

EUROPEAN ATHLETICS OFF-ROAD RUNNING CHAMPIONSHIPS

1101. PROMOTION AND RIGHTS

1101.1. The European Athletic Association (hereinafter European Athletics) shall promote a European Athletics Off-Road Running Championships every two years.

1101.2. All rights in and arising from the European Athletics Off-Road Running Championships are the exclusive property of European Athletics. These rights include but are not limited to rights of ownership, marketing, advertising, broadcasting, filming, televising and all or any other means of exploitation. No other entity may exercise any of these rights without the written consent of European Athletics.

1101.2.1. For the strict and limited purpose of promoting European Athletics, the sport of Athletics or any particular athletics competitions and for non-commercial use, European Athletics may without charge and on a worldwide basis use any images of athletes in any media at or in conjunction with any athletics competitions in which European Athletics has an ownership interest, including European Athletics Off-Road Running Championships.

1101.2.2. Should an athlete not agree with such procedure, a written letter stating the reasons for this opposition shall be sent to the European Athletics Headquarters in Lausanne two (2) weeks prior to the respective event.

1101.2.3. Furthermore, any competition images from any European Athletics events whose rights are included to EA – EBU contract shall not be used by the athletes for commercial use. However, the use of event images on social media sites, as long as there is no commercial purpose, is not prohibited.

1101.3. The athletes acknowledge and agree to European Athletics' use of the personal data, included but not limited to the first name, name, date of birth, club affiliation, results, in accordance with the General Data Protection Regulation Act on Data Protection, as well as disclosure of athletes' personal data to European Athletics affiliates, employees, agents, representatives and third party organisations worldwide for the purpose of promotion of the sport and to provide statistics.

1101.3.1. Athletes further acknowledge and agree to European Athletics' use of the personal data if required to do so by law or in the good faith belief that any such preservation or disclosure is reasonably necessary to comply with legal process, enforce these Regulations, respond to claims that any content violates the rights of third parties, or protect the rights, property, or personal safety of other users or the public.

1102. PROGRAMME, STRUCTURE AND SCORING

1102.1. The European Athletics Off-Road Running Championships shall be staged over two to four days and in accordance with the applicable Competition, Advertising, Doping and other relevant Rules and Regulations of the World Athletics.

1102.2.1. The programme shall comprise the following **elite events** for Men and Women¹²

Mountain Running Races

“Classic Up & Down”

Men and Women: from 12 to 18 km

Under 20 Men and Women: from 5 to 6 km

Note: with approximately 300m climb and descent per 5-6km of the course

“Classic Uphill”

Men and Women: from 6 to 8 km

Under 20 Men and Women: from 5 to 6 km

Note: average incline of the course must be between 10-15% (100-150 m per km), while normally no section on the course shall have a gradient below 7% (70m per km)

Trail Running Races

Men and Women: from 45 to 60 km

Note: minimum vertical gain 2000m, fitting in category “M”³ (75 to 114 km effort)

For all races the amount of asphalted road should not exceed 20% of the total distance.

1102.2.2. The European Athletics Off-Road Running Championships for elite athletes comprises separate events for teams and individuals representing European Athletics Member Federations.

1102.2.3. All European Athletics Members Federations in good standing shall be entitled to enter athletes in the elite races.

1102.2.4. Athletes entered in the elite races of the European Athletics Off-Road Running Championships may participate as individuals and as members of teams representing European Athletics Member Federations.

1102.2.5. Each European Athletics Member Federation may enter a maximum of 6 (six) athletes of which a maximum of 4 (four) may participate in each race.

1102.2.6. No athlete aged less than 16 (sixteen) years on 31 December of the year of the competition may participate in the U20 races and no athlete aged less than 18 (eighteen) years on 31 December of the year of the competition may participate in the Senior races.

1102.3.1. The programme shall comprise the following suggested **mass participation events** for Men and Women. Organisers however have the opportunity to integrate alternative distances and further mass participation races to the programme of the event in agreement with European Athletics. Proposals for the additional mass participation races shall be declared at the bidding stage.

