



SKYRUNNING RULES

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International Skyrunning Federation - Skyrunning Rules

1. Introduction

1.1 An international federation for skyrunning (running at altitude) has been founded in 2008 following the transformation of the Federation for Sport at Altitude (FSA), founded in 1995. The International Skyrunning Federation, hereinafter ISF, was created to promote, govern and administer the sport of skyrunning and similar multi-sports activities.

1.2 The ISF undertakes to diffuse the practice of skyrunning with respect for the environment, to promote private and public sports events, to develop training schools and to foster the physical welfare of competitors. The ISF aims to administer the sport of skyrunning, competitions and events as an independent International Federation with its own legal entity.

1.3 The International Skyrunning Federation (ISF) is responsible for all aspects of international skyrunning and associated mountain multi-sports competitions at altitude. The principal purposes of the ISF are the direction, regulation, promotion, development and furtherance of the sport of skyrunning and high altitude multi-sports on a worldwide basis.

1.4 The ISF fosters links, networks, and friendly relations among its members, their athletes and officials. The ISF is the final authority for all matters concerning skyrunning and mountain multi-sports competitions at altitude.

1.5 The ISF is a non-governmental international association with a non-profit-making purpose of international interest, having legal personality pursuant to Art. 60 ff. of the Swiss Civil Code. The ISF seat is in Switzerland.

1.6 These regulations aim to be the international reference for worldwide skyrunning competitions and to represent a guideline for national competition regulations. The purpose of these rules is to describe the obligations and rights of competitors who participate in the official ISF international skyrunning competitions and those that organise them.

1.7 The official language of the ISF is English.

OBJECTIVES AND PRINCIPLES – Statutes Article 4

1.8 All activities of the ISF are independent of any political or governmental influence. The ISF does not allow any discrimination for political, racial or religious reasons. The ISF promotes and supports with all means gender equality in its activities.

1.9 The ISF is responsible for and undertakes:

- 1.To establish and maintain rules and standards for competitions in accordance with the general principles described in the Statutes and Regulations;
- 2.To establish and maintain rules for international competitions and for the participation in such competitions in accordance with the Regulations;
- 3.To decide which international skyrunning competitions are officially recognised;
- 4.To award licenses and contracts to members and other organisations that seek authorisation to organise official international competitions and associated activities;
- 5.To promote and control good sporting practice;
- 6.To combat doping and all other processes and procedures that might undermine sporting equality; it applies the IOC Medical Code and anti doping regulations;
- 7.To respect the Olympic Charter and to develop the sport towards possible Olympic recognition status;
- 8.To maintain the Skyrunning values.

1.9.1 The ISF official calendar is based on races organised by third parties who are financially solvent and have demonstrated the capacity to hold international standard events. The ISF has the task of coordinating the international race calendar and applying the official rules in these races.

1.9.2 Local race regulations must be consistent with the official ISF rules. In the event of conflict, the ISF rules and the decision of the ISF representatives will prevail.

2. Definitions

2.1 ISF – International Skyrunning Federation.

2.2 SKYRUNNER – An athlete who competes in skyrunning disciplines.

2.3 SKYRUNNING – The discipline of mountain running up to or exceeding 2,000m where the minimum average incline is 6% over the total distance and must include sections of 30%. The climbing difficulty must not exceed II° grade* (*UIAA). Poles, crampons and hands may be used to aid progress. Technical gloves and other equipment may be compulsory for some races.

2.3.1 SKYRUNNING DISCIPLINES

Skyrunning disciplines are divided into different categories: SKY, ULTRA and VERTICAL, defined in detail below. The courses may be over paths, trail, moraine, rock or snow. Asphalt must be less than 15% of the total distance. In countries where the altitude does not reach 2,000m, the courses should have a minimum average 6% incline over the total distance and reach the highest points. A 5% tolerance is admitted.

2.3.2 SKY – Races **between 20 and 49 km with 1,300m minimum vertical climb.**

2.3.3 ULTRA – Races between 50 and 99 km with 3,200m minimum vertical climb or maximum finish time must be under 16 hours.

2.3.4 VERTICAL – uphill races with a minimum average incline of 20% and some sections over 33% with 5 km maximum length.

2.3.5 SKYRUNNING TECHNICAL LEVELS

Additional factors such as average incline, altitude, snow fields, glaciers, etc., may be used to define the technical level of a course.

