



REGULATIONS

Art. 1. The **Ski Team Lagorai** are the organisers of the 16th Scialpinistica Lagorai – Cima d'Asta, 'Egidio Battisti – Lino Vesco' Memorial Cup Ski Mountaineering Race (classical technique) – Individual Event, which is set to take place on Saturday 25th February 2006 in the Lagorai – Cima d'Asta Group as part of the (Senior, inc. Espoir category) World Cup-Individual round, European Cup for Juniors and Cadets. and Coppa delle Dolomiti (open to any participant over 18 years) plus Open Youth category (16,17 years)

Art. 2. **Participation** is open to current FISI cardholders and members of National Federations of other countries, for the international cups ISMC membership is required. All competitors must have a current medical certificate issued by a recognised sport's doctor, stating they are medically fit to take part in ski mountaineering competitions.

World Cup - Senior (1982) with **Espoir** (1983, '84 & '85) – Male and Female

European Cup Junior (1986 & '87), **Cadet** (1988,'89 & '90) – Male and Female - All participants under 18 years must have a letter of parental consent to participate.

Coppa delle Dolomiti is a senior competition, all racers must be at least 18 years old, - Male and Female categories

Open Youth – 16 and 17 years, Male and Female - All participants must have a letter of parental consent to participate.

Art.3. The Organisation, given the nature of the event, does not accept any **liability** for any type of accident occurring to either competitor or third persons. All ISMC competitors must have their own appropriate insurance.

Art. 4. A **briefing** will be held at 18.00 the day before the race indicating the following: the start point, start time, the route distance, approximate time taken.

The Organisation has the right to make modifications to the route /race rules at any point prior to the start in the interests of participant safety.

In case of cancellation immediately before the race, the enrolment fee will not be re-imbursed but held for the next edition of the race.

Art. 5. **Race numbers** (one on backpack and one on right thigh) must be worn throughout the race from start to finish.

Art. 6. An **anti-doping** test may be taken at any point.

Art. 7. Decisions taken by the **Jury** are final.

Art. 8. All **claims for international races** must be made by in writing to the head of the International Jury within 15 minutes of the publication of the race results. All claims must be accompanied by equivalent of 30 € which is non-refundable in the event of an unfavourable outcome. All other claims must be made to the race organisers in writing within 15 mins of the race results, accompanied by 30 €.

Art. 9. **Obligatory Equipment** required by each and every racer.

- Skis equipped with metallic edges on at least 90% of their length, and with a width of at least 60 mm beneath the foot. The skis must be at least 160 cm long for men and 150 cm long for women. - The bindings (quick front and back lateral release in the event of accident) must allow heel movement when ascending and may be blockable when descending and may or may not be equipped with security straps, at the competitor's own risk. Cross-Country ski bindings and boots or their derivatives are strictly forbidden.

- Boots must be high enough to cover the ankles and with notched soles of type Vibram or similar (soles must cover at least 80% of the surface of the foot and minimum depth of notches is 4 mm). Boots must be adaptable to metal crampons.

- A pair ski poles with a maximum diameter of 25 mm, and with non-metallic baskets.

- Preferably 3 skins (one pair and one spare)

- Lower body clothing, with long pants (race suit) plus breathable water proof -wind stopper trousers fitting the size of the competitor.

- Upper body clothing with long sleeves fitting the size of the competitor (race suit), a breathable water proof -wind stopper jacket, and a fleece (all the layers with long sleeves)

- An avalanche transceiver, device used to search for avalanche victims (transmitter / receiver) which conforms to standard (frequency 457 kHz). Each competitor must wear this device against his body in transmitting mode for the full duration of the race. It must be worn under the clothing, in direct contact with the body.
 - Helmets are compulsory. It's compulsory to wear them properly in all the descents and also in all the parts indicated by the Race Director in the briefing (couloirs, ridges...). The helmets (only those suitable for climbing but not those used for cycling) must be in compliance to EN12492 (UIAA106). No helmet can guarantee total safety against all kind of impacts.
 - An EU or UIAA-certified harness which must not have been modified once manufactured. **Makeshift harnesses are strictly forbidden.** *
 - Two slings – 1m length (which conforms to UIAA rules min. length: one meter) or cord 3m length (22 kn UIAA)*
 - Two karabiners (minimum resistance of 22 KN UIAA).*
 - A resistant snow shovel (0.2 m x 0.2 m minimum) It must not have been modified once manufactured. The denomination "snow shovel" is defined by the manufacturer. He assumes responsibility for its definition.
 - A ski cap or bandana.
 - A 1,80 square meters minimum survival blanket
 - Gloves
 - A rucksack, with appropriate attachments to carry skis.
 - A pair of **metal crampons** with at least 10 spikes min. length 3cm.. If the crampons are not worn on the boots, **they must be carried in the backpack.** They must not have been modified once manufactured.
- * Items not required for European Youth Cup Event

