

## Regulation english

### 3 Days Trail Ibiza - Ultra Ibiza 2023

#### Competition Detail

The 3 days Trail Ibiza - Ultra Ibiza is a Trail Running race made up of three stages on the island of Ibiza that is included in the calendar of the Balearic Athletics Federation. The 10th edition will be held on December 1, 2 and 3, 2023

All the information can be found at [www.trailibiza.com](http://www.trailibiza.com)

This test is organized by Trideporte, NIF G-57881112

Registration in the Balearic Government, dated January 23, 2015 n° DC2727

With federative license by the FAIB

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The Ultra distance: will be Cto. From Ultra Trail of the Balearic Islands

The Marathon distance: will be Cto. Long distance to the Balearic Islands

The 3 days Trail Ibiza - Ultra Ibiza is an event that aims to bring together both the tourist and sports aspects.

#### Rules:

##### Art. 1) ORGANIZATION

These regulations can be corrected, modified or improved at any time by the Organization with due communication to the participants and periods of claim and resolution of incidents. The fact of registering in any of the modalities of the event shows the agreement of the participant with the entire content of these Regulations.

##### Art. 2) REGISTRATION

2.1.- Athletes with a Route/Trail Running License or with a National License may participate in this competition. Or the day license

This competition is governed by the regulations of the RFEA, only runners with a Spanish Athletics + Trail Running license do not need to take out insurance. Therefore, the FEDME or FBME licenses are not valid.

[Read statement from the Balearic Government https://acortar.link/NoGzgB](https://acortar.link/NoGzgB)

2.2. Registrations will be made at Elitechip : [www.elitechip.net](http://www.elitechip.net)

23. Age from which you can participate in each distance (See general rules of the different stages, point 4)

### **The 3 Days trail Ibiza with :**

The fees to be paid according to the registration date will be the following:

2nd stage Ultra

or €105 for the first 50

or €115 from 51 to November 1

or €135 until registration closes.

2nd stage Marathon

or €70 for the first 50

or €80 from 51 to November 1

or €115 until registration closes.

2nd stage 1/2 Marathon

or €50 for the first 50

or €65 for 51 until November 1

or €100 until registration closes.

2nd stage 10 km Started

or €45 for the first 100

or €55 until November 1

or €70 until registration closes.

### **mixed couples**

From the organization of 3 days trail Ibiza we always seek to increase the number of registered women. That is why we have decided to include the option of mixed couples! And female couples in both the marathon and Ultra distance.

It will have its own classification and will have prizes.

3 days with the marathon stage:

or €140 for both components

o €230 for the two components from November 1 until registration closes.

The couple must pass all the control points at the same time, otherwise they will not enter the classification of mixed couples despite being registered as such.

3 days with the Ultra stage:

or €200 for both components

o €270 for the two components from November 1 until registration closes.

The couple must pass all the control points at the same time, otherwise they will not enter the classification of mixed couples despite being registered as such.

\*Runners who do not have insurance must pay €20 to compete on the 3 days .

1 day trail Ibiza:

ULTRA:

or €75 for the first 50

or €100 from 51 to November 1

or €135 until registration closes.

Marathon:

or €50 for the first 50

or €70 from 51 to November 1

or €115 until registration closes.

1/2 Marathon:

or €35 for the first 50

or €60 until November 1

or €100 until registration closes.

10km Starter

or €30 for the first 100

or €50 until November 1

or €70 until registration closes.

- Riders who do not have insurance must pay €10 for it.

Registration is personal and non-transferable. Any runner who is detected with another person's number will be expelled from the race.

Registration will close on Sunday, November 26 at 11:59 p.m.

Registrations will not be accepted after this date.

### Art 3) CLASSIFICATION AND CATEGORIES

3.1. The age to be taken into consideration for the competition will be the age the participant has on December 31 of the year of the competition. (See point 4)

3.2. Categories in the final General of the 3 days male and female. It is considered FINISHER OF THE 3 DAYS and will have a FINISHER medal. combining:

- night 10 km + Saturday 10 km + Sunday 10 km
- night 10 km + Saturday 1/2 Marathon + Sunday 10 km
- Night 10 km + Saturday Marathon + Sunday 10 km
- night 10 km + Saturday Ultra + Sunday 10 km
- Ultra
- Marathon
- 1/2 Marathon

### 3.3 Trophies:

Trophies are not cumulative in any of the categories specified in the regulations. There will be trophies:

**It will be essential that the winners are present at the time of the awards ceremony, as long as it occurs at the time of said delivery.**

In the first stage for:

o the first three classified.

