and Corps, Civil Protection, volunteers...

Article V: MANDATORY Material

- To participate in the UTSM, each participant must be dressed at all times in clothing and footwear suitable for mountain sports, including a bib number, electronic chip and GPS beacon in the case of the ADVENTURE modality.
- The number will always be visible and on the front of each runner. The collection of numbers, chip and GPS beacon will be done with mandatory presentation of the participant's ID or official document that has the participant's photograph, and only the participant in person will be able to collect it.
- At the time of collecting the GPS beacon, a deposit of €50 will be left in a single ticket, which will be refunded upon return.
- All nutritional material carried by the participant (gels, bars, etc.) must be marked with the participant's bib number.
- Each participant must take into account the following list of MANDATORY or recommended MATERIAL depending on the modality.

300 XTREMA ULTRA EPIC TRAIL STARTER ANDANELA FAMILY

Backpack	x	x	x	x			
GPS beacon provided by the Organization	x	x	x	x	x	x	x
Glass	x	x	x	x	x	x	x
Razor or knife	x						
Thermal or survival blanket 1.40cmx2m	x	x	x	x	x	x	x
First aid kit	x	x	x				
Adhesive elastic bandage, or bandage and tape. Minimum of 100 cm x 6 cm	x	x	x	x	x	x	x
Mobile phone with the Organization's Emergency number recorded and operational during the test	x	x	x	x	x	x	x
GPS with track (hand or wrist)	x	x	x	x	x	x	
Map provided by the Organization with the route	x	x					
Whistle	x	x	x	x	x	x	x
Front with extra battery or spare batteries	x	x	x				
Second front with extra battery or spare batteries	x	x					
red tail light	x	x	x				
Hooded windbreaker jacket	x	x	x	x	x	x	x
Waterproof and breathable jacket with hood and minimum resistance 15000 mm in water column	x	x					
Waterproof jacket with hood and minimum resistance 10,000 mm in water column			x	x		x	
Full leg pants or leggings	x	x					

Waterproof pants with a minimum resistance of 10,000 mm in water column	x	x	x				
Long-sleeved thermal undershirt of minimum 180 grams.	x	x					
Long sleeve thermal base layer			x	x		x	
warm hat	x	x					
Cap, visor, buff or chamois	x	x	x	x		x	
Warm and waterproof gloves	x						
warm gloves		x	x				
Container/s 2.4 l. minimum liquid filled/s	x						
Container/s 1 l. minimum liquid filled/s		x	x	x		x	
500 cl container. Minimum liquid filled/s					x		x
Stove and gas bottle	x						
Lightweight mountain helmet *	x						
Minimum safety energy meal reserve of 500 kcal marked with the participant's bib number		x	x				
Reserve of minimum safety energy food of 250 kcal marked with the participant's bib number				x		x	
Bivouac or survival cover 100% waterproof and windproof	x						
Water purification tablets	x						
Cash (50 euros)	x						
Cash (20 euros)		x					
Photo ID	x	x	x	x	x	x	x

***VERY IMPORTANT:** in the **300 XTREMA** modality, a light helmet will be obligatory, to be collected at the life bag in Vega de Pas, and can be deposited at the next control point. It must be indicated with the bib number visible. Additionally, in the 300 XTREMA and ULTRA modalities, they must travel with an additional cold and rain kit to the test site, since it could be activated for the test days.

This additional COLD AND RAIN KIT is also MANDATORY if the Organization activates it for the development of these two tests and must include:

- waterproof poncho
- Second warm and waterproof gloves
- Second inner thermal layer of minimum 180 grams,
- Long-sleeved inner thermal third layer
- Warm and waterproof hat
- Replacement socks
- Safety glasses

- The intrinsic characteristics of the tests, as well as the variable weather conditions that may occur during the tests, require that each participant carry the MANDATORY material outlined in the previous section throughout the course.
- The Organization will control ALL of the participant's MANDATORY material at the start of each modality and at the points considered appropriate along the route and upon arrival at the finish line. In addition, participants in the ADVENTURE and ULTRA modalities must also present them at the time of withdrawing their numbers. Refusal to submit to the mandatory material controls entails as a sanction disqualification and the obligation to abandon the test or not start in them.
- For the safety of the participants and depending on the weather, the Organization may modify the mandatory material. This change will be communicated in the participants' emails indicated in the registration form, and will be made public on the event's social networks.

Article VI: Express authorization for the use of image rights.

Registration in any of the event modalities implies the express consent of the participant for it to be used and reproduced through any device or personal image with the sports attire worn at the event and that the organization possesses. These personal images have the sole purpose of promoting the Ultra Trail Senderos de Las Merindades by disseminating information about it through social networks, media, billboards or any type of support, internet, etc. This consent is expressly presented.

Each participant must be aware that the tests take place in public spaces and that their image could be captured by the attending public or other media or image media, in any case unrelated to the organization of the event.

