

BALKAN MOUNTAINEERING UNION'S MOUNTAIN AND TRAIL RUNNING CHAMPIONSHIPS

Balkan Mountaineering Union (BMU) shall organise the Balkan Mountaineering Union's Mountain and Trail Running Championships (hereafter called BMTRC) annually as a team and individual competition.

The event will be hosted by one of the countries registered as BMU Member. The event can be organized in partnership with an existing Race Organizer (Organizer).

The right to participate have members of the national mountaineering associations which are members of the BMU. BMU Member Association can transfer the right to represent the country in a BMTRC to another national branch sports association for a limited period.

These Regulations define the rights and duties of all parties involved in the BMTRC; they may be amended from time to time. All such changes must be observed by all parties upon receipt of the amended version.

The official language is English.

ARTICLE 1 GENERAL REGULATIONS

The Balkan Mountaineering Union's Mountain and Trail Running Championships shall be staged over three days and following the applicable Competition Rules and Regulations of BMU. The event can be part of the existing mass participating trail event.

The discipline of Mountain and Trail Running takes place on various types of natural terrain (sand, dirt roads, forest paths, single-track footpaths, snow trails, etc), and in various kinds of environments (mountains, forests, plains, deserts, etc).

Races take place mostly on off-road surfaces, however, sections of paved surfaces (e.g. asphalt, concrete, macadam, etc.) are acceptable to reach or link the trails of the course but should be kept to a minimum. Preferably existing roads and trails should be used.

The Organiser must ensure that electronic timing is carried out using a chip transponder system.

Hand timing must be operated as backup.

For all races finisher time limits should be set.

The start for elite events (national teams races) and mass participating events should be separated with a 15-minute gap.

In case of extremely bad weather, when the safety of the participants could be threatened, the Organiser shall have prepared a "bad weather scenario" that may include a change of the start time or/and change of the course (changed course, changed finish position, etc). In any case, the date of the event will not be changed, only the time of the start. The final decision shall be taken by the BMU Delegate on the proposal of the Organiser experts and shall be announced latest two hours before the planned start.

ARTICLE 2 COURSE PARAMETERS

The competition shall comprise the following elite events for Men and Women:

Mountain Uphill (MU)

Senior: from 4 to 8km

Note: minimum vertical gain 600m and maximum vertical gain 1200m, an average incline of the course must be between 10-15% (100-150 m per km), while normally no section on the course shall have a gradient below 7% (70m per km)

Classic Mountain (CM)

Senior: from 10 to 16km

Under 18: from 5 to 10km

Note: with approximately 300m climb and descent per 5-6km of the course

Mountain Trail (MT)

Senior (over 20 y.o.): from 21 to 45km

Note: minimum vertical gain 1500m, fitting ITRA km-effort 35 to 80

The races are held on terrain that is mostly off-road. Less than 20% of the course may be on paved roads.

The course should not contain dangerous parts; in case such parts cannot be completely avoided, they will be additionally marked or even additionally secured for safe passage.

The course shall be wide enough in the first part to allow runners to form an extended group.

The course must be marked in such a way that no navigation skills will be required from the athletes. The entire path will be clearly marked with tapes, arrows, or flags.

ARTICLE 3 AGE CATEGORIES

Age classifications:

U18 (M & F): 15 to 18 y.o.

Seniors (M & F): over 18 y.o. for MU and CM / over 20 y.o. for MT

No athlete aged less than 15 years on 31 December of the year of the competition may participate in the U18 races and no athlete aged less than 18 years on 31 December of the year of the competition may participate in the Senior races.

ARTICLE 4 THE RIGHTS TO PARTICIPATE

The right to participate have members of the national mountaineering associations which are members of the BMU. BMU Member Association can transfer the right to represent the country in a specific competition to another national branch sports association for a limited period.

The athletes must be active members which they can prove with a valid individual member's identity card, which may be checked by the BMU Delegate before the competition.

The registration of the teams is carried out by national associations with a statement that all individual members are their members and that they have appropriate health and sports insurance.

ARTICLE 5 TEAM CHAMPIONSHIP AND SCORING

Each BMU Member Association may enter 1 team in each elite event.

Each BMU Member Association may enter a maximum of 4 athletes per race event of which a maximum of 3 may score in team championship.

One athlete can compete in 2 disciplines:

- Mountain Uphill and Classic Mountain or
- Mountain Uphill and Mountain Trail.

There shall be separate team championships for each elite event.

Each national team's score in one discipline shall be determined by the aggregate of the places of its 3 best-placed athletes of the same gender. The team with the lowest score is the winner, and so on.

A tie shall be decided in favor of the team whose last scoring elite athlete finishes nearest to first place.

Teams with 2 finishing athletes shall be classified after all teams with 3 finishing athletes. Teams with one finishing athlete shall be classified after those with two finishers.

The final national team's ranking shall be determined by the aggregate of each discipline team ranking for both genders. The team with the lowest score is the winner, and so on. If a national team does not have a classified team in one of the events or genders, it shall receive a penalty score equal to the number of classified teams in that category plus one (N+1).