Certain items will be marked just before the race (material broken during the race, such as a ski pole, will not lead to a penalty if it is left to an official). All material must be considered appropriate for ski mountaineering and apply with UIAA regulations. The Jury reserves the right to reject any equipment deemed to be defective or inadequate.

Art.10. The **Lagorai –Cima d'Asta Ski Mountaineering Race** is an individual event (classical technique) taking place over one day, with the classifications being based on fastest time undertaken. Race times are posted in seconds. The ascent route is signed by green flags, the descent by red flags. The uphill gradient is approximately 1612 m for male and female participants aged 18 and over. The uphill gradient is approximately 1090 for all participants under the age of 18 years. After completing the course racers may leave the arrival area only after they have been officially controlled. During the race competitors may not be assisted in any way by other persons. Ski poles may only be replaced during the race if broken equipment is confirmed and replaced by a checkpoint control official. Participants who wish to withdraw during the race must report to the nearest control or help point. In the case of accident racers are expected to offer reciprocal assistance. An awareness and respect of the natural environment is expected, so no equipment or rubbish should be abandoned on the mountain. All participants must pass the finish line within 4 hours and 15 minutes, those who fail to do so will be classified as non-finishers.

Art.11. **Penalties and Disqualification**

The following rules apply:

- Any object required by the organization and missing at the checkpoint or at the finish line (exception: broken ski pole left to a controller) = **3 minutes**
- Receiving external assistance: material, manoeuvres, rhythm setting when ascending or descending, food and /or drink outside of established areas or other forms of assistance observed by Jury = **5 minutes to disqualification.**
- Leaving material or garbage = **5 minutes to disqualification**
- Non respect of the land marking = **5 minutes to disqualification**
- Poor sportsmanship = **3 minutes to disqualification**
- Missing/modified skis and boots = **disqualification**
- If a competitor does not pass by a checkpoint = **disqualification**
- Serious damage to the environment = **disqualification**
- Any action deemed dangerous or threatening the safety or proper running of the race = **disqualification**
- **Crampons when not required for use on boots must be stored in backpack otherwise – disqualification**

Art.12. Anything not mentioned in the aforementioned rules is covered automatically by ISMC (www.uiaa.ch), FIS and Coppa delle Dolomiti technical regulations

Art.13. **Race numbers**, information and race participation pack will be distributed on **Friday 24 February 2006** at the NUOVO CINEMA TEATRO - Castello Tesino (Tel.0461 592584) from 15.00 to 18.00. The following equipment will also be marked:- Skis, poles, boots, helmet. All necessary documentation required will also be controlled.

Race briefing will take place in the same location (Nuovo Cinema Teatro) at 18.00. – 24.2.06

Art.14 – **Enrolment**

The enrolment deadline is **midday of Thursday 23 February 2006**. There is no same day enrolment. Participants are required to supply the following information – Name, date/place of birth, current address, FIS /ISMC (or other society as appropriate) membership number as necessary, medical certificate, sport's club membership, letter of parental consent if participant is under 18 years of age. Enrolment closes at the 300th registration. Incomplete applications will not be considered.

Obligatory enrolment form available:

APT Lagorai Valsugana Orientale e Tesino Fax: 0461 593306 Tel. (0039) 0461 593322

Internet & e-mail : www.skiteamlagorai.it

Information is available from : Franco Melchiori Tel:(00 39) 0461 762563 (mobile 3687623729)
vernonmelchiori@libero.it (Italian & English)

The cost of enrolment is fixed at 30.00€ per participant.

Half-board is available upon request at a special rate of 30.00€ a night (also applicable to non-race companions)

A person will not be considered as enrolled until proof of payment is made.

Direct payment details Current Account no. 43729, account holder "Scialpinistica Lagorai Cima d'Asta" – Bank = Cassa Rurale di Castello Tesino – ABI W 08055 - CAB 34580. Address: 4 Via Dante Alighieri, Castello Tesino, Trentino. Italy Tel: +39 0461 594157