¹ please refer to World Athletics Technical Rule 57. for more details on general rules

² Elite races in mountain running shall be preferably separated by one day (e.g. Classic uphill on day 1, while Classic up & down on day 3) to leave possibility to compete in both races.

³ see World Athletics Technical Rule 57.9.2

Mountain Running Race

“Classic Uphill”:

Men and Women: from 6 to 8 km

Note: with a minimum 70m vertical gain per 1 km; average gradient between 12-24%

Trail Running Race

Men and Women: from 45 to 60 km

Note: minimum vertical gain 2000m, fitting in the ITRA category “M” (75 to 114 km effort)

For all races the amount of asphalted road should not exceed 20% of the total distance.

1102.3.3. Individuals can register themselves for the mass participation races of the European Athletics Off-Road Running Championships, and their entry details (including contact details and personal data) will be provided to the respective European Athletics Member Federation.

1102.3.4. No athlete aged less than 18 (eighteen) years on 31 December of the year of the competition may participate in the mass participation races with distances over 15km.

TEAM CHAMPIONSHIP and SCORING

1102.4.1. There shall be separate team championships for each elite event.

1102.4.2. Each European Athletics Member Federation may enter 1 (one) team in each elite event.

1102.4.3. Each elite team’s score shall be determined by the aggregate of the places of its 3 (three) best placed athletes.

1102.4.4. An elite team with fewer than 3 (three) finishing athletes shall not be counted in the teams’ classification.

1102.4.5. No adjustments to elite teams’ places shall be made in respect of non-scoring elite team members or athletes participating as individuals.

1102.4.6. Elite teams shall be classified according to their scores, the team in each elite race having the lowest score being the winner, and so on.

1102.4.7. A tie shall be decided in favour of the team whose last scoring elite athlete finishes nearest to first place.

INDIVIDUAL CHAMPIONSHIP

1102.5.1. A separate classification of all athletes in each elite and mass participation event shall be compiled and the separate individual standings for each race determined accordingly.

1103. ENTRIES AND CONFIRMATION

ELITE RACES

1103.1.1. Each European Athletics Member Federation may enter one team or, alternatively, individuals in each elite race of the European Athletics Off-Road Running Championships.

1103.1.2. No athlete may take part in the elite races of the European Athletics Off-Road Running Championships unless entered by the European Athletics Member Federation which he/she is eligible to represent in accordance with the World Athletics Rules.

1103.1.3. Preliminary Entries: Not later than 3 (three) months (14:00 CET) before the date of the European Athletics Off-Road Running Championships, each European Athletics Member Federation shall send to European Athletics (usually via the teams' on-line entry system) a preliminary list of entries, indicating its anticipated numbers of athletes per elite event and the numbers of accompanying officials.

1103.1.4. Final Entries: Not later than 10 (ten) days (14:00 CET) before the date of the European Athletics Off-Road Running Championships, each European Athletics Member Federation shall send to European Athletics a final list of its entries, plus the names of accompanying officials. No subsequent changes may be made thereto without the consent of European Athletics.

No additional athletes will be accepted after the closing of the Final Entries.

Exceptional changes related to already entered athletes may be accepted by European Athletics, until the final confirmation deadline of the first competition day. In case of such changes, the respective Member Federation would be accountable for a financial penalty of EUR 1500 per case.

This amount would be deducted from the Member Federation's European Athletics subvention at the end of the year.

Final Entry information shall be supplied in the manner to be prescribed by European Athletics (usually via the teams' on-line entry system) and shall include such details as required by European Athletics, including the names and best performances of each athlete.

1103.1.5. Final Declarations: Confirmation of Final Entries and the Final Declaration of athletes to compete shall be made according to the procedures defined in the Team Manual.

1103.1.6. European Athletics may reduce financial support (for travel, board/accommodation grants, etc.) to any European Athletics Member Federation which, after having announced their participation, does not take part or attend the competition with a number of athletes and officials materially higher or lower than the number stated in the Preliminary Entry by 20% (1103.1.3. above). The latter applies only if the Preliminary Entry is more than 4 (four).

