

RULES and REGULATIONS

«Crimea X Run 2018» trail running race
10 - 13 October 2018

Main sections:

1. Goals and objectives
2. Date and venue, formats
3. Organizers
4. Rules and winners determination
5. Registration
6. Safety

1. Goals and objectives

- 1.1. Popularization of the Crimea region as a health resort with ample opportunities for outdoor activities.
- 1.2. Popularization of active and healthy lifestyle, running, trail running, skyrunning and tourism in Russia.
- 1.3. Popularization of the tourist trail project "The Great Sevastopol Trail" (BST) and other walking trails on the territory of the Crimea region.
- 1.4. Enhance athletic skills of participants.
- 1.5. Acquaintance of the competitions participants and their families with the infrastructure and nature of the Crimea region.
- 1.6. Increasing environmental responsibility and protection of natural reserves.

2. Date and venue, formats

- 2.1. Competitions are held in 3 format:
 - 2.1.1. The four-day individual format is held from October 10 to October 13, 2018. The route runs along the southern coast of the Crimean peninsula and passes through the following key settlements, mountain and forest roads and protected areas:
 - 10/10/2018 - Alushta - Gurzuf;
 - 11/10/2018 - Gurzuf - Yalta;
 - 10/12/2018 - Yalta - Alupka;
 - 10/13/2018 - Alupka - Balaklava.
 - 2.1.2. One-day "Ultra Trail" format is held on October 13, 2018. The route runs along the Alupka-Balaklava route and completely coincides with the fourth day of the competition.
 - 2.1.3. One-day "Trail" format is held on October 13, 2018. The route runs along the route Baidarskie Gates - Balaklava.

3. Organization

- 3.1. Organization of competitions is carried out by the Organizing Committee.

3.2. The Organizing Committee of the competitions is formed by the company "Multisport Company" (legal address: Moscow, Sirenevii Boulevard, 1-5) in cooperation with the Ministry of Resorts and Tourism of the Republic of Crimea, the Ministry of Sports of the Republic of Crimea, the Sevastopol City Federation of Mountaineering and Climbing.

3.3. The Organizing Committee approves this Regulation, makes changes and additions to it, determines the exact place of the competition. The Organizing Committee is responsible for:

- ensuring equal conditions for participants of competitions;
- information support of participants;
- judging of competitions;
- organization of safety measures and medical support of competitions;
- the prize fund of competitions formation.

3.4. The main information resource of the competition is www.crimeaxrun.com. All information and registration forms will be available on the website.

3.5. The director of the race Crimea X Run 2018 – Ivan Petrov. Email: info@crimeaxrun.com
The chief judge of Crimea X Run 2018 – Yakov Franklach. Email: info@crimeaxrun.com

4. Participation rules and determination of winners

4.1. Participants:

4.1.1. Only athletes of the age 18 and above are allowed to participate in competitions.

4.1.2. Participants must present at the participant's start package pick-up:

4.1.2.1. Identification card;

4.1.2.2. Medical clearance for running marathon distance from 10 to 13 October 2018 with the date of issue not earlier than 14/04/2018. The organizers do not issue medical certificates after the race. A participant who wants to keep a certificate must provide an original certificate (retains after been shown to the Organizers) and a copy.

Certificate format:

For a disposable medical certificate the form is as follows:

- Contains a seal of a clinic, a signature and a seal of a doctor, date of issue.
- The pattern is as follows: "*Name, year of birth*, according to the results of the medical examination is allowed to participate in running competitions for a distance of up to 65 km." A distance of more than 65 km is also acceptable.

For a reusable medical certificate the form is as follows:

- Contains a seal of a clinic, a signature and a seal of a doctor, date of issue.
- The pattern is as follows: "*Name, year of birth*, underwent in-depth medical examination, *the date of the examination*, and is allowed to participate in cross-country running training and competitions for long distances, including distances up to 65 km for a period of / *specify the period*." A distance of more than 65 km is also acceptable.

For participation in a one-day Trail format (short distance) on October 13, 2018 a certificate can be issued as follows:

- Contains a seal of a clinic, a signature and a seal of a doctor, date of issue.
- The pattern is as follows: "*Name, year of birth*, according to the results of the medical examination is allowed to participate in running competitions for a marathon distance."

4.2. Age groups:

General - the age of participants from 18 to 45 years (on the date of start)

Veterans - age of participants above 45 years (on the date of start)

4.3 In each format and age group the winners are determined by the minimal time spent on the route.

4.4. Awarding is held for each format of the competition:

4.4.1. Awarding of the four-day format of the competition is:

- daily, for the best result of the day;
- general award for the sum of four days, on the final day of the competition.

4.4.2. Awarding of the one-day format of Ultra Trail competitions is for the best result of the day.

4.4.3. In each format the participants are awarded in the following categories:

- ranked 1-3 among men in the general age group;
- ranked 1-3 among men in the group "veterans";
- ranked 1-3 among women in the general age group;
- who took 1-3 place among women in the group "veterans".

4.4.4. If the number of participants in a category is 5 people or less then only the first ranked participant is awarded.

4.4.5. Winners and prize-winners are awarded with certificates and valuable prizes provided by organizers and sponsors.

4.4.6. Each participant who finishes the race receives a competition finisher medal.

5. Registration

5.1. Registration for the competition is performed by filling in the form on the website www.crimeaxrun.com and paying the entry fee. Registration for the competition will open on April 2, 2018 at 09:00.

5.2. Applications are accepted until September 14, 2018 with mandatory electronic payment on the site of the event.

5.3. Accepting of the applications will be closed earlier than specified in paragraph 5.2 if:

- the number of the 4-day format Crimea X Run 2018 participants will reach a limit of 350.
- the number of the one-day format Crimea X Run 2018 participants (total at the distance of Ultra Trail and Trail) will reach a limit of 100.

6. Safety

- 6.1. Participation in competitions on the trail running is potentially unsafe. By registering, participants takes full responsibility for their health and all possible risks associated with participating in competitions.
- 6.2. Each participant is obliged to obey all traffic laws.
- 6.3. The competitions will be approved by ministerial services.