

TIGNES TRAIL 2022

RULES

These rules can be adjusted to respond to hygiene measures and social distancing recommended by the Government, in case of a new sanitary crisis.

Article 1 : Organisation & registration

Tignes Développement is organising the Tignes Trail on Saturday 20th and Sunday 21th of August 2022.

The Tignes Trail is an event composed of several outdoor races which take place on different trails of Tignes.

Each race is organised in one stage. You can perform it at your own speed; however, you have to respect time limits.

- “Le Tignes Trail Jeunes”:
 - 700m course, km-e = 1.2km
 - Departure on Saturday 20th of August at 3pm
 - **From 10 years old to 11 years old only**
 - **Parental permission mandatory**
 - **Health certificate for minors or FFA membership card***

[Km-e = The effort-kilometre is a unit used in mountain raids that takes into account both the distance covered and the difference in altitude.

Calculation: distance covered in kilometres + positive difference in altitude in hundreds of metres]

- 1.9km course, km-e = 3km
 - Departure on Saturday 20th of August at 3:30pm
 - **From 12 years old to 13 years old only**
 - **Parental permission mandatory**
 - **Health certificate for minors or FFA membership card***
- 3.3km course, km-e = 5km
 - Departure on Saturday 20th of August at 4pm
 - **From 14 years old to 17 years old only**
 - **Parental permission mandatory**
 - **Health certificate for minors or FFA membership card***

- “Le Tignes Trail”:
 - A 13.5km course (890 positive vertical meters), km-e = 22.4km
 - Departure on Sunday 21th of August at 10am
 - Authorized time limit: 3h45, with checkpoint at the top of Tovière (km5.6) compulsory passage in less than 2h00 under penalty of disqualification and descent by cable car
 - **From 18 years old only**
 - **Medical certificate mandatory or FFA membership card***
 - A 27.1km course (1,770 positive vertical meters), km-e = 44.8km
 - Departure on Sunday 21th of August at 9am
 - Authorized time limit: 6h30, with solid refuelling checkpoint (in the village at km16), compulsory passage in less than 4h00 under penalty of disqualification
 - **From 20 years old only**
 - **Medical certificate mandatory or FFA membership card***
 - A 44.1km course (2,810 positive vertical meters), km-e = 72.2km
 - Departure on Sunday 21th of August at 7am
 - Authorized time limit: 11h00, with solid refuelling checkpoint (in the village at km16 and km27), compulsory passage in less than 4h00 under, then a second passage at the village in less than 6h30 under penalty of disqualification
 - **From 20 years old only**
 - **Medical certificate mandatory or FFA membership card***

3km = 1.8mi
 13km = 8mi
 26km = 16.7mi
 44km = 27.3mi

Article 2 : Rates and early bookings

We offer different rates for each course:

1) TRAILS JEUNES (700m/1.9km/3.3km)

| | | |
|---|--|------------|
| Online registration - « Un Autre Sport » | WINTER SEASON (early booking until the 8th of May) | 3 € |
| | SUMMER IS COMING (early booking from the 9th May until the 20th of June) | 4 € |
| | FULL PRICE (from the 21st of June) | 5 € |
| ON SITE (Saturday 20th of August) | | 5 € |

2) TRAIL 13KM

| | | |
|---|--|-------------|
| Online registration - « Un Autre Sport »* | WINTER SEASON (early booking until the 8th of May) | 10 € |
| | SUMMER IS COMING (early booking from the 9th May until the 20th of June) | 12 € |
| | FULL PRICE (from the 21st of June) | 15 € |
| ON SITE (Saturday 20th and Sunday 21th of August) | | 17 € |

*A surcharge of 2 € will be applied for any file subscribed online and completed on site (e.g.: presentation of medical certificate,...)

3) TRAIL 27KM

| | | |
|---|--|-------------|
| Online registration - « Un Autre Sport »* | WINTER SEASON (early booking until the 8th of May) | 21 € |
| | SUMMER IS COMING (early booking from the 9th May until the 20th of June) | 24 € |
| | FULL PRICE (from the 21st of June) | 28 € |
| ON SITE (Saturday 20th and Sunday 21th of August) | | 30 € |

*A surcharge of 2 € will be applied for any file subscribed online and completed on site (e.g.: presentation of medical certificate,...)

4) TRAIL 44KM

| | | |
|---|--|-------------|
| Online registration - « Un Autre Sport »* | WINTER SEASON (early booking until the 8th of May) | 33 € |
| | SUMMER IS COMING (early booking from the 9th May until the 20th of June) | 35 € |
| | FULL PRICE (from the 21st of June) | 42 € |
| ON SITE (Saturday 20th and Sunday 21th of August) | | 44 € |

*A surcharge of 2 € will be applied for any file subscribed online and completed on site (e.g.: presentation of medical certificate,...)