1103.1.7. Each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification for having completed European Athletics Anti-Doping Education Programme – I Run Clean.

MASS PARTICIPATION RACES

1103.2.1. Individuals can register themselves without limitation for the mass participation races of the European Athletics Off-Road Running Championships.

1103.2.2. Not later than 10 (ten) days (14:00 CET) before the date of European Athletics Off-Road Running Championships, each individual shall send to European Athletics a registration of participation indicating the race(s) selected by the athlete.

Entry information shall be supplied in the manner to be prescribed by European Athletics (usually via the on-line entry system) and shall include such details as required by European Athletics, including the name and best performance of the athlete.

Depending on the specifications of the venue the maximum number of participants could be limited.

Additional athletes will be accepted after the closing of the Entries only against an additional administration fee (subject to availability of free start spots).

1104. APPLICATIONS TO STAGE THE EUROPEAN ATHLETICS OFF-ROAD CHAMPIONSHIPS

1104.1. Any European Athletics Member Federation in good standing may apply to stage the Event provided that the proposed venue and city/region comply with the criteria established by European Athletics and that the application is made jointly with the proposed city/region.

1104.2. Each applicant shall complete the European Athletics official application forms and supply such information and undertakings as European Athletics shall require. The applications shall be completed in English and any application that is not fully and properly completed may be regarded as invalid.

1104.3. The European Athletics Executive Board shall approve the time and deadlines for applications, which shall be announced by the Office, and these will normally include:

- i. Indication of interest in the event bidding questionnaire.
- ii. Confirmation of candidature, with the name of the bid city/region.
- iii. Formal application to be submitted by the Member Federation and City.
- iv. Decision of the European Athletics Council / Executive Board (*as applicable*).

1104.4. The written undertakings required to be submitted with the application shall normally include:

- i. The bidding European Athletics Member Federation's and city's joint undertaking to respect the applicable Rules and Regulations of the World Athletics, European Athletics and other competent authorities and to enter into an organiser agreement with European Athletics.
- ii. A guarantee(s) from the owner(s) that all official sites used for the event shall be free of all commercial and non-commercial advertising, identifications and/or franchises.

- iii. The undertakings in writing of relevant national, regional and other authorities that they support the application.
- iv. A guarantee from the respective authorities for the right of safe passage and free entry into the country to all participants and free import and export of material/equipment as necessary for the organisation of the event.
- vi. A detailed budget of income and expenditure for the event.

1104.5. The European Athletics Council shall be entitled to amend or vary the above procedures if it is of the opinion that it is in the interests of the Event.

1105. TECHNICAL REQUIREMENTS OF THE VENUE

1105.1. The European Athletics Off-Road Running Championships shall be staged in a competition venue and city/region with ready access to both mountainous terrain and suitable challenging trails which are appropriate to the event. European Athletics may establish criteria by which the suitability of a proposed venue may be decided. The city/region shall be of an appropriate size and standing and the competition venue shall have acceptable facilities and be fully equipped in conformity with the respective World Athletics rules.

1105.2. The Organiser must ensure that electronic timing is carried out using a chip transponder system.

1105.3. The allocation of starting positions for the elite races should be as follows:

The starting positions for each event will be allocated on the respective team standings (scoring teams only) of the previous edition of the European Athletics Off-Road Running Championships. Each team shall be lined up behind each other at the start of the respective race. All other teams will be positioned behind in alphabetical order.

The Technical Delegate shall have the power to alter the above starting positions in special circumstances.

1106. DOPING CONTROL AND MEDICAL SERVICES

1106.1. Doping control shall be conducted in accordance with the respective World Athletics Rules and Guidelines and shall be carried out under the supervision of the European Athletics Doping Control Delegate.

1106.2. Medical services shall be planned in accordance with the respective World Athletics and European Athletics Rules and Guidelines and shall be carried out under the supervision of European Athletics Medical Delegate.