In case of an equal total score between two or more teams, the following criteria shall apply:

- The team with a greater number of complete (3-finisher) teams shall be ranked higher.
- If still tied, the team with the better single team position in any discipline shall be ranked higher.
- If still tied, the team with the better single athlete position in any discipline shall be ranked higher.
- If still tied, the teams shall share the same rank.

ARTICLE 6 ELITE RACE ENTRIES

No athlete may take part in the elite races of the BMTRC unless entered by the BMU Member Associations that he/she is eligible to represent.

Preliminary Entries: Not later than 3 months before the date of the BMTRC, each BMU Member Association shall send to BMU a preliminary list of entries, indicating its anticipated numbers of athletes per elite event and the number of accompanying officials.

Final Entries: Not later than 21 days before the date of the BMTRC, each BMU Member Association shall send to BMU a final list of its entries, plus the names of accompanying officials. No subsequent changes may be made thereto without the consent of BMU.

No additional athletes will be accepted after the closing of the Final Entries.

Registration/participation fee may be charged by the organizer.

ARTICLE 7 MASS PARTICIPATION RACES

Individuals can register themselves without limitation for the mass participation (OPEN) races of the BMTRC.

Regulations for Mass participation races and entry procedures and deadlines will be defined by event Organizer.

ARTICLE 8 CONTROL OF CITIZENSHIP AND AGE

On arrival, Team Leaders must present all athletes' passports or other official documents, which indicate the year of birth and nationality.

The BMU Delegate will systematically photocopies of these documents and will hand them over to the BMU Secretary.

ARTICLE 9 CUT-OFF TIMES

The event Organizer shall set the maximum time allowed for the athletes to reach a given checkpoint and/or to finish the entire race. The time limit is projected according to the moving speed of 5 km/h.

The time limit may be adjusted in some races due to the difficulty of the course or unfavorable weather conditions.

To be authorized to continue the respective competition, competitors must leave each of these checkpoints before the time limit set (whatever is the time of arrival at the checkpoint).

Athletes who exceed the maximum time will be excluded from the competition and listed as DNF (Did Not Finish) on the results list.

If a maximum time limit or time limit to checkpoints are set these will be published in advance and again made clear at the start of each race.

ARTICLE 10 RACE BIB

It is the Organizer's responsibility to supply 1 bib per runner.

It has to be worn on the front side of the shirt.

Bib size shall not exceed 20 x 18 cm.

Bibs shall be different colours for different events, age and gender categories.

Bib shall include:

- full name of the event (with the name, date and event logo + BMU logo) on the top

- start number (different colours backgrounds and numbers for different events, age and gender categories)
- runner's name (front)
- space for sponsors on the bottom

ARTICLE 11 MANDATORY AND AUTHORIZED GEAR

Mandatory gear:

- Survival blanket (140 x 200 cm minimum)
- Whistle
- A fully charged mobile phone
- 0,5 litre minimum water container (bottle, soft flask or bladder)

Authorized gear:

- GPS watch
- Poles (If carried from the start, runners will have to carry them to the finish line)

The final decision on the mandatory and authorized gear is on the Organizer and Delegate of the Event, who will consider distance, prevailing weather and other risks.

A control on the mandatory gear will be carried out when the athletes are proceeding to the start area. During the race a mandatory gear check could occur. In this case, athletes are obliged to follow the referee's guidelines. Checks will be applied equally to all athletes.

Also, a random gear check could be done at the end of the race.

ARTICLE 12 CHECKPOINTS

Different checkpoints (CP) will be positioned throughout the course to ensure all athletes run the whole distance (with the electronic computer control and manual control bib). All these controls will then be re-checked on arrival.

ARTICLE 13 AID STATIONS/REFRESHMENT POINTS

Water and other suitable refreshments shall be available at the finish of all races.

On the course, refreshment stations shall be provided at intervals:

- For CM events - approximately 5 to 7 kilometres based on weather conditions. Cold plain water, energy drinks and suitable food should be available.
- For MT - approximately 10 to 15 kilometres, based on weather conditions. Cold plain water, energy drinks and suitable food should be available.

Refreshments which may be provided by the Organiser or by the national team representatives, shall be placed at the refreshment stations so that they are easily accessible to the competitors.

Athletes providing their own refreshment may take it only from their registered team officials at the official refreshment stations. Supported refreshment points should be announced to the organizer at least 7 days before the competition via email.

Competitors, who take support at a place other than the refreshment stations, render themselves liable to disqualification.

ARTICLE 14 OTHER TECHNICAL ASPECTS

It is forbidden to pace athletes or give, or use /accept/ any other unauthorized assistance (pushing....) during the race.

If a runner goes off course, thereby shortening the race distance, he or she shall be disqualified.

Competition Uniform:

All national team participants should wear the same competition uniform during the competition and in all ceremonies.