Master: From the day they turn 35 with the following age groups. The first one will be awarded.

- Master M35/F35
- Master M40 /F40
- Master M45 /F45
- Master M50 /F50
- Master M55 /F55
- First couple (ultra and marathon will be considered united)

In the second stage in the 10 km mode started at:

or the first 5 classified.

In the second stage in the 1/2 marathon modality to:

or the first three classified.

Master: From the day they turn 35 with the following age groups. The first one will be awarded

- Master M35/F35
- Master M45 /F45
- Master M55 /F55

In the second stage in the marathon modalities to:

or the first three classified.

Master: From the day they turn 35 with the following age groups. The first one will be awarded

- Master M35/F35
- Master M45 /F45
- Master M55 /F55
- first couple

In the second stage in the Ultra modalities to:

or the first three classified.

Master: From the day they turn 35 with the following age groups. The first one will be awarded

- Master M35/F35
- Master M45 /F45
- Master M55 /F55
- first couple

In the third stage to the first three classified.

or the first three classified.

Master: From the day they turn 35 with the following age groups. The first one will be awarded.

- Master M35/F35
- Master M40 /F40
- Master M45 /F45
- Master M50 /F50
- Master M55 /F55
- First couple (ultra and marathon will be considered united)

In the general of the combination of night 10 km + Saturday 10 km + Sunday 10 km will receive a trophy:

or the first three classified.

Master: From the day they turn 35 with the following age groups. The first one will be awarded.

- Master M35/F35
- Master M40 /F40
- Master M45 /F45
- Master M50 /F50
- Master M55 /F55

In the general of the combination of night 10kms + Saturday 1/2 Marathon + Sunday 10kms will receive a trophy:

o the first three classified.

Master: From the day they turn 35 with the following age groups. The first one will be awarded.

- Master M35/F35
- Master M40 /F40
- Master M45 /F45
- Master M50 /F50
- Master M55 /F55.

In the general of the combination of night 10kms + Saturday Marathon + Sunday 10kms the first three classified of the:

or the first three classified.

Master: From the day they turn 35 with the following age groups. The first one will be awarded.

- Master M35/F35
- Master M40 /F40
- Master M45 /F45
- Master M50 /F50
- Master M55 /F55
- first couple

In the general of the combination of night 10kms + Saturday Ultra + Sunday 10kms the first three classifieds of the:

the first three classifieds in both female and male categories. In addition to the cash prizes

- \* 300€ to the first one
- \* 200€ to the second
- \* 100€ to the third

Master: From the day they turn 35 with the following age groups. The first one will be awarded.

- Master M35/F35
- Master M40 /F40
- Master M45 /F45
- Master M50 /F50
- Master M55 /F55
- first couple

3.5.-Categories, the following male and female categories are established

Master M35/F35 from the day you turn 35 up to 39 years

Master M40 /F40 from the day you turn 40 up to 44 years

Master M45 /F45 from the day you turn 40 to 49 years

Master M50 /F50 from the day you turn 50 up to 54 years

Master M55 /F55 from the day he turns 55 onwards

3.6.- Ultra Distance and Long Distance Championship of the Balearic Islands.

The championship will be governed by the FAIB regulations and there will be the categories and subcategories indicated in said regulations. In this classification it will only be for the Federated in the Balearic Federation of Athletics + Trail.

The athletes who take part in the Cto. They must wear the kit of their club, independent athletes may wear the sponsors they want in their kit

The prizes for the Balearic Islands Championship will be collected at the Athletics Federation gala.