1107. THE ORGANISING CONTRACT

1107.1 Immediately after the decision of the European Athletics Council to appoint an organiser, the appointed European Athletics Member Federation and city/region shall enter into an organising contract with European Athletics, such contract to establish the respective rights and obligations of the parties in relation to the European Athletics Off-Road Running Championships.

1108. THE RIGHTS AND DUTIES OF THE EUROPEAN ATHLETICS

1108.1. Notwithstanding the organising contract, European Athletics shall retain the overall care and responsibility of the European Athletics Off-Road Running Championships. In exercise of this role, the European Athletics Council shall:

1108.1.1. Decide the dates, venue and the organiser.

1108.1.2. Appoint Delegates and other persons (see 1111.3).

1108.1.3 Approve the procedure for deciding the timetable of events.

1109. THE RESPONSIBILITIES OF THE ORGANISER

1109.1. The organiser shall be responsible for organising and staging the European Athletics Off-Road Running Championships in accordance with the organising contract and in compliance with the Rules and Regulations and directions of European Athletics.

1110. FINANCIAL REGULATIONS

The Organiser

1110.1. The financial rights and obligations of the organiser shall be set out in the organising contract. Subject thereto, the organiser shall be responsible for all costs of organising and staging the European Athletics Off-Road Running Championships but may retain the income from the sale of admission tickets, approved television and marketing rights, subventions and grants from national and/or local authorities.

1110.2. For the avoidance of doubt, the organiser shall be responsible for the costs of the following persons:

Delegates appointed by European Athletics (see 1111.3); (except for the Council Delegate); travel, accommodation and board at the event and accommodation and board at the site visits.

Staff and representatives of European Athletics specialist contractors and sponsors; according to the respective contracts.

European Athletics

1110.3. European Athletics shall not be responsible for any costs other than those referred to in these regulations and/or the organising contract.

1110.4. European Athletics - unless otherwise agreed - may pay to the Member Federation a contribution to the costs of accommodation and board for each scoring athlete in each elite race for a maximum period of not more than 3 (three) days. The financial support will be provided after the European Athletics Off-Road Running Championships only to the teams that sent the Preliminary Entry on time. No contribution shall be made in respect of athletes representing the host European Athletics Member Federation.

- 1110.5. European Athletics shall be responsible for all direct laboratory costs connected with the doping control including laboratory costs but excluding tests specifically requested by Member Federations or participating individuals.
- 1110.6 European Athletics shall be responsible for the travelling costs of Delegates appointed by European Athletics at the site visits prior to the event and staff members travelling costs, accommodation and board when visiting the venue.

The Participating European Athletics Member Federations/Individuals

- 1110.7. European Athletics Member Federations and the individuals competing in mass participation races shall be responsible for all costs incurred as a result of their participation in European Athletics Off-Road Running Championships.
- 1110.8. The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for subsequent any reduction in the actual numbers of athletes and/or officials.
- 1110.9. European Athletics Member Federations and the individuals (competing in mass participation races) are responsible for taking out their own insurance to cover illness or injury when travelling to and from and during the European Athletics Off-Road Running Championships.

1111. THE EUROPEAN ATHLETICS OFFICIATING PERSONS

- 1111.1. The President and the CEO of European Athletics or their representative(s) shall have the overall responsibility for the care and supervision of the European Athletics Off-Road Running Championships.
- 1111.2. European Athletics shall designate a member of its professional staff to be the Project Leader having the responsibility to coordinate the European Athletics Officiating Persons and other staff members and to direct the operational management of the event in cooperation with the organiser.
- 1111.3. The European Athletics Council shall appoint the following Delegates and other persons to provide specialist advice and guidance to the organiser:
- 1 Council Delegate;
 - 1 Technical Delegate
 - 1 Doping Control Delegate;
 - 1 Medical Delegate
 - 3 Jury of Appeal Members to be appointed at the Technical Meeting (no members will be appointed to replace those that cannot be present in case their countries are directly/indirectly involved in the protest. Decision will be made with the number of members present and in case there is a tie in the voting for the decision the Chair/Vice-Chair - appointed in advance - will take the final decision).