Article 3 : Medical certificate & licences accepted*

Each runner must present a **medical certificate valid for less than one year** attesting to being physically fit for **the practice of sport in competition** or an FFA licence.

A parental authorization is mandatory for all minors.

Extract from the 2022 Off Stade regulations:

[Any participation in a competition is subject to the compulsory presentation by the participants to the organiser:

- *an Athlé Compétition, Athlé Entreprise, Athlé Running licence issued by the FFA, or a "Pass' J'aime Courir" issued by the FFA and completed by the doctor, valid on the date of the event. (Please note: other FFA licences (Health, Management and Discovery) are not accepted);*

- *or a sports licence, valid on the date of the event, on which must appear, by any means, the non-contraindication to the practice of sport in competition, athletics in competition or running in competition and issued by one of the following federations*
 - o *Fédération des clubs de la défense (FCD),*
 - o *Fédération française du sport adapté (FFSA),*
 - o *French Federation for Disabled Sports (FFH),*
 - o *Fédération sportive de la police nationale (FSPN),*
 - o *Fédération sportive des ASPTT,*
 - o *Fédération sportive et culturelle de France (FSCF),*
 - o *Fédération sportive et gymnique du travail (FSGT),*
 - o *Union française des œuvres laïques d'éducation physique (UFOLEP);*

- *or a medical certificate stating that there are no contraindications to the practice of sport in competition or athletics in competition or running in competition, dated less than one year old on the date of the competition, or a copy thereof. No other document can be accepted as proof of possession of the medical certificate.*

- *or **for minors:** the sportsman and the persons exercising parental authority jointly complete a questionnaire relating to his state of health, the content of which is specified by joint order of the minister responsible for health and the minister responsible for sport. The persons exercising parental authority over the minor athlete certify to the federation that each of the sections of the questionnaire gives rise to a negative response. Failing this, they are required to produce a medical certificate attesting to the absence of contraindications to the practice of the sport or discipline concerned, dating back less than six months.*

For timed "virtual" races where a classification is made, these are considered a competition and the provisions vis-à-vis medical certificates or licenses are identical to conventional competitions. The organizer will keep, as the case may be, the trace of the license presented (number and federation of issue), the original or the copy of the medical certificate, the medical questionnaire and the parental certificate for minors, for the duration of the period prescription (10 years).

Foreign licenses are not accepted. Foreign participants are required to provide a medical certificate of absence of contraindication to the practice of sport in

competition, athletics in competition or running in competition, even if they hold a license competition issued by a federation affiliated with World Athletics. This certificate must be written in French, dated, signed and allow the authentication of the doctor, whether the latter is or not established on national territory. If it is not written in French, a French translation must be provided]

Article 4 : Categories

| CATEGORY | AGES | YEAR OF BIRTH |
|-----------|--------------|---------------|
| Poussins | 10 to 11 y.o | 2011 to 2012 |
| Benjamins | 12 to 13 y.o | 2009 to 2010 |
| Minimes | 14 to 15 y.o | 2007 to 2008 |
| Cadets | 16 to 17 y.o | 2005 to 2006 |
| Juniors | 18 to 19 y.o | 2003 to 2004 |
| Espoirs | 20-21-22 y.o | 2000 to 2002 |
| Seniors | 23 to 34 y.o | 1988 to 1999 |

| CATEGORY | AGES | YEAR OF BIRTH |
|-------------|--------------|-----------------|
| Masters M0 | 35 to 39 y.o | 1987 - 1983 |
| Masters M1 | 40 to 44 y.o | 1982 - 1978 |
| Masters M2 | 45 to 49 y.o | 1977 - 1973 |
| Masters M3 | 50 to 54 y.o | 1972 - 1968 |
| Masters M4 | 55 to 59 y.o | 1967 - 1963 |
| Masters M5 | 60 to 64 y.o | 1962 - 1958 |
| Masters M6 | 65 to 69 y.o | 1957 - 1953 |
| Masters M7 | 70 to 74 y.o | 1952 - 1948 |
| Masters M8 | 75 to 79 y.o | 1947 - 1943 |
| Masters M9 | 80 to 84 y.o | 1942 - 1938 |
| Masters M10 | 85 and more | 1937 and before |

Article 5 : Equipment

Mandatory:

- Tignes Trail 13km: a supply of water (0.5l minimum), snacks, a mandatory cup, a windbreaker, and suitable luggage (backpack, fanny pack, etc.).
- Tignes Trail 27km and 44km: a water reserve (1l minimum), a food reserve, a compulsory cup, a windbreaker, a whistle, a mobile phone (charged, switched on, working on the French network, with a registered emergency number) and a survival blanket, an adapted luggage for the transport of the material (rucksack, banana, etc.).