The participants in the Cto. They must also enroll in Elitechip

## **Art.4) TECHNICAL STANDARDS FOR THE DIFFERENT STAGES AND DISTANCES**

### **4.1. -FIRST STAGE (Friday 12-1-23)**

..Athletes from the Sub18 category may participate

.. Modality: Night

.. Route and unevenness: see track

.. Distance: 10 km (Tour through the walled city and necropolis, there will be two 5 km laps)

.. Difficulty: medium

.. Departure: At 20:00

.. Place of departure: Port of Ibiza (Martell)

.. Goal: Port of Ibiza (Martell)

- .. Output: single output
- .. Race time limit: 1:30
- .. Closing of the race at the finish line: 21:30

## 4.2. SECOND STAGE (Saturday 2-12-23)

### 4.2.1. ULTRA

- ..Athletes from the sub-20 category may participate
- ..Distance: 72 km
- .. Route and unevenness: see track
- ..Difficulty: medium
- ..Departure: 06:00
- ..Place of departure: Sant Josep de sa Talaia football field
- ..Finish: Sant Josep de sa Talaia soccer field
- ..Output in a single group
- .. Race limit time: 12:30 hours
- ..Closing of the race at the finish line: 18:30
- ..The mandatory material will be controlled before the start and at the finish line and may be exhaustive or partial at the discretion of the Jury.-Possibility of controls on the course. Not carrying the mandatory material will imply the non-start or penalty if it is not carried at the finish line or at the controls during the route

### 4.2.2. MARATHON

- ..Athletes from the sub 20 category may participate
- ..Distance: 42 km
- .. Route and unevenness: see track
- ..Difficulty: medium
- ..Departure: 09:00
- ..Place of departure: Sant Josep de sa Talaia football field
- ..Finish: Sant Josep de sa Talaia soccer field
- ..Output in a single group
- ..Career time limit: 9 hours
- ..Closing of the race at the finish line: 18:30
- ..The mandatory material will be controlled at the finish line. Possible random checks on tour

### 4.2.3. HALF MARATHON

- ..Athletes from the sub 20 category may participate
- ..Distance 21 km
- .. Route and unevenness: see track
- ..Difficulty: medium
- ..Departure: 11:00
- ..Place of departure: Es Cubells
- ..Finish: Sant Josep de sa Talaia soccer field
- ..Output: In a single group

- ..Career time limit: 6 hours
- ..Closing of the race at the finish line: 17:00
- ..The mandatory material will be controlled at the finish line. Possible random checks on tour

#### **4.2.4. RACE 10 km**

- ..Athlete from the sub 18 category may participate
- ..Distance 10 km
- .. Route and unevenness: see track
- ..Difficulty: medium
- ..Departure: 12:00
- ..Place of departure: Sant Josep de sa Talaia football field
- ..Finish: Sant Josep de sa Talaia soccer field
- ..Output in a single group
- ..Career time limit: 2 hours
- ..Closing of the race at the finish line: 14:00

#### **4.3. THIRD STAGE (Sunday 12-3-23)**

- ..Athletes from the sub 18 category may participate
- ..Distance: 10 km
- .. Route and unevenness: see track
- ..Departure: 11:00
- ..Place of departure: Santa Eulalia del Río
- ..Goal: Santa Eulalia del Río
- ..Start in two groups: First Female plus couples, second male with an interval of 8 minutes
- ..Time limit race 1:30
- ..Closing of the race at the finish line: 12:30



## Art. 5) EQUIPMENT INCLUDES THE THREE STAGES

### 5.1.PROHIBITED

..Headphones (For security) It can be controlled at any time of the race and penalized









### 5.2.RECOMMENDED

.. Front and be attentive to weather forecasts

### 5.3.PERMITTED

.. Rubber-tipped poles

### 5.4.MANDATORY (See table)

MANDATORY EQUIPMENT 3 DAYS TRAIL IBIZA – ULTRA IBIZA						
	NOCTURNA	ULTRA	MARATHON	½ MARATHON	10 kms started	SUNDAY
Mountain Footwear	✓	✓	✓	✓	✓	✓
Waterproof Gore-Tex jacket. +10000. <b>+10000</b>						
windbreaker jacket		✓	✓	✓	✓	
Mobile on charged and NOT IN AIRPLANE MODE.	✓	✓	✓	✓	✓	✓
Thermal blanket (1.4x2 mts. Min.)	✓	✓	✓	✓	✓	✓
LIGHT FRONT	✓	✓ + batteries or two front	✓ + batteries or two front			
red rear light	✓	✓	✓			
Whistle	✓	✓	✓	✓	✓	✓
Glass for refreshments		✓	✓	✓	✓	
1 liter of liquid		✓	✓	✓		
visible bib	✓	✓	✓	✓	✓	✓

