

Crimea X Run Rules

Appendix 2 Competition Rules to Regulations for the sports event Crimea X Run 2019

1. Distribution of starter kits

1.1 The distribution of starter kits takes place in the days leading up to the competition, except for CXR Trail and CXR Sprint, starter kits for which can be received on the competition day (date and venue will be announced on the competition website no later than September 15, 2019).

Starter kits are provided only upon demonstration of a valid ID.

1.2 Starting numbers are distributed upon demonstration of mandatory equipment and the original medical certificate.

1.3 When receiving the starting number, the participant must submit a phone number by which he or she can be contacted during the race.

2. Mandatory and recommended equipment

2.1 Mandatory equipment.

Mandatory equipment for the participants is divided into the following categories:

- **A** —athletes without the equipment from this category will not be admitted to the race. If an athlete is found lacking A category equipment during the race, he or she will be disqualified.
- **B** — athletes found lacking B category equipment before the start or during the race will receive a 30 minute time penalty. In case of a repeated violation, the participant will be disqualified.

Equipment for the races (except CXR Sprint)

№	Item	Cat.
1.	Water resistant jacket.	B
2.	Long-sleeve T-shirt, or short-sleeve t-shirt and sleeves (mandatory equipment must allow covering all skin areas except face and hands up to wrists).	A
3.	Full-length sports tights or ¾ sports tights and knee-high socks (mandatory equipment must allow covering all skin areas except face and hands up to wrists)	B
4.	Gloves (covering the whole hand)	B
5.	Headwear (cap or buff).	A
6.	Water container (900 ml at least)	A
7.	Mug for use on food stations.	B

	There will be NO (!) disposable tableware at food stations!	
8.	Backpack/waist bag	A
9.	Space blanket (min. size 140x180 cm)	B
10.	Elastic bandage / sports tape (2 m)	B
11.	Band aid on a roll	B
12.	Bandage (10 cm × 3 m)	B
13.	Hemostatic gauze (blood clotting bandage)	B
14.	Whistle	B
15.	Charged mobile phone <i>You must enter the contact number for emergency contact with the organizers in your phone's address book. This phone number will also be written on the starting number.</i>	A
16.	Any device that allows you to determine your coordinates (GPS-device, a smartphone with a navigation program, etc.). The participant must be able to determine their coordinates using this equipment.	B
17.	Waterproof headlamp with a set of batteries/rechargeable batteries, able to operate for 12 hours. Mobile phone with a flashlight cannot replace a waterproof headlamp!	A
18.	ID card or driver's license in a waterproof package.	B
19.	Starting number (It must be fixed on the belt in front, it is forbidden to cover the number with clothes)	A
20.	An extra starting number. <i>This number must be fixed on a backpack or waist bag on the back of the runner.</i>	B

Mandatory equipment for CXR Sprint

№	Item	Кат.
1.	Water resistant jacket.	B
2.	Charged mobile phone <i>You must enter the contact number for emergency contact with the organizers in your phone's address book. This phone number will also be written on the starting number.</i>	A
3.	Starting number (It must be fixed on the belt in front, it is forbidden to cover the number with clothes)	A

4.	An extra starting number. <i>This number must be fixed on a backpack or waist bag on the back of the runner.</i>	B
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2.2 Recommended equipment.

№	Equipment
1.	GPS navigator with the pre-loaded route. The route will be posted for download on the race website before September 20, 2019.
2.	Trekking poles
3.	Sunglasses and/or cap/visor.
4.	Vaseline or any other anti-chafing cream.
5.	Second skin or any other anti-blister band aid
6.	Sufficient supply of food and drink for the distance of each day.
7.	Smartphone with mobile navigation application with loaded maps and routes. The routes will be posted for download on the race website until September 20, 2019.

2.3. Any additional equipment used by a competitor must be present during the entire race from start to finish.

2.4 Any transfer of equipment (from participant to supporter, from supporter to participant, from participant to participant) during the competition is prohibited and leads to disqualification (except for emergency cases when assistance is provided due to injury or other situation directly threatening health and life of a participant).

3. Transportation and storage of participants' belongings.

3.1 For transportation of participants' personal belongings from the starting point of each race to its finish (or storage, in case of a loop route) only Crimea X Run sports bags can be used.

3.2 If a participant plans to use the transportation service or a luggage room (for one-day races), he or she must have Crimea X Run sports bag received with starter kit, or Crimea X Run sports bag of previous years.

3.3 The organizers are not liable for the integrity of fragile items left in the sports bag.

3.4 Participants are obliged to collect their sports bags from the storage place not later than one hour after the time limit. After this time the organizers cannot be liable for the integrity of the participants' belongings.

3.5 Additionally, CXR Stage Race participants can use a long-term luggage storage, which can take 1 unit: a bicycle in a cover or a suitcase/backpack. If you hand over a suitcase (travel backpack), it must not exceed the volume of 120 liters and the weight of 30 kg. These

possessions are checked in on the first day (16.10) before the start, and can only be collected on the last day of the race (19.10) after the finish.

3.6 For one-day competitions CXR Ultra, CXR Trail and CXR Sprint special storage facilities are provided near the starting/finishing line.

4. Start.

4.1 Participants must arrive at the starting point at least 15 minutes before the start.

4.2 At the entrance to the starting area, a selective check of mandatory equipment is conducted. Athletes lacking items from the list of mandatory equipment either receive a time penalty or are disqualified in accordance with the table of penalties (see para. 10).