Article VII: Control Points

The checkpoints are places located along the route, normally coinciding with the refreshment points, through which each participant must pass. Therefore, they act as step control and also time control. At these points there will be personnel designated by the Organization who will be able to give mandatory instructions to the participants. In the event that a participant's record of passage through any of the control points is missing, it may be interpreted that the participant has not followed the itinerary of his or her modality in its entirety and as a consequence, whatever the reason, said participant will be considered disqualified. Of the test. In the 300

The cut-off control points planned for each modality will be published with the information of each modality. The organization may establish additional controls along the route for better monitoring and recording of the test, without the need for them to be published and known. In these controls the mandatory material may be supervised.

Each participant is OBLIGED to completely follow the route of the test in which he or she is registered, passing through ALL the checkpoints and life bags provided, as well as to

ENTIRELY follow the corresponding track provided. Failure to comply with this implies immediate disqualification.

Article VIII: Security

- It will be mandatory to respect the traffic code and take extreme precautions on sections and crossings of streets or roads, or when reaching a crossing. Regardless of whether the organization of the event and with the available resources, supports and monitors these points in a special way, the participant must redouble their attention and caution in the event that they are not closed to traffic and the road is shared with road traffic.
- Throughout the route there will be personnel designated by the Organization to intervene if necessary. This staff will have the power to remove the bib number from any runner when they consider that their physical or technical capabilities are impaired as a result of fatigue and wear and tear from the test, thus guaranteeing their health. If the participant disregards this mandate, the Organization is exempt from the personal risks it assumes derived from this non-compliance. At these control points there will be authorized and trained personnel to indicate the behavior to follow to the participants in case of objective danger, change of itinerary, accident or in case of abandonment. Participants who withdraw from the test at any point must notify the nearest control point, being evacuated by the Organization in the shortest time possible.
- The participant who, having voluntarily withdrawn, does not notify the control point or the organization will force the security teams to begin their false search, which is why they will be required and must bear all the expenses incurred by the security teams. security arising from their inaction.

Article IX: Provisioning Points and life bags.

- The supplies and life bags by modality and content will be detailed in sufficient time on the official event page, where the kilometer point of their location, distance between them and time limit for passage will also be specified.
- In the case of the 300 XTREMA modality, which will be carried out in self-sufficiency, there will be no provisioning points. There will only be three life bags that will also be detailed on the official event page, as well as existing points where you can self-supply water and places where you can rest and cook.
- The life bags, three in the case of the Adventure mode and one in the case of the Ultra mode, will also have rest areas with surfaces enabled for sleeping, showers and medical services, in which they can also be assisted by their companions.
- The liquid will be dispensed only in the containers that each participant carries for it. Glasses will not be provided at the refreshment points. Each participant must carry and use their own glass to consume the drinks. Any participant who drinks directly from the bottles or containers from which the drink is distributed will be penalized.
- The waste generated must be deposited in the containers located for this purpose at each of these points. Whenever the orography and the environment allow it, there will be an indicator for the start and end of the supply station. Waste will be understood as the packaging of the participant's nutritional products and consumables. Failure to

comply with this rule (throwing waste into the environment) leads to disqualification from the test.

- The person responsible for the provisioning can limit or prohibit access to companions in order to facilitate management.

Article X: Numbers and electronic devices.

- The race number and test material will be delivered to the participants at a place and time that will be indicated well in advance on the official event page. To collect it, you must show the Organization staff your DNI, passport or public document that reliably proves the identity and age of the participant. This material can only be removed by the holder of the bib.
- Each number will be personalized and will have a different color depending on the modality to which it corresponds. In addition, it will incorporate the Emergency Device telephone number.
- The bib number cannot be cut, folded or modified. At the time of delivery, the participant must fill out the back of it with relevant medical information (such as blood group or allergies to medications). The usual intake of pharmacological or medical treatments will also be reported.
- During the test, the participant must wear their bib number at all times in a visible place: chest, belly or bib number holder. The number is non-transferable and personal; The transfer of it gives rise to the immediate disqualification of the person carrying it.
- The test will be controlled by a chip or electronic device. The Organization will place controls to ensure that all participants complete the route and record the passage times, making it mandatory to pass through the points established by the Organization on the route of the test.
- In the case of the Adventure mode, in addition to everything described above, participants will carry a GPS beacon for personalized tracking and safety, as well as being able to be used as an emergency device by the runner.
Additionally, in specific places along the route there will be points, unique for each participant, where they must collect certain objects that will be informed to them with sufficient advance notice, carry them throughout the test and hand them in upon arrival at the finish line. The lack of any of these objects will result in disqualification.
- Upon collecting the number and GPS beacon, the participant in the 300 XTREMA modality will deposit a deposit that will be recovered when returning it to the finish area. If the device is not returned or its loss is reported during the test, the participant will be responsible for its cost, which is around €200.
- Before entering the starting area, a number check will be carried out, which must be kept until the final classification.

Article XI: Collection and delivery services for life bag backpacks.