- Tignes Trail for children: appropriate shoes and clothes.

Each participant will need to keep in his backpack all the mandatory equipment requested by the organisation. The equipment will be checked before the start of the race for every runner. Some checks will also randomly take place on the finishing line and/or at any time of race. These checks can be realised if the race directors have any doubt on one of the runners.

Any missing equipment will be sanctioned by the race directors (time penalty or disqualification).

Advised: sunscreen and sunglasses

Caution: poles are not allowed during the races

Article 6 : Get your race number

You will be able to get your race number at the departure tent on the main place in Tignes le Lac on the D-day, Saturday from 1pm to 7pm, and Sunday from 6am until 30minutes before departure.

Your race number must be visible at any time of the race. You can hang it either on your chest or your thigh.

Each race number will be given individually to each participant, you will need to present your **ID card** and sign in exchange. By signing, you will confirm your participation to the race and accept the whole regulation of this event. If you finally decide not to perform the race, please let the organisation know about it and bring back your bib as soon as possible to a member of the organisation.

The organisation won't provide safety pin or anything else to hang your race number, everyone is independent.

Article 7 : Medical assistance, safety, giving up

The safety and the success of the event will be ensured by people along the trails, first-aid workers, and medical staff. An advanced medical post and a race HQ will be set up. People along the trails and first-aid workers will be liaised with the race HQ will through mobile phone or radio (+33 6.76.02.18.66).

A medical team will be present in the arrival area in Tignes. Even if the best means concerning the security are taken, given the location of the event, taking action is more difficult and can take longer than in an urban area. Your safety will depend on the quality of your equipment.

Fees linked to the use of specific assistance means will be at the expense of the rescued person.

Emergency services are planned to help any person in danger, either by the own means of the organisation or by means authorized by the Social Security. Except if the health of the runner is seriously in danger and requires an emergency evacuation, the runner is not allowed to give up the race at another location than a check point (offering a repatriation possibility).

Runners with difficulties to perform the race or with bad injuries have to call emergency services:

- By calling the race HQ : +33 6.76.02.18.66
- By asking to another runner to warn emergency services
- By calling 112

Every runner has to help any other runner in danger and warn medical assistance. In case of lack of help from one of the participant toward a runner in danger, the runner who did not gave help to the person in danger will be disqualified from the race!

First-aid workers and the official doctor are especially able to disqualify (by invalidating the bib) any participant not anymore able to run the race and evacuate any runner they will consider in danger and this by any means. If you give up the race, it is necessary and mandatory to warn the closer checkpoint and bring back your bib. If you give up before a checkpoint, you have to come back to the previous checkpoint and warn someone. While coming back on your track, if you meet people who are closing the race, they will be the ones to invalidate your bib. From this time, the runner is not anymore under the responsibility of the organisation.

Any runner wanted to continue the race after being disqualified will be able to finish the race only after having returned his bib. The runner will pursue the race by his own responsibility and in complete self-reliance.

Article 8 : Refreshment stations and checkpoints

-The races are regarded as individual semi self-sufficient races. Self-sufficiency is defined as the ability to be self-reliant between 2 checkpoints in terms of feeding.

- Beverage supplies:
 - at the top of Tovière (km5.6 for the 13 and km8 for the 27 and 44)
 - between Chaudanne and the Aiguille Percée orientation table (km19 for the 27)
 - at the Brévières (km35 for the 44)
- A solid supply will be put in place at village departure (at the arrival of 13 and at km16 + arrival of the 27, at km16 + km27 + arrival of the 44).
- For the Tignes Trail Jeunes: no supplies, but a snack pack provided.

-Many checkpoints will be arranged all along the races. They will oversee the smooth running of the races. They are allowed to stop any runner who do not respect the rules or who is out of time according the schedule given at the beginning of the race.

Article 9 : Runners' assistance

Runners' assistance is allowed on the race where there is the complete refreshment station. This assistance will have to be close to this refreshment station (maximum 20 meters before or after the point). People in charge of this assistance will have to be careful to not disturb the good execution of the race. Penalties will be given to the concerned runners in case of lack of respect for this rule!

Article 10 : Showers / depot

Showers will be available to runners free of charge at the Maison de Tignes le Lac, on presentation of the race number. They will be accessible from 9am to 7pm (last entry in the shower at 6.30pm) and a deposit must be left at the reception of the Maison de Tignes le Lac (towel hire at 3€).

Lockers will also be available free of charge on presentation of your race number.