2.4 SKYRUNNING RACE TITLES

2.4.1 SKYRACE® – Generic definition of skyrunning competitions with a minimum 20 km distance and 1,300m vertical climb.

2.4.2 SKYMARATHON – minimum distance 30 km and under five hours' winner's time. Minimum 2,000m vertical climb or if 4,000m altitude is reached.

2.4.3 ULTRA SKYMARATHON – Races between 50 and 99 km, with more than 3,200m vertical climb.

2.4.4 VERTICAL KILOMETER® – Races with 1,000m vertical climb over variable terrain with a substantial incline, not exceeding 5 km in length. The Vertical Kilometer® is defined at various altitude levels (+/- 200m variable). Example: from 0 – 1,000m, 1,000 – 2,000m, 2,000 – 3,000m. A double or triple Vertical Kilometer® is also recognised.

2.4.5 SKYSPEED – Races with 100 metres or more vertical climb and more than 33% incline.

2.4.6 SKYSCRAPER RACING / VERTICAL RUNNING – Vertical races with an incline over 45% on stairs indoors or outdoors.

2.4.7 SKYBIKE – Duathlons consisting of a bike or mountain bike race and Vertical Kilometer® or skyrunning competition.

2.4.8 SKYRAID – Skyrunning team races over long distances combining other sports such as cycling, skiing, climbing etc.

3. Skyrunning competitions

3.1 NATIONAL CHAMPIONSHIPS – Each nation is responsible for organising skyrunning national championships based on the ISF rules.

3.2 SKYRUNNING CONTINENTAL CHAMPIONSHIPS – These competitions are governed by specific regulations. The competitions are open. National teams are ranked in the Continental Championships. All team members should have the nationality of the country they represent.

3.3 SKYRUNNING WORLD CHAMPIONSHIPS – These competitions are governed by specific regulations. The competitions are open. National teams are ranked in the World Championships. All team members should have the nationality of the country they represent.

3.4 YOUTH SKYRUNNING WORLD CHAMPIONSHIPS – These competitions are governed by specific regulations. Only athletes from countries members are accepted. National teams are ranked in the World Championships. All team members should have the nationality of the country they represent.

3.5 SKYGAMES – These competitions are governed by specific regulations.

3.6 OTHER CIRCUITS – are open to individual skyrunners and sponsored teams with a specific ranking:

3.6.1 SKYRUNNER® WORLD SERIES (“SWS”) – international races open to individual skyrunners and sponsored teams with a specific format and ranking.

3.6.2 SKYRUNNER® NATIONAL SERIES (“SNS”) – Skyrunning races open to individual skyrunners and sponsored teams with a specific format and national ranking.

3.6.3 VERTICAL KILOMETER® WORLD CIRCUIT (“VKWC”) – Vertical Kilometer® races open to individual skyrunners and sponsored teams with a specific format and ranking.

3.6.4 VERTICAL WORLD CIRCUIT (“VWC”) – Skyscraper ascent races open to individual skyrunners and sponsored teams with a specific format and ranking.

OTHER DEFINITIONS

3.7 IOC – International Olympic Committee.

3.8 NATION – Independent State recognised by the international community.

3.9 OPEN RACES – Races open to all runners.

4. Organisers' rules

4.1 INTRODUCTION – Local race regulations must be consistent with the official ISF rules. In case of conflict, the view expressed in these rules and the decisions of the ISF will prevail.

4.2 BIDS FOR STAGING EVENTS – Applications to stage ISF competitions should be addressed to National Members or direct to ISF, requesting a bid application form. ISF Members have the right to candidate Continental and World Championships.

4.2.1 It is implicit that organisers applying to stage any ISF competition have read and accept the ISF rules.

4.2.2 Bids may include any of the following ISF competitions:

- Skyrunning World Championships
- Skyrunning Continental Championships
- Youth Skyrunning World Championships
- Skyrunner® World Series
- Vertical Kilometer® World Circuit
- Vertical World Circuit
- Skyrunner® National Series

