

Regulations

for the sports event Crimea X Run 2019

1. Definition of Crimea X Run. Dates and venue. Organizers.

1.1 Crimea X Run 2019 is a trail sports event (cross-country run) that includes four kinds of competition:

- four-day CXR Stage Race competition (165 km, 9000+);
- one-day CXR Ultra (68 km, 3800+);
- one-day CXR Trail competition (33 km, 2000+);
- one-day CXR Sprint competition (9 km, 650 m+).

1.2 Venue: the southern coast of the Crimean peninsula, including mountain ranges of Yalta and Alushta regions and Sevastopol.

1.3 Dates: from October 15 to October 19, 2019 (see Appendix 4, Event Program).

1.4 General management of the competition is carried out by the Crimea X Run 2019 Organizing Committee, formed by Multisport, Ltd (legal address: Moscow, Lobachika st., 17, of. 210) in collaboration with the Ministry of Resorts and Tourism and the Ministry of Sports of the Republic of Crimea and the Mountaineering and Climbing Federation of Sevastopol.

1.5 The Organizing Committee establishes these Regulations and reserves the right to modify them. The Organizing Committee is responsible for:

- equal conditions for all of the participants;
- informational support of the competition;;
- judging of the competition;
- security measures and medical support of the competition;
- formation of the prize fund of the competition.

1.6 The official website of the competition is www.crimeaxrun.com.

1.7 The Competition director is Ivan Yuryevich Petrov (info@crimeaxrun.com).

2. Goals and objectives of Crimea X Run 2019

2.1 The goal of the competition is to popularize the Republic of Crimea as a health resort with plenty of opportunities for outdoor activities.

2.2 Objectives:

- popularize running, trailing, sky running and tourism in Russia;
- popularize the tourist route project Great Sevastopol Trail and other tourist trails in the Republic of Crimea;
- improve participants' sports skills;
- familiarize the participants and their families with the nature and infrastructures of the Republic of Crimea;
- increase the level of responsibility for the environment and conservation areas.

3. Distances and routes. General description.

- 3.1 Four-day competition CXR Stage Race, includes 4 stages, each stage is completed on a single day. Total length of the trail is 165 km, elevation gain is 9000 meters, number of participants - 500. The route passes through Balaclava, Foros, Yalta and Gurzuf.
- 3.2 One-day competition CXR Ultra. Loop route, total length of the trail is 68 km, elevation gain is 3800 meters, number of participants - 120 (changes dated 05.082019). The route starts and finishes in Yalta.
- 3.3 One-Day competition CXR Trail. Loop route, total length of the trail is 33 km, elevation gain is 2000 meters, number of participants - 180 (changes dated 05.082019). The route starts and finishes in Yalta.
- 3.4 One-day competition CXR Sprint. Loop route, total length of the trail is 9 km, elevation gain is 650 meters, number of participants – 150. The route starts and finishes in Yalta.

4. Requirements for participants and registration.

4.1 Requirements for participants:

- to take part in Crimea X Run 2019 the athlete must be at least 18 years old;
- participants must be aware of the difficulty level of the race they choose and have sufficient experience of participating in trail competitions. They also must have physical ability to cover the chosen distance independently and without assistance;
- participants are fully responsible for their health and the risks associated with the competition;
- participants are required to provide a medical certificate issued by a physician regarding the admission to the competition (see Appendix 3 Requirements for medical certificate).

4.2 By registering for the competition, the participants unconditionally agree to these Regulations, including the Appendixes and any other instructions provided by the Organizers. The participants also undertake to comply with sports ethics.

4.3 The registration occurs by filling in the registration form on the website and paying of the entry fee (see Appendix 1 Terms of participation).

4.4 Registration for each competition closes automatically when the limit of the participant number is reached. Information on free slots (for example, if a registered participant refuses to participate) will be published in the official CXR groups in social networks.

4.5 The Organizers reserve the right to refuse registration to any participant without explanation.

5. General competition rules.

Crimea X Run 2019 is conducted according to the rules listed in Appendix 2 Competition Rules.

6. Judging. Appeals.

6.1 The judges are appointed by the Organizing Committee. The Chief Judge of Crimea X Run 2019 is Frenklah Yakov Mikhailovich (info@crimeaxrun.com).

6.2 Disputes. In any disputable situation, the Organizers consult these Regulations and the Appendixes. If the situation is not described, the Organizers appeal to the common sense of the Organizing Committee. The last word always remains with the Chief Judge.

6.3 If a participant disagrees with the results, or if he or she has revealed violations of the Regulations committed by other participants, they may submit a written protest to the Chief Judge of the competition no later than 30 minutes after the time limit for the day's race.

6.4 Information on time penalties and disqualifications is detailed in Appendix 2 Competition Regulations.

7. Scoring and awards*.

7.1 The final protocol takes into account the time spent on the race course summed up with time penalties.

7.2 In each competition, prizes are awarded to 1st, 2nd and 3rd place. Prizes are awarded in two age categories, separately for male and female competitors:

- "common" - from 18 to 45 years;
- "masters" - from 45 years on.

7.3 The prize fund is provided by the partners and Organizers of the competition.

* Information on scoring system and awarding of prizes is detailed in para 11 of Appendix 2 Competition Rules.

8. Security and medical assistance

8.1 Participation in a trail competition is potentially dangerous. By registering and paying the entry fee, participants confirm and accept that they are aware of their health state and the limits of their physical ability, and that they have all the necessary technical skills to cover the chosen distance. Participants exempt the Organizers from any liability, whether civil or criminal, for any injury or material damage they can suffer during the competition.

8.2 Participants are required to obey traffic rules.

8.3 All the competitions are supervised by competent local services.

8.4 Rescue services of the Ministry of Emergency Situations (MCH) and medical service are on duty during the competition.

8.5 Participants are fully responsible for taking medications without prescription from a physician.

9. Photos and videos

The Organizers are entitled to use photos and videos of the competitions at their own discretion.

10. Funding

The funding of the competitions is raised by sponsors and participants' entry fees.

11. Exceptional circumstances. Cancelling competitions

11.1 In the event of exceptional circumstances, the Organizers are entitled to make necessary changes, such as:

- change of the competition program;
- change of the time limit;
- change of the distance.

11.2 In case of force majeure (military actions, earthquake, flood, fire, governmental action etc.), it is possible to cancel the competitions. In this case, the Organizers undertake to refund a part of the entry fee to the participants minus organizational costs.

12. Changes to Regulations

These Regulations and their Appendixes may be adjusted until August 15, 2019.