The Organization will make available to participants in the Adventure and Ultra modalities the possibility of having a backpack or auxiliary bag in the different life bags. Three for the Adventure mode and one for the Ultra mode. This backpack or bag will be

delivered to the bib collection area before the start of the race at the time communicated when collecting the bib.

The backpacks or bags must be delivered closed and perfectly identified with the participant's number and modality in which they participate, and in the case of the Adventure modality numbered with the life base number (1,2 or 3).

The participant will have them when arriving at the respective life base and they will be returned to them at the finish area.

Backpacks or bags that are not removed at the end of the test will be sent by courier to the participants who request them, with the participant paying the shipping costs.

The organization is not responsible for any objects that may be contained in backpacks or bags, so we recommend that you avoid introducing valuable objects.

Article XII: Modification, suspension or postponement of tests.

Tests may be suspended or postponed to a later date. The right to suspend or postpone the tests to a later date corresponds exclusively to the Organization.

The reasons for suspending or postponing the tests will be that objective risk situations occur that could endanger the safety and integrity of the participants (weather alerts, forest fires, landslides, riverbed overflows, etc.)

Likewise, in the event of adverse weather conditions or events that are considered serious and affect the safety of the tests or other causes of force majeure, the Organization reserves the right to modify the cut-off times, the start time of the tests, neutralize them. and even suspend them already underway.

Once the tests have started, if they have to be postponed or suspended before they conclude, the participants will be classified according to the order and time of arrival at the last checkpoint they have passed through in the competition and they will be terminated.

Article XIII: Voluntary and mandatory abandonments.

Any participant can leave at the aid stations, life bags or checkpoints indicated on the route meter. Outside of these points, the Organization cannot take charge of the transfer unless its abandonment implies medical attention.

If a participant decides to abandon the test, he or she must inform the Organization staff at the nearest control. If, due to physical or health reasons, you cannot reach the next provisioning point or life bag on your own, you must notify us immediately by telephone to the Organization number printed on the bib number and which must be recorded on your mobile phone.

Since the participant voluntarily abandons the test, he is disqualified, assumes that he is out of the competition and becomes solely responsible for his actions. In no case will he be able to follow or continue the route.

The Organization may momentarily detain a participant and force him to abandon the test if it considers that his condition endangers his physical integrity or safety.

Article XIV: Competition Committee.

A Competition Committee will be created that will be in charge of making decisions regarding complaints and sanctions against participants.

This Committee will be made up of a Race Management Representative, a judge/referee from the Federation, a representative of the City Council and a participant chosen at random before the tests.

Article XV: Filing of claims before the Competition Committee

Any claim will only be addressed if, in the opinion of the Competition Committee, it is duly justified and documented and is presented to the Organization in writing by completing the official test form.

The claim may be of a general nature relating to the UTSM or of a sporting nature. In the first case, it may be filed by any person who considers themselves affected and at any time from the opening of registration to the completion of the tests. A sporting claim may be submitted by any participant at the finish line, up to 30 minutes before the awards ceremony.

The resolution will be expressly communicated to the claimant and does not constitute any administrative act.

Article XVI: Fouls and sanctions.

The Competition Committee will be empowered to impose sanctions on UTSM participants in the event of non-compliance with those regulated in these Regulations or in mandatory higher regulations; Non-compliance will be graded as follows:

- **Slight faults.** They are understood to be minor fouls and will be punished with 10-minute penalties:
 - a/ Refusal to comply with an order given by the members of the Test Organization
 - b/ Lack of visibility of the number or wearing it at a point other than the front of the runner
 - c/ Preventing being overtaken or voluntarily hindering another participant, without prejudice to the fact that its incidence is considered a serious offence.
 - d/ Receive help or supplies outside the permitted and authorized areas (except aid)
 - e/ Any other incident that the race commissioners may consider as a minor fault
- **Serious misconduct.** They are considered serious offenses and will be punished with a minimum penalty of 1 hour or even disqualification:
 - a/ Not providing assistance to any participant who needs it
 - b/ Voluntarily attacking the Natural Environment by causing damage or throwing garbage outside the containers provided for that purpose.
 - c/ Remove or change the beacons established by the Organization
 - d/ Partial or total absence of mandatory material
 - e/ Not completing the entire route in which you are registered, by pedestrian means. This involves taking shortcuts, not going through a checkpoint, traveling in a vehicle or not crossing the finish line, among others.
 - f/ Refusal to submit to established anti-doping controls
 - g/ Any other incident that is considered a serious offense at the discretion of the Competition Committee

Article XVII: Modifications

These Regulations may be corrected, expanded or improved at any time by the Organization, which undertakes to communicate any of these actions to all registered participants.

Registration in the test shows the participant's agreement with these Regulations and with any changes that may be made therein.

Any circumstance not provided for in these Regulations will be resolved in accordance with the Regulations of the FDMESCYL competitions (Federation of Mountain Sports, Climbing and Hiking of Castilla y León), or failing that, the FEDME Racing Regulations (Spanish Federation of Mountain Sports. Mountain and Climbing)



ULTRA TRAIL TRAILS OF THE MERINDADES