- 4.2.3** All bid applications must be accompanied by a document citing all the relevant information relating to the competition and the event in general including: financial budget, services for competitors, provision of technical staff, accommodation, meals, prizes and awards, invitations, promotion, press facilities, etc.
- 4.2.4** The ISF calendar will be approved by the Management Committee taking into account indications provided by the Technical Commission.
- 4.3 SPECIAL CONDITIONS** – Each year the ISF will set quotas for participation in each of the competitions and other obligations such as: guaranteed entry and accommodation to the top ranked competitors, ISF staff, eventual television crews, photographers and journalists. A minimum cash prize for the race winners, cups, medals, trophies, etc. should also be included. These requirements are detailed in the bid application.
- 4.3.1 CONTRACT** – The competition organisers must sign a contract with the ISF agreeing to a number of obligations, including rights and duties, sponsorships, awards, enforcement of rules, financial obligations, insurance, availability and supply of goods and services, promotion, etc.
- 4.3.2** The competition organisers and the national federation must take all necessary and useful administrative measures to ensure that the event takes place in the best possible conditions (assistance and rescue, medical assistance, safeguarding environment, etc).
- 4.4 PARTICIPATION FEE** – A fee for participating on the circuit will be set each year with the object of contributing to general expenses and final prize money. Other requirements may be negotiated such as hospitality for technical staff, ISF representatives, media etc.
- 4.5 INSURANCE** – National Members and / or National Series directors must ensure competition Organisers hold an insurance policy guaranteeing civil liability cover. Furthermore, they must ensure the Organisers abide by national legislation with respect to any local or national taxes that apply to the event and that they assume the event's financial risk.
- 4.6 COSTS ASSUMED BY THE ISF** – The ISF will supply trophies and / or medals for the World, Youth and Continental Championships. The ISF is also responsible for the international promotion of the events, managing the ISF web site, social media, media relations, etc.
- 4.7 EVENT CALENDAR** – The race date must be compatible with other races. In the case of incompatibility, the organisers must be willing to anticipate or postdate the race by seven days to be included in the calendar.
- 4.8 ORGANISERS' OBLIGATIONS** – Each race organiser is required to:
- 4.8.1** Obtain all permits and event insurance. Conduct relations with the local authorities including eventual traffic control and road closures near and/or on the course for participants' and public safety.
- 4.8.2** Supply all organisational staff: administration, race registration staff, race director, course markers and marshals, start and finish officials, timekeepers, speaker, audio system, aid station and checkpoint staff, medical staff, rescue service, press office.
- 4.8.3** Manage race entries, distribute competitors' race bibs, race bags, compile and check start list, print and supply results to officials and athletes.
- 4.8.4** Supply materials and prepare course with signage, placing flags or arrows at forks or at points where confusion may arise. Supply and manage check points and aid stations.
- 4.8.5** Provide medical assistance and rescue service.
- 4.8.6** Provide assistance for retired athletes.
- 4.8.7** Organise a pre-race briefing in a suitable location to host all participants and staff.
- 4.8.8** Award Ceremony: provide cash prizes, podium and backdrop.
- 4.8.9** Provide a Brand Village area to include spaces allocated to ISF partners.
- 4.8.10** Provide accommodation for selected athletes, ISF officials and media in accordance with ISF.
- 4.8.11** Establish safe, segregated areas for the public, a segregated race start and finish area and designated areas along the course where necessary.

- 4.8.12** Provide transport to officials and press to enable various points of the course to be accessed (i.e. jeep, motorbike, helicopter).
- 4.8.13** Carry out anti-doping controls in collaboration with ISF in certain events.
- 4.8.14** Provide use of toilets and showers close to the start and finish area.
- 4.8.15** Provide media accreditation and badges for access to designated areas. Segregated Press Area at finish line. Provide a start list, course information and results in digital format.
- 4.8.16** Provide a Press Room with free internet wifi connection.
- 4.8.17** Supply professional photographs to the ISF and media.
- 4.8.18** Each event must have a website with a link to the ISF web site. The ISF logo, and/or related logos must be inserted. Race news must be posted before and after the event with results.
- 4.8.19** In each event, in accordance with the ISF delegate, the organizers can specify what additional competitors apparel and equipment may be necessary.
- 4.9 ISF VISIBILITY** – Race organisers’ promotional material including websites and social media must include the ISF logo and the official competition category logo supplied by ISF (i.e. “World Championships”, “Continental Championships”, “Youth Skyrunning World Championships” or “SkyGames”) as well as those of any ISF partners. The ISF will provide a list of partners to the organisers for space allocation in the Brand Village. All advertising deemed inappropriate for health or moral reasons is forbidden. Any dispute on this point must be addressed by the ISF Communication and Marketing Commission. ISF visibility granted by the organisers consists of:
- 1.a) A full page advertisement in the race brochure, the relative logos in advertisements, websites, social media and on posters and on any printed material.
 - 2.b) ISF logos and/or banners together with those above to be placed on the start/finish arch and in the finish line area and on the award stand.
- 4.10 STANDARDS** –Race organisers must comply with the Hosting Standards and eventual Style Guide.
- 4.11 ORGANISERS’ VISIBILITY** – Visibility will be given to organisers in the eventual promotional material produced by the ISF, on the official website and through federal communication.
- 4.12 PRESS OFFICE & PUBLIC RELATIONS** – The organiser’s press office is responsible for local promotion and communication, including leaflets, posters and banners posted in the area. Pre and post race press releases must be prepared and supplied to the ISF together with all images, results and any other relevant information on the competition by email within 24 hours of the closure of the event including professional photographs.
- 4.13 ECOLOGY ISSUES.** Race organisers must take into account ecological issues before, during and after the race. Reference may be made to the ISF Environment guidelines.
- 4.14** Competitors, trainers and team managers cannot be officials.
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5. Race rules

