

YÉTI RACE 2025

RACE RULES

Article 1: Organization

Tignes Développement is organizing the **Yéti Race on November 23, 2025**.

The Yéti Race is an obstacle trail to be completed in teams of 2 or 4.
It is an endurance, multisport and mountain event. Environ 10 km

- Approx. 10 km
- Around ten obstacles
- Timed or untimed course

The distance, altitude difference and number of events may vary from year to year.

Events will be presented in detail at the compulsory pre-race briefing.

A competitor's absence from the briefing may result in disqualification.

Members of the same team may not be more than 20 meters apart during the race, **and must cross the finish line together**.

Failure to respect this distance may result in a team being temporarily stopped by the race controllers, or even disqualified if race orders are not respected.

Article 2: Course & special stages

The Yéti Race is an event featuring a number of outdoor events in the mountains, using fairly selective off-road trails (GR, paths and fields) covered in snow, with flat, uphill and downhill sections, and fun zones such as "crossing courses" and rifle shooting.

The event takes place at a free pace and in a limited time.

Technical data :

- Approx. **10 km route** with **300 m ascent**
- 3 hours maximum
- Mass start

All pairs or foursomes taking part in the race will have to complete special stages scattered around the course.

The order of passage through the stages will be determined by the order in which competitors arrive on site. In the event of a dispute, the organizers may decide on the order of arrival. Failure to comply with this rule will result in the disqualification of the team concerned.

The Yéti Race organization reserves the right to modify the course or schedule at any time. It also reserves the right to cancel an event for any reason that would endanger the runner, or in cases of force majeure (no reimbursement will be made).

Article 3: Rates

DUO RATES (per person)

Online registration « Miles Republic »	<i>Please note that the timed option is limited to 200 participants.</i>	OPTION WITHOUT CHRONOMETER	OPTION WITH CHRONOMETER
	EARLY BIRD (until October 31)	21 €/pers	26 €/pers
	FULL PRICE (until November 23)	30 €/pers	35 €/pers

QUATUOR RATES (per person)

Online registration « Miles Republic »	NO CHRONOMETER FOR QUATUORS	
	EARLY BIRD (until October 31)	19 €/pers
	FULL PRICE (until November 23)	25 €/pers

CANCELLATION AND NAME CHANGE CONDITIONS

The organisation does not handle cancellations, but you can take out 'Assur Connect' cancellation insurance when you register on the Miles Republic platform.

« Assur Connect is an insurance broker specialising in sports risks taken by participants, organisers, clubs and training centres.

- 80% refund on race number and options up to 72 hours after the event
- Covers all unforeseeable and sudden causes
- Reimbursement within 72 hours by bank transfer

Upon taking out the insurance, participants will receive an insurance certificate by email. If necessary, they have access to a reimbursement interface that allows them to request a refund, which will be paid to them within 72 hours. Their file is automatically cancelled in Miles Republic and the organisation retains the full payment. »

In the event of injury or demotivation on the part of your partner, it is possible to exchange your race number with a stronger teammate!

To do so, you can send us an email up until the day before to: yetirace@tignes.net or come and see us on the day of the race up to 1 hour before your departure.
It is not permitted to carry over your race number to the following year.

Article 4: Start and finish

All teams must be present 30 minutes before the start for the briefing and last-minute instructions.

Start times are available on our website.

Competitors must respect the schedule selected at the time of registration. No schedule transfers will be allowed.

Competitors will be able to leave their personal belongings in a locker in the race village.

Article 5: Registration

Registrations are subject to availability via the website :
<https://www.tignes.net/agenda/evenements/yeti-race>

You must be at least 16 years old to take part in this race.

The entry fee per participant changes regularly according to the registration date.

The closing date for online entries is Sunday, November 23, 2025 at 10am.

The organization reserves the right to close registrations before this date if the number of participants is reached.

No registrations will be accepted by post or telephone.

On-site registrations will be accepted subject to availability.

All applications will be considered incomplete if they do not include all the following documents before the bibs are collected:

- Payment of registration fees
- Medical certificate or license (see article 4)
- Parental authorization for under-age participants

ATTENTION: your registration will be validated only when all the documents are provided (registration form, payment of the registration fee, medical certificate) and this at the latest on the day of the race.

In the meantime, your registration will be considered "incomplete".

After the deadline, or if the registration quota is reached, your pre-registration will be cancelled.