Article 11 : Awards ceremony / prizes

For each race, a general ranking men/women will be established.

"Tignes Trail Jeunes" awards ceremony will take place on Saturday 20th of August at 4:30pm.

"Tignes Trail 13/27/44km" awards ceremony will take place on Sunday 21th of August around 3p30m.

A prize will be given to the first 3 in the general classification of each race (all categories combined).

Article 12 : Environment

Participants, accompanying person, or public, are in protected natural spaces where specific rules need to be respected. You will be able to get all the further information at "la Maison de Tignes" in order to ensure the good execution of the event and the respect the following rules:

- It is prohibited to throw away rubbish anywhere. Waste sorting bins will be available, please use them.
- It is prohibited to use means or objects which by their noise or light could disturb animals and the quietness of the place.
Individual whistle and other sound device used to ensure good conditions are allowed in case of emergency.
- You must respect the prohibition of not taking shortcut through the existing trails/paths, to avoid erosion.

Article 13 : Penalty - disqualification

Managers of each checkpoint and food supply points are entitled to ensure the respect of these rules. They are also entitled to immediately disqualify a runner in case of non-respect of the following ones:

- Refuse to not pass by the checkpoints
- Shortcut considered as considerable time saving
- Throw away rubbish (deliberate act) by a participant or a member of his relatives/relations
- Non-respect of people (organisers or runners)
- Neglect to assist someone in difficulty/danger
- Cheating (examples: use of transportation means, sharing of bib, etc.)
- Refuse to obey to the board of directors, checkpoints' managers, doctors or first-aid workers
- Leaving a checkpoint after the time limit
- Non-respect of specific rules of the event
- Mandatory equipment missing

Any other failure to the whole regulation will be punished by the race's jury.

Article 14 : Insurance

Liability (civil responsibility)

The organiser has subscribed liability insurance for the duration of the event. This liability insurance guarantees the financial consequences of its responsibility, of that of its officials and of the participants.

Individual accident insurance:

Every participant has to possess a personal accident insurance covering potential research and evacuation fees in France. The participant is free to choose the insurance company in order to subscribe the adapted contract.

Helicoptered evacuations have to be paid by the participant. Evacuation choice depends only on the organisation that will always favour runners' safety.

Article 15 : Modification -> Cancellation of registration

Registration cancellation

Any registration cancellation has to be done either online on the registration website, or by e-mail or mail. No cancellation will be accepted by phone or fax.

Cancellation fees of 5€ will be asked.

It is not possible, in any case, to exchange, give or resell your bib, neither before nor during the race. The participants register for the race are not allowed to be replaced or represented by someone else.

Registration cancellation in case of injury

If the participant get injured after her/his registration has been done, and if the injury cannot be healed before the day of the race (and only in this case) the organisation advises the runner not to put his health in danger, and cancel his race. The runner will then have the possibility to ask the organisation to reschedule his participation to the following year.

In order to reschedule his race, the runner will have to submit a request to the organisation's medical board. This request will need to be composed of a detailed medical report/file. If the

medical board approves the request, the runner will get a booking priority for the following year (for the same race). The medical board is the only person able to accept or decline requests linked to reschedule and no negotiations are possible.

You have to send your request and the medical report to the following email address: tignestrail@tignes.net , at the latest 10 days after the race. Requests are examined within 2 months following the event

Article 16 : Modification -> Cancellation of the race

The organisation is allowed to modify, at any time, the departure hours and the time limits, the trail, the location of aid post and food supply points, without prior warning.

In case of bad weather conditions or for safety reasons, the organisation can be obliged to change the course for all the participants and perform the races on another route.

In case of extreme conditions, the organisation is allowed to stop a race in progress. It is also allowed to cancel all the races of the event. In this specific case, participants will be reimbursed of 50% of the price of their registration.

Article 17 : Complaints

Any complaint has to be written only by the implicated runner. This runner has to give his complaint to the race HQ within 30 minutes after crossing the finish line.

Complaints from accompanying person or spectators will not be accepted, in any case.

Article 18 : Copyright

Every participant gives up his copyright of all pictures taken of him during the event. The runner also gives up the right to take action against any use the organiser will make of these pictures.

Any communication about the event or the use of pictures of the event will need to be done respecting the event, trademarks and with the organisation's formal agreement.

Article 19 : Acceptance of the rules

These rules have been drawn up in accordance with the regulations of the FFA's national commission for off-stadia races.

The organisers of this event decline all responsibility in case of theft and reserve the right to make any changes they deem necessary to the whole organisation.

Participation in the Tignes Trail implies the express acceptance by each competitor of these regulations.

Nice race to all!

Contact us: tignestrail@tignes.net

+33(0)4 79 40 25 88