- 5.1 INTRODUCTION** – Local race regulations must be consistent with the official ISF rules. In case of conflict, the view expressed in these rules and decisions of the ISF representatives will prevail.
- 5.2 RACE STAFF** – Each race organiser must appoint the following organisational staff:
- 5.2.1 Race Director** – Responsible for all organisational aspects and liaison between the organisers, technical delegates, ISF officials and local authorities. Responsible for the timekeepers, the results, their publication and providing results and other details to ISF.
- 5.2.2 Race Secretary** – Responsible for registering participants, accommodation, etc. and liaising with ISF.

- 5.2.3 Course Director** – Responsible for the race course, design, marking, checkpoints, aid stations and supplies etc.. This duty includes environmental responsibilities. Responsible for the safety of all aspects of the race, hazardous points, emergency medical services, location of evacuation points, etc., for competitors and spectators.
- 5.2.4 Press Officer** – Responsible for all media relations and creation and distribution of press releases. Accreditation, supply of eventual Press Kits, all race information and results, badges. The Press Officer, together with the Race Director, co-ordinate special transport to access the course (i.e. motorbike, lifts, helicopter). The Press Officer is responsible for organising eventual Press Conferences and must coordinate their efforts with the ISF.
- 5.3 COURSE MARKING** – The organizers must guarantee basic signage (flags or other signage, preferably fluorescent) for the safety of the competitors. It should be made of biodegradable material and removed immediately after the closure of the competition.
- 5.3.1** In the event of a clearly defined course without flags or other signage, safety measures and special check points must be adopted by the organisers. These points must be explained prior to the event at a specific briefing.
- 5.4 SAFETY** – The organisers will guarantee, with specialised professional staff, the safety of all persons connected with the competition: competitors, public, course marshals, checkpoint and aid station staff etc. with the eventual collaboration of police, mountain guides, medical services, ambulance service, rescue and emergency services. A rescue and safety plan must be provided.
- 5.4.1** Special attention should be paid to areas which might present a risk for competitors' safety: water, snow and ice, road crossings, steep inclines, exposed crests etc. These points should be reinforced with extra personnel, information panels, etc. In some cases, ropes or chains may be necessary to aid competitors.
- 5.4.2** Race headquarters and the principal organisers must be connected by radio to all checkpoints and rescue teams. Those included in this service are the ISF representative, the jury chairman and course director.
- 5.5 COMPETITORS APPAREL AND EQUIPMENT** – In addition to individual race rules it may be necessary to include the use of tights, gloves, hydration packs, helmets, sunglasses, headlamps, etc. depending on the course and / or weather conditions, In the SKY and ULTRA disciplines, the use of windproof jackets (or thermal blankets), trail running shoes and socks is compulsory. Race organizers and ISF referees may recommend variations. The compulsory or recommended need for this equipment must be online, posted before each race and elaborated in the pre-race briefing.
- 5.5.1** The use of poles is regulated by each race organiser either by allowing their use for the entire race, in a specific section, or even prohibiting their use. If using ski poles, it is compulsory to protect the points of poles.
- 5.6 COMPETITORS' NUMBERS** – The organiser will provide the participants' numbered bibs.
- 5.7 START AREA** – Must be closed and should only be accessed by competitors who have entered and are on the start list. A control must be carried out on the required apparel and equipment, that the bib number corresponds to the name and that it is correctly positioned. Entry in this area is prohibited to all those who do not meet the above requirements.
- 5.8 CHECKPOINT CONTROLS** – Checkpoints must be set up at significant points along the route: summits, passes, forks or junctions, etc. Controllers must be equipped with radios and be able to communicate with race headquarters. Controllers must take note when competitors pass through their checkpoint and record their arrival order and register retirements. If a race is cancelled or stopped controllers must check the runners through these points for safety purposes.
- 5.8.1** Marshals must immediately report any infractions of the rules or offences committed by competitors to race headquarters. Marshals may also convey special instructions from race headquarters to competitors (i.e.: to wear a jacket, or that the race has been stopped etc.).
- 5.9 AID STATIONS** – The organisers must provide sufficient supplies at the aid stations for the duration of the race or make sure that athletes are self-sufficient. It is recommended to provide liquid supplies every 5 km or