Article 6: Health Prevention Course & accepted licences*

For adults, participation in a competition is subject to the mandatory presentation to the organiser of either:

It is also possible to present the following licenses::

- An Athlé Compétition, Athlé Entreprise, or Athlé Running licence issued by the FFA, or a 'Pass' J'aime Courir' issued by the FFA and completed by a doctor, valid on the date of the event. Other licences issued by the FFA (Santé and Encadrement are not accepted);

- **A certificate** (paper, electronic or QR Code) **indicating that the person has completed the Health Prevention Programme (or 'PPS')** set up by the FFA via its dedicated platform, the terms and conditions of use of which will also be established by the FFA. To be valid, the PPS must have been completed no more than three months prior to the date of the event for which the person wishes to register.

Unless otherwise agreed, adults may not present a licence from another federation to the organiser. The list of partner federations will be regularly communicated to affiliated clubs and sports organisers by circular.

For minors, participation in a competition is subject to the mandatory presentation to the organiser of either:

- An Athlé Compétition, Athlé Entreprise, or Athlé Running licence issued by the FFA, or a 'Pass' J'aime Courir' issued by the FFA and completed by a doctor, valid on the date of the event. Other licences issued by the FFA (Santé, Encadrement, and Découverte) are not accepted.

- A sports licence, valid on the date of the event, which must indicate, by any means, that there are no contraindications to participating in competitive sports, competitive athletics or competitive running, and which must be issued by one of the FFA's partner federations. The list of partner federations will be regularly communicated to affiliated clubs and sports organisers by circular.

- The athlete and those exercising parental authority shall jointly complete a questionnaire relating to the athlete's state of health, the content of which is specified by joint order of the Minister of Health and the Minister of Sport.

Those exercising parental authority over the minor shall certify to the FFA that each section of the questionnaire has been answered in the negative. Failing this, they shall be required to produce a medical certificate attesting to the absence of any contraindications to the practice of athletics or the discipline concerned, dated within the last six months.

Parental authorisation is also required for all minors.

Article 7: Equipment

The race is run in semi-self-sufficiency..

The competitor undertakes to possess the following safety equipment::

- Sufficient food supplies (energy bars, dried fruit, etc.)
- A minimum of 0.5 L of water in the container of their choice (water bottle, water bag, etc.)
- An adult-sized survival blanket
- A windproof and/or waterproof jacket to withstand bad mountain weather
- A whistle
- A spare pair of socks
- A working cell phone

Recommended: Sunscreen, sunglasses

In the event of inclement weather (wind, cold...), we strongly advise you to bring a few extra items: neckerchief or hat, long tights, gloves, fleece, ...

The use of sticks is forbidden during the race.

Article 8: Number collection

Numbers will be collected from the multimedia area of the Maison de Tignes le Lac :

- **Saturday 22/11** from 2pm to 6pm
- **Sunday 23/11** from 8am until 30 minutes before the start of your wave

The bib must be visible at all times. It can be worn either on the chest or on the thigh.

Article 9: Timing (for DUO teams only)

It is possible to take part in the race by choosing to be timed or not. The first waves will be offered to runners in DUO teams wishing to be timed.

However, we would like to draw the attention of all participants to the fact that, as the course does not give rise to an official ranking with the reference federations (Fédération des Raids Multisports, Fédération Française d'Athlétisme, Fédération Française de Triathlon), the timing is offered as an indication only, and no claims may be lodged.

Please note that each timing wave is limited to 50 people, clearly identified by their bib color. In addition, for all participants registered in these waves, all obstacles must be cleared, failing which there will be a time penalty. Obstacle clearance will be validated by the organizing team and volunteers on site.

Article 10: Rescue and safety

They will be manned by marshals, first-aiders and a medical team. An advanced medical post and a race HQ will be set up in the village.

The marshals and first-aiders will be in radio or telephone contact with **race HQ (+33 6 76 02 18 66)**.

While every precaution has been taken to ensure maximum safety, the fact remains that the environment we cross does not allow us to have the same rapid means of intervention as in an urban environment, so your safety will depend on the quality of the items you have packed in your bag. Any costs arising from the use of exceptional rescue or evacuation means will be borne by the person rescued, who must also ensure his or her return from the place where he or she was evacuated. Aid stations are intended to provide assistance to any person in danger, using the organization's own or contracted resources.

Except in cases where the rider's state of health requires emergency evacuation, a rider must not abandon the race other than at a checkpoint offering a repatriation solution.