## MANDATORY EQUIPMENT 3 DAYS TRAIL IBIZA – ULTRA IBIZA

	NOCTURNA	ULTRA	MARATHON	½ MARATHON	10 kms started	SUNDAY
chip	✓	✓	✓	✓	✓	✓

### Art. 6) PASS CONTROLS SECOND STAGE

These are the passing times in each race. They will be taken into account from the moment of each one's departure.

Consult the checkpoints in the test regulations attached to the documents at the end of the sheet.

#### 6.1. ULTRA

Check Point	Km,s tours	1st runner	Last runner	Time limit Closing
Sant Jpep.-Salida	0	6:00	6:00	
1 Av. Cantera Agloisa	13,000	7:00	8:00	08:05
2 Av. Serra de sa Murta	22,300	8:00	09:50	09:50
3 Av. Sant Josep Iglesia	31,800	8:45	11:20	11:20
4 1ª antena Atalaia	38,500	09:15	12:30	12:30
5 Av. Es Cubells	49,000	10:15	14:40	14:40
6 Playa Cala D'Hort	58,000	12:00	16:45	16:45
7 Av. Ses Roques Altes	67,500	13:00	18:20	18:20
8 Meta	72,000	13:30	19:30	19:30

#### 6.2. MARATHON

Check Point	Km,s tours	1st runner	Last runner	Time limit Closing
Sant Josep. Salida	0	09:30	09:30	
1 1ª antena Atalaia	8.500	10:00	12:20	12:20
2 Av. Es Cubells	19.000	11:00	14:00	14:00
3 Playa Cala D'Hort	28.000	12:45	16:00	16:00
4 Av. Ses Roques Altes	37.500	13:45	17:30	17:30
5 Meta	42.000	14:15	18:30	18:30

### 6.3. HALF MARATHON

Check Point	Km,s tours	1st runner	Last runner	Time limit Closing
Es Cubells. Salida	0	11:00	11:00	
1 Playa Cala D'Hort	9.000	12:45	16:00	16:00
2 Av. Ses Roques Altes	16.500	13:45	16:30	16:30
3 Meta	21.000	14:15	17:00	17:00

### 6.4. RACE 10 km

Check Point	Km,s tours	1st runner	Last runner	Time limit Closing
Av. Sant Josep.-Salida	0	12:00	12:00	
1. 1ª antena Atalaia	5.500	12:25	13:00	13:00
2, Meta	10.000	12:45	14:00	14:00

6.5. It will be borne in mind that any runner who arrives at a race cut-off control outside the scheduled time and has been told that he is out of the competition, will not be able to continue and must remain at this point until he is evacuated. You will not be able to leave the control zone after closing time even if you have entered on time

#### Art.7) RESPONSIBILITY OF THE ORGANIZING ENTITY

7.1 The organizer of the competition is a Sports Club registered with the Competent Sports Organization in the Balearic Islands (DG Esports), and affiliated with the FAIB.

7.2 The organization will not be responsible for the damages derived or caused by negligence or bad faith and other cases considered to be excluded from the civil liability policy contracted by the organization, during the celebration of the test.

7.3 The organization of the race will have to suspend it, when the meteorological conditions advise it, due to the declaration of a Red Alert in the area of the course and

when indicated by 112 and/or Civil Protection. In this case, no refund of registration will be made.

#### Art 8) OBLIGATIONS OF PARTICIPANTS

8.1 It is obligatory for the runner to know the Race Regulations and those of the RFEA.

8.2. All participants have the obligation to follow the indications given by any member of the organization of the race and the Judges.

In case of not following the indicated route and the safety guidelines indicated by the organization, the runner may be penalized by the Referee in accordance with the provisions of the different regulations.