every 500 meters of vertical climb (whichever is first met). At least one aid station will provide solid food at the halfway point in the race. Near the finish line, a specific area for competitors will provide both solid food and liquids.

5.9.1 Assistance by crews or supporters to help competitors is only permitted 100 metres before and 100 metres after aid stations. The organisers are responsible for removing signage and/or litter on the course and at checkpoints and aid stations.

5.9.2 In the event too few aid stations are available, other points of assistance to competitors may be agreed on between the organisers and the ISF Technical Commission.

5.10 FINISH LINE – At least 100 metres before the finish line the course will be closed with barriers for the exclusive use of competitors. The width of the finish line should be approximately five meters.

5.10.1 After the finish line an area with restricted access will be provided for the athletes. Their compulsory clothing and equipment will be checked here. Only accredited staff with badges may enter this area: organisers, medical services, press and television, etc. Toilets and showers must be available in the vicinity.

5.11 WINNERS – Every race can have only one winner in each category based on a photo-finish or other control system. In the event neither of the previous options are resolved, the final decision will be made by the jury. Only races that time each runner (Vertical Kilometer®, Vertical Word Circuit or an individual start for example) may have a tie.

5.12 FINISH AND RESULTS CONTROL – The organisers will ensure timing controls at the finish line, under the supervision of an ISF officer or race referee. If an electronic timing system is used, then times and finishing order are established by this system. If the race does not use an electronic timing system, then times and finishing orders are established when the competitor's chest crosses the finishing line (verified by photo finish, film, referees etc.).

5.12.1 The organisers will provide competitors' lists in order of arrival time, and to referees whenever requested. These results may not be published without the supervision and approval of the referees.

5.13 JURY – The composition of the jury must be indicated before each race in the Continental, Youth and World Championships and include an ISF representative, a course director and and/or ISF international referee. The decision of the jury is final by the majority, and in case of dispute, the decision of the ISF representative and the ISF rules will be applied.

5.14 ROLE OF THE JURY – The role of the race jury is to make decisions concerning any race issues, address adverse weather conditions, approve solutions to conflicts, assess claims and decide on their outcome, ensure that races and rankings are standardised, guarantee sporting fairness and make decisions about questions of any kind which appear incomplete or unclear.

5.15 ISF REPRESENTATIVE – The highest official attending a race in the Continental, Youth and World Championships is the ISF representative, delegated by the ISF president if not present. The task includes coordinating relations between the ISF and the organisers and national federation representatives, ensuring that all regulations are adhered to, including those concerning anti-doping, that the correct protocol is adhered to and appropriate trophies awarded. It is the duty of the ISF official to supervise provisional ranking and write an official report within 48 hours.

5.16 ISF RACE REFEREES – An international ISF referee ensures that all regulations are adhered to and, together with the organisers, must attend safety committee meetings and race meetings, ensure sporting fairness, sign official rankings, receive any claims submitted and that the event is staged with respect for the environment. Each international competition will designate at least one ISF referee.

5.17 BRIEFING – Competitors are required to understand all aspects the race: the rules, the course etc. and a briefing should be organised to illustrate this. The following is a basic guide:

1. Presentation of race officials, particularly the jury and ISF representatives

2. Weather forecast, temperatures, wind speed, etc.

3. A race description using visual aids (slides or video), aid stations, checkpoints, any difficult areas, various technical features

4. The equipment required for the competition

5. Cut-off times and cut-off points

6. Daily event schedule with times and places for: breakfast, public transport to and from the competition, car parks, race starts and finishes, anti-doping controls, meals, awards and closing ceremony, etc.