4.3 In case of gross violations of the rules of the competition, the organizers reserve the right to withdraw a participant from the race before the start in the days following the violation (even without point ranking).

5. External assistance

External assistance to the participants by the supporters is only allowed at refreshment points (except for transfer of equipment, as mentioned in para. 2.4).

6. Refreshment

6.1 The refreshment points are located every 15 kilometers (+/-3 km). The assortment offered at the refreshment points will be published in the Competition Program.

6.2 Food at the finish.

6.2.1 At the finish line on the days 1-3 of CXR Stage Race participants receive lunch.

6.2.2 On the final 4th day participants of all races will get a light snack at the finish, and in the evening of the same day there will be a banquet for all participants.

6.2.3 In order to receive food at the finish and the refreshment points the participants must show the participant's bracelet/badge from the starter kit.

7. Marking of the track. Following the race route.

7.1 The entire distance is adequately marked by the competition organizers.

7.2 It is obligatory for all participants to move along the route defined by marking. In case of an emergency route change by the organizers (which has not been reflected in the race route uploaded on the race website) the participant must follow the markings on site.

7.3 If there is an emergency change of the route or part of it (critical changes), participants will be notified via SMS alerts and through the official information resources of the race.

7.4 If it is necessary to temporarily move away from the competition route, the participant must leave a backpack with an additional number issued by the organizers on the trail/road.

7.5 If the participant chooses the trail which is not marked by the organizers, he or she receives a fine according to the table (see para. 10).

8. Time limit.

8.1 All stages of the competition have: total time limit (TTL) and time limits for the passage of certain sections of the route (TL). The time of passing a certain point of the route is marked by the judge.

8.2 An athlete who exceeds the TL at any of the specified checkpoints is disqualified and must then follow the instructions of the race staff.

9. Leaving the course

9.1 If the participant wishes to abandon the course, he or she must promptly notify the organizers.

9.2 In case of an emergency (injury, loss of orientation, etc.), the participant must:

- Stop moving.
- Call the organizers by the emergency number, give your starting number, coordinates and describe the situation (if there is mobile connection).
- Report your situation to other runners on the course.
- If necessary, take steps to prevent hypo- or hyperthermia.
- Keep the whistle and the flashlight ready (in the evening).

11. Penalties.

Any violation of these Rules shall result in assessment of a penalty according to the table:

Violation	Penalty
Failure to present any of the mandatory A category equipment	DSQ*
Failure to present any of the mandatory B category equipment	The first violation - 30 min., repeated violation - DSQ*
Receiving or giving of unauthorized assistance outside the official refreshment points	DSQ*
Not meeting the organizers' requirements (the judge, location officers), as well as those of the governmental rescue service (MЧC) or medical service.	DSQ
Abandoning participants in need of help	DSQ
Running or walking outside the marked course, which did not result in any advantage	Penalty is equal to the time spent on covering this track section by the group of participants running closely to the offender minus his own spent time and plus 30 min. ($T = T_{avg} - T_{own} + 30'$) The calculation cannot lead to reducing the offender's time on the course.
Taking shortcuts	The penalty will be defined by the judge: either DSQ or a time penalty, equal to the maximum amount of time designated for passage of this section, according to the time recorders of the next cut-off point.
Disrespect of the environment/ littering	DSQ

Damage to the course markings	DSQ
Running under another participant's name or number	DSQ
DNF at one of the stages in CXR Stage Race	DSQ* in the total protocol with the reserved right to continue the race on non-competitive basis
Failure in observing the TL at any cut-off point	DSQ* in the total protocol with the reserved right to continue the race on non-competitive basis
Creating any other obstacles to the competition	DSQ

* If a participant is disqualified on one of the CXR Stage Race days (except for disqualification for gross violations of the competition rules upon decision of the chief judge), the participant has the right to continue participating out of competition on subsequent days, while observing the Competition rules.

11. Awarding winners and prize winners.

11.1 The final protocol is formed according to the time required to complete the course, taking into account time penalties.

11.2 In each race participants who take 1st, 2nd and 3rd places are awarded. Awarding ceremony is held in two age groups (separately for male and female participants):

- "common" - the age of participants at the time of start is from 18 to 45 years
- "masters" - the age of the participants at the start of 45 years or more.

11.3 If in any category the number of participants who started the first stage is 5 people or less, only the 1st prize is awarded in this age group.

11.4 CXR Stage Race awards ceremony takes place at the finish line of each stage 30 minutes after the third participant in the category crosses the finish line (if there are no formal protests addressed to the chief judge of the competition), or 30 min. after the first finisher if the number of starting participants in this category is 5 or less (according to para. 11.3).

11.5 The winners of the four-day competition format (CXR Stage Race) are awarded according to the results sum of four days on the final day at the competition's closing ceremony.

11.6. The winners of one-day competition formats (CXR Trail, CXR Sprint and CXR Ultra) are awarded at the closing ceremony of the competition.

11.7 Winners and runner-ups are awarded with certificates and valuable prizes established by the organizers and sponsors. Winners must be present at the awards ceremony. Prizes are awarded only at the awards ceremony.

11.8 Every participant who completes the race in accordance with the rules in the chosen format receives a finisher's medal and a memorable keepsake from the competition organizers. Finishing medals and gifts are not presented to a participant disqualified on any of the days of the CXR Stage Race, as well as at CXR Trail, CXR Sprint and CXR Ultra races.