8.3. All participants have the obligation to attend and/or donate relief and to notify the nearest control of any accident they have seen. Failure to do so will be disqualified.

8.4. The runners who decide to withdraw (abandon) from the race will have to notify the organization through the control closest to the place of withdrawal. They will be evacuated little by little or wait until the end of the race

8.5. All runners will have to wear the appropriate footwear for the race and have the most appropriate physical condition.

8.6. It is the responsibility of the participants to bring the appropriate and prescribed equipment and material for the race. IT WILL BE CONTROLLED AT THE START AND FINISH AS PROVIDED BY THE JURY.

As provided, the controls may be exhaustive or partial, at some point along the route to all or part of the material.

8.7. Participants are obliged to know and comply with the restrictions in reference to those of doping substances that harm health and the course of the competition (list of prohibitions published and maintained by the World Anti-Doping Agency, WADA). In case of being detected they will be disqualified and penalized.

8.8. The number will be placed on the front of the shirt and must be visible throughout the race. In case of wearing a windbreaker, the number must be visible by lowering the zipper. It cannot be cut or reduced in size.

8.9. Due to security measures, it will not be possible to compete with headphones on. It will be controlled at any point of the route and carrying them will be penalized

8.10. It is the athlete's obligation to know the mandatory material to carry

8.11. The poles are authorized, but when running through a BIC area, always use a rubber tip. The use of metal tips will be penalized

## Art. 9) INFRINGEMENTS

9.1 There will be two types of **serious and very serious** infractions that will be applied by the Referee Judge after his communication with the Race Director: serious infractions will be penalized with a time of 3 to 10 minutes and very serious, will mean immediate disqualification of the runner by the Referee.

### **9.2 Serious offenses that will be penalized from 3 to 10 minutes will be:**

9.2.1 Failing to give way to the runner behind him in case of a request from him.

9.2.2 Wear headphones during the competition.

9.2.3 Modify the dimensions of the number, wear the number covered or at the back

9.2.4 Receive assistance from third parties outside the refreshment controls.

9.2.5 Anticipate the starting signal.

9.2.6 Carrying canes with a metal tip in the BIC area

9.2.7 Lack of mandatory material 3 minutes per element

9.2.8 Not wearing the club kit when applicable

### **9.3. Very serious infractions will be penalized with disqualification.**

9.3.1 Use any means of transportation or locomotion during all or part of the tour.

9.3.2 Not keeping due respect to the most essential sports rules of company and respect to nature.

- 9.3.3 Any inconsideration and violence against the judges, members of the organization or participants of the race.
- 9.3.4 Withdraw from the competition without notifying a judge or the person in charge of the control of passage (penalty of two races without being able to participate)
- 9.3.5 Finishing the test later than the closing time of the arrival control at the finish line
- 9.3.6 Go through the checkpoints, later than the scheduled closing time.
- 9.3.7 Not going through a checkpoint.
- 9.3.8 Not giving help to an injured rider.
- 9.3.9 Not carrying all the mandatory material marked by the organization.

**9.4. Related to respect and care for the natural environment, they are considered very serious faults.**

- 9.4.1 The use of public address elements in any section of the route, outside the start and finish.
- 9.4.2 Not Respect the environment. Damage natural, geological, cultural resources.
- 9.4.3 Not Respect the itinerary established and marked out by the organization by leaving it. Use secondary trails to the main trail. Tackle cross country. Trim inside the curves.
- 9.4.5 Throw garbage (waste, wrappers, food or material) except in places authorized by the organization. It is mandatory to mark gels, bars, etc. with the bib number.
- 9.4.6 Emit signals or light flashes, except for frontal or red lighting on night routes. Shout during the tour.
- 9.4.7. Remove or change the brands placed by the organization

**Art. 10) SUPPLY**

There will be supplies at the control points indicated in point 6)

At each refreshment station, some containers will be placed before and after where the

runners can deposit waste, packaging, remains etc. There will be an indicator for the start and end of the provisioning control.

The external aid to the runners will have to be done within these technical areas of the provisioning controls, not being able to abandon any other material, equipment or food remains outside these points.