7. Race services: drop off and collection points for clothing, changing rooms, showers, catering facilities

8. Information about good environmental practice to be respected during warm-up and competition

5.18 RACE CANCELLATION – The races cannot be cancelled or postponed unless in extreme cases. Each race organiser must prepare an alternative reserve course in the case of unfavourable weather conditions such as fog, snow etc.

5.19 ANTI-DOPING CONTROLS – Anti doping controls may be carried out in any of the races according to the rules of each nation, the WADA protocol and in agreement with the national federation concerned.

5.20 OFFICIAL CEREMONIES – The organisers will ensure that prizes are awarded (without gender discrimination) to at least the first three men and three women ranked in the race.

5.21 EVENT SCHEDULE – The ISF and the race organisers decide together the event programme, race date, time, meetings, awards, etc.

5.22 ENVIRONMENTAL ISSUES – The organisers must take all necessary measures to avoid designing routes that cross areas with sensitive ecosystems, ensure the rapid removal of race marking at the end of the race, rapid removal of all waste material discarded by spectators and participants and that only natural biodegradable products are used for marking, etc.

6. Official competitions

The Regulations of each official competition, Championships, Series or Circuit, in accordance with the ISF general rules, will be published in their respective sections on their websites.

SKYRUNNING CIRCUITS

6.1 INTRODUCTION – The Skyrunner® World Series (SWS), Skyrunner® National Series (SNS) and Vertical Kilometer® World Circuit (VKWC) are commercial circuits contracted by ISF to third parties who retain the Skyrunner® and Vertical Kilometer® trademarks. The race circuits are open to individual runners and teams.

6.1.1 The SWS, SNS, VWC and VKWC are based on a number of selected races conforming to ISF parameters.

6.2 RACES – The selected SWS, SNS, VWC and VKWC races must comply to ISF rules and will be included in the national calendar of each ISF Member.

6.2.1 Each Member and Aspirant Member must recognise the Skyrunner® National Series Organiser contracted by ISF through third parties, as the sole and exclusive organiser of the Skyrunner® National Series and as a consequence feature all races chosen by the National Organiser on their national calendar.

6.2.2 The Member or Aspirant member will ensure that no other commercial skyrunning circuits or series are organised in their country.

6.3 FEATURES – The races can be either SKY, ULTRA and/or VERTICAL disciplines.

6.3.1 EXCEPTIONS – a maximum of two races on five, in each discipline may have mixed courses with the object of giving nations without requisites the opportunity of participating.

6.4 SKYRUNNER® WORLD SERIES, VERTICAL KILOMETER® WORLD CIRCUIT, SKYRUNNER® NATIONAL SERIES INDIVIDUAL POINTS SYSTEM – Each race will assign points based on the winning men’s/women’s results according to the individual ranking systems.

6.4.1 The ranking in each circuit will be determined each year according to the number of races.

6.4.2 Bonus points may be applied in selected races for all competitors.

6.4.3 In the event of a tie, the last best result of the official calendar will be counted in the ranking.

6.4.4 All circuit rankings can be considering for ISF general ranking.

6.5 SKYRUNNER® WORLD SERIES, VERTICAL KILOMETER® WORLD CIRCUIT, SKYRUNNER® NATIONAL SERIES TEAM POINTS SYSTEM – A team ranking system may be defined, based on the individual points accrued by team members in each race.

SKYRUNNING WORLD, CONTINENTAL, YOUTH CHAMPIONSHIPS & SKYGAMES

6.6 GENERAL – The World and Continental Championships are open. Individual medals and titles will be awarded to the champions in each category. Only nations will be ranked.

6.6.1 YOUTH SKYRUNNING WORLD CHAMPIONSHIPS – are open to official national teams. Athletes must conform to the specific age categories: A (16-17 years), B (18-20 years), U23 (21-23 years).

6.6.2 National teams from countries without full ISF membership may participate at the discretion of the ISF Board. A registration fee set by the ISF is payable. The ISF rules and regulations must be strictly adhered to. Only one team will be allowed per nation.

6.6.3 All team members must be of the nationality of the country they represent.

6.7 NATIONAL RANKING – The athletes of each country must be declared on the relevant ISF form at the beginning of the Championships and updated only for registering new members at least 12 hours before each race.

6.7.1 After registering with the ISF, entry must be made direct with the individual race organiser in compliance with the rules of that race.

6.8 REGISTRATION – Skyrunners with dual nationality must select one nationality to represent at the beginning of each season.