1111.4. As soon as possible after the decision to appoint an organiser European Athletics shall inform the organiser as to the names and roles of the European Athletics Officiating Persons and the organiser shall cooperate with and follow the reasonable and proper directions of such persons.

1112. PROTOCOL, CEREMONIES, AWARDS

1112.1. All matters concerning protocol, ceremonies, awards and related matters shall be decided by European Athletics which may, from time to time, establish guidelines.

Opening Ceremony:

1112.2. Subject to 1112.1, the organiser shall propose opening ceremony of styles and content appropriate to the venue. It may include ceremony and/or celebrations held either inside or outside the competition venue. Such proposals shall be subject to the approval of European Athletics and shall be appropriate to a European Athletics Off-Road Running Championships.

1112.3. Victory Ceremonies:

1112.3.1. The individual winner, second placed and third placed in both elite and mass participation events shall receive gold, silver and bronze medals respectively to be provided by the organiser.

1112.3.2. The winning team in each elite event shall receive and retain a cup to be provided by European Athletics. The second and third teams shall receive a trophy to be provided by European Athletics.

1112.3.3. For the winning, second and third elite teams, the 3 (three) scoring members as well as non scoring members who completed the event shall attend the ceremony and receive medals to be provided by the organiser.

1112.3.4. During the ceremony, the national anthem of the winner's country shall be played.

1112.3.5. During the ceremony, the elite athletes must wear their official team uniforms.

Diplomas:

1112.4. Diplomas (in downloadable format) shall be presented to all athletes in each event but no ceremonies will be held.

1113. INFORMATION, NAMES AND ABBREVIATIONS

1113.1. All information shall be printed, displayed or announced in English.

1113.2. The names and abbreviations of all World Athletics Member Federations shall, at all times, conform to those approved and decided by the World Athletics.

1114. FINAL PROVISIONS

- 1114.1. All matters not provided for by these Regulations shall be decided by the European Athletics Council.
- 1114.2. These Regulations are drawn up in English.
- 1114.3. These Regulations may be amended by the European Athletics Council.

TECHNICAL ANNEX

CUT-OFF TIMES

European Athletics may set maximum time allowed for the athletes to reach a given check point and/or to finish the entire race.

To be authorized to continue the respective competition, competitors must leave each of these checkpoints before the time limit set (whatever is the time of arrival at the checkpoint).

Athletes who exceed the maximum time will be excluded from the competition and listed as DNF (Did Not Finish) of the results list.

If a maximum time or time to checkpoints are set these will be published in advance and again made clear at the start of each race

MANDATORY AND AUTHORIZED GEARS FOR TRAIL RACES

Mandatory gear:

- Survival blanket (140 x 200 cm minimum)
- Whistle
- A fully-charged mobile phone
- 0,5 litre minimum water container (bottle, soft flask or bladder)

Authorized gears

- GPS watch
- Poles (poles can be carried from the start or picked up only at the designated official aid station(s). If carried from the start they can only be left at designated official aid station(s). Otherwise runners will have to carry them till the finish line.

The final decision on the mandatory and authorized gears lies with the Technical Delegate of the Event, who will consider distance, prevailing weather and other risks.

A control will be carried out on the mandatory gears when the athletes are proceeding to the start area.

CONTROLS AND CHECKS

- Different checkpoints will be positioned throughout the course to ensure all athletes run the whole distance (with the electronic computer control and manual control bib). All these controls will then be re-checked on arrival
- During the race a mandatory gear check could occur. In this case, athletes are obliged to follow the referee's guidelines. Checks will be applied equally to all athletes
- There will also be a random gear check at the end of the race

PENALTIES

Following infractions could lead to a 1h penalty or disqualification:

- Not assisting another runner in distress
- Not wearing the race bib visible and in the correct manner
- littering outside of official garbage zones
- mandatory gear(s) missing at post event random gear check
- wearing/holding/using a forbidden item (e.g. headphones) during the race
- Non-compliance with volunteers, organisation staff, referees and other runners
- Receiving any kind of assistance outside the authorized areas or made by unauthorized people
- Being accompanied on the course by someone outside the current race.