In the aid stations THERE WILL BE NO GLASSES to give the drink being OBLIGATION OF THE RUNNER to bring his own glass. It is totally forbidden to drink directly from the refreshment bottle.

Except for the first provisioning, which will only be liquid (water and isotonic drink). The rest are liquid and solid. At the finish line there will also be liquid and solid supplies for all participants.

**Art. 11) CLAIMS**

Claims will be made through a claim form, which will be facilitated by the organization by paying a deposit of 60 euros (which will be returned if successful) at the end of

the race and only on the day of the race. Claims related to classifications will be presented verbally to the Referee Judge no later than 30 minutes after the results are published.

An Appeals Jury will be appointed (It is optional)

#### Art. 12) ABANDONMENT.

Withdrawals can only be made at the control points, section 6). Only the control points indicated by the organization in the program will have vehicles for evacuation. Therefore, whoever abandons at any other point must reach the next control point by their own means. There will only be one trip, so the return will be made at the close of control.

#### Art. 13) CANCELLATION OF SPORTS EVENT due to weather conditions

If any stage had to be suspended due to weather conditions, no refund will be made.

#### Art. 14) SPORTS EVENT CANCELLATION INSURANCE

No registration can be canceled after November 15.

The broker can take out insurance that covers the non-reimbursable amount by the organizer of the sporting event. If the insured runner after the occurrence of an event included in the causes of cancellation insured in this insurance that prevents the insured from attending the insured sporting event and obliges him to cancel before the departure date.

It consists of an insurance contract that covers the non-reimbursable amount by the organizer of the sporting event, after the occurrence of an event included in the causes of cancellation insured in this insurance that prevents the insured from attending the insured sporting event and obliges him to cancel it. before the departure date.

#### Art.15) CANCELLATION FEES

Only the amount of the bib number/registration will be reimbursed for the registration. The guarantee offered by this insurance will be valid from the date indicated in the insurance contract and the coverage period is the period between the date of contracting the insurance and the date of the insured sporting event.

#### Art. 16) CAUSES FOR CANCELLATION

The causes of cancellation that are the reason for the application of this guarantee must prevent the participation of the insured in the sports competition and have occurred after the subscription of the insurance: •

Serious illnesses.

- Serious bodily accident or death of the insured and relatives.
- Serious damage.
- Due to theft, fire or flooding of habitual residence or in their professional

premises.

- Appointment for surgical treatment.
- Call as electoral member.
- Presentation as an opponent to official exams.
- Medical leave of the insured. It is not a receipt from a physiotherapist

The cost of the insurance is €5.

#### Art. 17) CLAIMS

In the event of a claim, you must notify Trail Ibiza within a period of 7 days after it occurred via email: [trailibiza@gmail.com](mailto:trailibiza@gmail.com)

Art. 18) The participants in the 3 Days Trail Ibiza, by registering, give their consent for Trideporte, by itself or through third parties, to automatically process and for exclusively sporting, promotional or commercial purposes the reproduction of photographs of the circuit, broadcast of videos, publication of classifications, etc. Through any device (television, internet, graphic advertising, etc.) and without a time limit, those registered expressly assign to the organization the right to reproduce their name and surname, the place obtained in the classification, their photographs and their videos.

#### Art. 19) TECHNICAL CONTROL

The technical control of the test will be in charge of judges from the FAIB Committee, supported by the chip system.

#### Art. 20) DELIVERY OF NUMBERS

The numbers will be delivered at Trideporte. Airport Highway km 62. Las Olas Building. Schedules see the official website of the event.

The bib number and the chip are personal and non-transferable, not competing with the assigned bib number or chip is cause for a penalty

All registrants who have been notified that they have a License must present the Athletics+Trail modality license or higher or the DNI to be able to collect the bib number and start the race.

#### Art. 21) HEALTH AND INSURANCE

The competition will be covered by 1 mobile and 1 fixed medicalized ambulances and 1 doctors.

The organization has accident and Civil Liability insurance and day insurance covered by the policy. RFEA

Art. 22) Everything not provided for in these Regulations will be resolved by the RFEA Trail Running Regulations and by the WORLD ATHLETICS Competition and Technical Regulations in this order.