6.9 INDIVIDUAL POINTS SYSTEM – Each race will assign points based on the winning men’s/women’s results according to the “Ranking points breakdown: 100-88-78-72-68-66-64-62-60-58-56-54-52-50 down to 2 points and down to the 40th position for men and women”.

6.10 NATIONAL OFFICIAL TEAMS POINTS SYSTEM – A team ranking system will be adopted based on the individual points accrued by the top four athletes (at least one per gender).

6.11 TITLES – At the conclusion of the Championships the first male and female competitors with the highest score will be declared “Skyrunning Champion”. The national team with the highest score will be declared “Skyrunning Continental or World Champion Team”.

6.11.1 AWARDS – At the conclusion of the World, Continental and Youth Championships and SkyGames, the first three ranked men and women will receive, in order, gold, silver and bronze medals.

6.12 SKYRUNNING CONTINENTAL CHAMPIONSHIPS – These competitions may be organised every two years, or annually, according to the decision of each Continent in accordance with ISF and may be valid for the Skyrunner® World Series ranking. The disciplines may be held in different countries of the same Continent.

6.13 RACES – The events must fall within the parameters of each discipline and conform to international level in terms of athlete presence, notoriety and organization.

6.14 PARAMETERS – The races will conform to the SKY, ULTRA and VERTICAL categories. (See Art. 2.3.1 for further parameters).

6.15 SPECIAL CASES – If two competitions forming the Continental Championship are not the same discipline (Vertical Kilometer® + SkyRace® for example), the title of “Continental Vertical Kilometer® Championship” and

“Continental SkyRace® Championship” (individual, team, or both), will be awarded. Only venues with more than one discipline may award the “Combined” title.

6.16 SKYRUNNING WORLD CHAMPIONSHIPS – These competitions are held every two years.

6.16.1 RACES – At least three main disciplines will be held: SKY, ULTRA and VERTICAL.

6.16.2 The selected races will be on skyrunning courses certified by the National Member.

6.16.3 TITLES – The World Championship title in each of these competitions is awarded. Combined titles and a national team category will be awarded.

6.17 YOUTH CHAMPIONSHIPS – These competitions may be held annually. The disciplines contested will be only SKY and VERTICAL.

6.17.1 TITLES – The Youth World Championship titles in the two disciplines are awarded to the male/female champions in each of the three categories: A (16-17 years), B (18-20 years), U23 (21-23 years).

6.18 SKYGAMES – These competitions may be held every four years, coinciding with the IOC Olympic Games.

6.18.1 RACES – At least three main disciplines will be included out of the following: SKY, ULTRA and VERTICAL, plus one or more of the following: SkySpeed, SkyBike or SkyRaid.

6.18.2 TITLES – The “Champion” title is awarded in each of the competitions disputed. Combined titles and team categories will be awarded SkyGames® Championship titles.

6.19 MERCHANDISING AND VENDOR RIGHTS – to be negotiated prior to the event with the ISF.

6.20 TELEVISION RIGHTS – are the property of the ISF and may be negotiated prior to the event.

OTHER COMPETITIONS

6.21 The ISF aims to include future competitions designed to enable people with physical disabilities to compete.

6.22 The ISF may hold other special events and/or Championships

6.22.1 These competitions may be held every year and are open.

7. Competitors rules

7.1 INTRODUCTION – Local race regulations must be consistent with the official ISF rules. In case of conflict, the view expressed in these rules and decisions of the ISF representatives will prevail.

7.2 COMPLIANCE WITH RULES – It is compulsory for all competitors to adhere to the ISF rules and the local race rules, to observe good sportsmanship towards the other competitors, organisers, public and representatives. It is compulsory to participate in the local pre-race briefing and/or accept the notification via mail or sms of race info and race rules.

7.3 QUALIFICATION – The official ISF competitions are open to athletes of 18 years of age or over, in possession of a medical certificate valid for the law of the country where the race is held. Competitors taking part in a competition on the ISF official calendar, declare they have read and accept the rules and the general ISF rules.

7.3.1 The age limit may be lowered in a VERTICAL and SKY category race below 3,000m altitude and without any mountaineering difficulty. Entry regulations should be specified in the rules of each single race and listed in a specific entry request form to be compiled and signed.

7.3.2 SKY competitions are open to all athletes in possession of a medical sports certificate valid for the country where the race is held and / or a membership of a national mountain sports federation. In the case of particularly demanding courses it is necessary to demonstrate experience of high altitude running and/or ski mountaineering experience.