It is the responsibility of any runner in difficulty or seriously injured to call for help:

- By calling race HQ on **+33 6 76 02 18 66**
- By asking another runner to call for help
- By calling **112**

It is the responsibility of each rider to provide assistance to any person in danger and to notify emergency services. In the event of failure to do so, any runner who fails to assist another runner in distress will be disqualified.

The organization declines all responsibility in the event of accident or failure due to poor health.

Don't forget that the environment and the race may cause you to wait longer than expected for help (between 5 and 20 minutes in normal circumstances). Your safety will then depend on the quality of what you've packed in your bag.

Article 11: Withdrawal or disqualification

First-aiders and the official doctor are empowered to disqualify (by invalidating the race number) any competitor who is unfit to continue the race, and to evacuate by any means they deem appropriate any runner they deem to be in danger.

In the event of withdrawal, it is imperative and compulsory to report this to the nearest checkpoint and to hand in the race number.

Team withdrawal is defined as the withdrawal of one of the team members.

The team must be complete throughout the event. A change of team-mate, even temporary, will also result in disqualification.

Finally, in the event of withdrawal, it is imperative to hand in the race number at a checkpoint or at the finish to avoid unnecessary searches. Otherwise, the runner will be banned from the race the following year..

Reasons for disqualification :

- Whistle forgotten
- Forgetting a working cell phone
- Deliberately throwing garbage out of a garbage can
- Failure to respect the course and marked trails
- Failure to respect volunteers
- Non-compliance with race instructions (danger zones, maximum distance between two team members)
- Transfer of race number to another runner without notifying the organization

Controllers who witness such irregularities will be instructed to disqualify all runners who fail to comply with these essential points of the regulations. Beyond safety issues, they also guarantee the ethics and spirit of nature racing.

Other breaches of the race rules or common sense may result in penalties at the discretion of the race directors.

Article 12: Awards

A prize-giving ceremony will be held at the end of the race.

Timed DUO team podiums:

- 1, 2, 3 women's teams,
- 1, 2, 3 men's teams,
- 1, 2, 3 mixed teams,

There will also be other prizes awarded independently of the timing: "best costume" and "jury prize".

Article 13: Showers / lockers

Showers will be available free of charge to runners at the Lagon, on presentation of their race number. They will be accessible from 9 a.m. to 7 p.m. (last shower entry at 6:30 p.m.), and a deposit must be left at the Maison de Tignes le Lac reception desk (towel rental 3€).

Lockers are also available free of charge at the race number collection area, in the multimedia area of the Maison de Tignes le Lac.

Article 14: Insurance

Civil liability :

The organizer takes out MMA civil liability insurance for the duration of the event. This liability insurance covers the financial consequences of its liability, and that of its employees and participants.

Personal accident insurance :

Each competitor must be in possession of individual accident insurance covering any search and evacuation costs in France. Such insurance may be taken out with any organization of the competitor's choice.

Helicopter evacuations are subject to a fee. The choice of evacuation depends exclusively on the organization, which will always give priority to the safety of the competitors.

Article 15: Complaints

All complaints must be made in writing by the offending rider only. The offending rider must lodge his complaint with race HQ within a maximum of 30 minutes of his arrival.

No complaint will be accepted from a companion or spectator.

Article 16 : Image rights

All competitors expressly waive their right to use their image during the event, as well as any recourse against the organizer and its authorized partners for the use of their image.

Any communication about the event or use of images of the event must respect the name of the event, registered trademarks and the official agreement of the organization.

Article 17: Personal data

Participants are hereby informed that the personal data concerning them, recorded as part of the event, is necessary for their participation to be taken into account. The recipients of the data are Tignes Développement and the technical subcontractors involved in organising this event. This data is kept for the time required to process the competition, then archived for the duration of the legal requirements applicable in the event of a dispute.

In accordance with data protection regulations (RGPD and Loi Informatique et Libertés), participants have, under certain conditions, the right to access, rectify, oppose, delete and port their data.

These rights may be exercised by sending an e-mail to yetirace@tignes.net with proof of identity.

By registering, participants are informed that they may be contacted as part of a satisfaction survey or to monitor their participation.

Article 18: Acceptance of regulations

Participation in the Yéti Race implies express acceptance by each competitor of these regulations.

The organizers of this event decline all responsibility in the event of theft, and reserve the right to make any changes they deem necessary to the overall organization.

Have a great race!

Contact us at:

yetirace@tignes.net

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