7.3.3 Ultra – SkyMarathon competitions with course section 2° UIAA and/or over 3200m are open to runners with the suitable skyrunning, climbing and mountaineering CV.

7.4 Competitors are advised to hold third party and personal insurance.

7.5 CLOTHING AND EQUIPMENT – Competitors must wear and / or carry the clothing or equipment required by the organiser’s race rules. To ensure competitors’ safety these must conform to the requirements set out and be in perfect condition. Offensive dress is not permitted. The chairman of the jury reserves the right to reject any equipment judged to be defective or inadequate.

7.6 ADDITIONAL EQUIPMENT – In addition to individual race rules it may be necessary to include the use of tights, gloves, hydration pack, helmet, sunglasses, head lamp, etc., depending on the course and / or weather conditions, conforming to the ISF Rules. In the SKY and ULTRA competitions, the use of windproof jackets, trail running shoes, and socks is compulsory.

The compulsory or recommended need for this equipment must be displayed before each race and elaborated in the pre-race briefing.

7.6.1 The use of poles is regulated by each race organiser either by allowing their use for the entire race, in a specific section, or even prohibiting their use. If using ski poles, it is compulsory to protect the points of poles.

7.7 START AREA – Must be closed and should only be accessed by competitors who have entered and are on the organiser’s start list. A control will be carried out on the required apparel and equipment, that the bib number corresponds to the name and that it is correctly positioned. Entry in this area is prohibited to all those who do not meet the above requirements.

7.8 CHECKPOINTS – Competitors must pass through all checkpoints so that arrival order and times can be determined for ranking and for safety purposes if the race is cancelled. Competitors must follow instructions given by checkpoint officials (to add an item of clothing, or the procedure to follow if the race is cancelled, etc.).

7.9 CATEGORIES – In official ISF competitions only two categories exist: men and women aged 18 years of age or over and only these will appear on the ISF official start lists or ranking lists.

7.9.1 The local organiser can establish other categories but these will not appear on ISF official start list or ranking lists. A Youth Category can be included.

7.10 COMPETITORS’ RACE CONDUCT – While racing, competitors must abide by the following rules:

1. Competitors must follow the course markings on sight, go through all the checkpoints and not throw waste during the race outside a 100m radius of an aid station.

2. Competitors may retire on their own initiative or be forced to retire by the Race Director or one of the medical staff present.

3. Retirement (on own initiative or forced) must take place at a checkpoint according to the procedure described during race briefing unless in extreme circumstances.

4. Competitors must give assistance to fellow competitors who may be injured or distressed. The jury will take into account the time spent on this assistance.

5. The race director or a checkpoint official may compel competitors, at any point on the route, to wear their windbreakers, headgear or any other item of compulsory clothing or equipment.

7.11 PENALTIES – Penalties will be applied compliant with the various race regulations and those of the ISF.

7.11.1 A penalty from three minutes to disqualification may be applied for:

1. Throwing of trash outside the check point areas (100m +/-)

2. Receiving any assistance in unauthorized areas (not at specified points such as aid stations)

3. Not following the race course signage, voluntarily or otherwise

4. The bib is not on view or has been tampered with

5. False starts

6. Not passing through compulsory checkpoints
7. Unsportsmanlike behaviour – not assisting another competitor in need of help
8. Not carrying or using the material required
9. Not complying with the directions of the organisers or the judges

7.12 Disqualification will be applied for:

1. Not participating in the awards ceremony without just cause
2. Refusal to undergo anti-doping tests or a positive result in an anti-doping test

7.13 CLAIMS – Must be written and countersigned with the complainant's name and bib number at the finish line or on publication of the provisional results. A deposit of €/ \$ 20 may be required which will be refunded if the case is accepted. Complaints cannot be made after an hour of the publication of the provisional results. The decision of the jury is final by the majority, and in case of dispute, the decision of the ISF representative and the ISF rules will apply.

7.13.1 Appeals against decisions of the jury may be presented to the ISF with the same procedure and the verdict will be given within ten days of receipt.

7.14 ANTI-DOPING CONTROLS – Competitors are required to attend doping controls assigned to them, according to the rules of each nation and the WADA protocol. Competitors with a positive result will be disqualified immediately.

Updated **November 7, 2017** by the Management Committee subsequent to ISF Annual General Assembly