“Event Manual”:

The Organizer is responsible for the production of an Event Manual under the following guidelines:

- it has to be ready no less than 3 months before the competition,
- BMU will provide a template,
- BMU shall also confirm the Event Manual,
- the final version will be sent to the BMU Members by the BMU Secretary. Must be also posted on the Organizers website (and be available for download)/

The standard content of the Event Manual shall be:

- full name of the event with the venue, date and BMU and event logos on the cover,
- organising committee composition,
- courses presentation (distances, elevations, course surface, etc),
- course profiles and maps,
- visa information,
- accommodation information,
- transport information (international, local),
- other technical and organisational information,
- financial aspects that are important for the participants,
- athletes have to be reminded that they are responsible for their personal insurance against injury.

ARTICLE 15 PENALTIES

Following infractions could lead to a 30-minute penalty or disqualification:

- Not assisting another runner in distress,
- Not wearing the race bib visible and in the correct manner,
- littering outside of official garbage zones,
- wearing/holding/using a forbidden item during the race,
- Non-compliance with volunteers, organisation staff, referees and other runners.
- Receiving any kind of assistance outside the authorized areas or made by unauthorized people,
- Being accompanied on the course by someone outside the current race.

Following infractions could lead to a 30-minute penalty or disqualification:

ARTICLE 16 RESULTS

Preliminary results are announced as soon as possible after the arrival of all teams, but not later than 60 min after the closing of the finish line (the maximum allowed time expires).

The results need to include:

- Individuals - the starting number, name of athlete and the name of the team (country), the time spent on the trail, penalty points and the total placement in a category.
- Teams - the name of the team (country), names of the team members, the total number of gathered points, the achieved points and the total placement in a category.

Together with the results of the teams, the total placements of the countries should be announced based on all teams from each country gathered in total. In this sum of the points, only the points from the teams which are not disqualified.

The results are preliminary until the eventual complaints are solved.

ARTICLE 17 DELEGATES, CHIEF REFEREE, ASSISTANT REFEREES

The Delegates check the preparation of the competition before and keep the regularity of the competition. A Delegate is a member of the association from BMU and can't be a member of the association that organizes the competition.

The Chief Referee verifies the results and the placement in each category of the competition. He/she is a member of the association from BMU.

Assistant Referees can be disposed to some CPs, and they have to note the time of the pass of individuals or mandatory gear check. He/she is a member of the association from BMU.

ARTICLE 18 COMPLAINTS

Complaints about the organization of the competition or about the disrespect of the regulations from the team's side must be submitted in written form in the English language 30 min after the arrival of the competitors to the finish line or 30 min after the announcement of the preliminary results.

The compliant submits the leader of the representation of the association, to whom the team belongs.

ARTICLE 19 JURY

Each report about the breaking of the rules from a team against the organizers of the competition must be considered by the jury which consists of one member per each association that competes, before the announcement of the final results.

The Jury consists of experienced and qualified individuals, nominated by the national association before the competition starts.

The jury needs to fulfill the following criteria:

- a member of the jury has no right to decide if the claim is from the association of which he is a member,
- Members of the organizer should not be in the jury,
- The organizer is at hand to the jury during the consideration of the complaints.
- The number of jury members must be odd. In case the number of jury members is even, one member is removed by random drawing.
- Jury members cannot abstain from voting
- The decision is made by majority vote.

The jury's decision is final.

ARTICLE 20 DOPING

Doping is strictly forbidden.

Doping is defined as existing one or more infringements of anti-doping rules which are predicted in the World Antidoping Codex and the rules of the competent national sports association.

Regulations are valid right after signing by the association's representatives.

ARTICLE 21 BIDDING PROCEDURE

Any BMU Member Association in good standing may apply to stage the Even. The event can be part of an existing mass participating trail running event.

The applications shall be completed in English and any application that is not fully and properly completed may be regarded as invalid.

Applications for staging the BMTRC will normally be considered one year in advance of the competition according to the following schedule:

- In January, BMU will send out the "Invitation to bid" to all BMU Members. This invitation will include the "Application Form" as well as the "Regulations" and the "Contract".
- By 31st March, the full Application form must be sent back to the BMU Secretary with the "Contract", in three copies, duly signed by the BMU Member and the Organiser authorised representatives.
- The bids will then be evaluated by the BMU Council;
- The final decision for the date and the venue is made by the Council until May.

The Application shall include information as indicated in this document, notably:

- the name of the BMU Member Association,
- details of the Organiser, name of the contact person and contact details,
- experience in organising mountain races or other international sporting events,
- possible competition dates,
- name of the city and country,
- accommodation details: type/location/cost,
- location and accessibility of race venue,
- transport arrangements: local transport to the venue, transport connected to the competition,
- medical arrangements,
- proposed event program,
- proposed race course details: figures/map/profile, etc.
- sponsorship: the names of sponsors who have been or will be approached,
- publicity and media coverage proposals.

BMU Council may veto an Application if they believe that there are major reasons for considering it unsuitable.

The BMU Council will decide if the bidder(s) has(have) to present their bid details to them. The presentation may involve video or slides. Questions from Council members will need to be answered.

Voting for the candidates follows:

- When there is only one candidate supported by the Council, this candidate is considered elected.
- Where there are more than two candidates, and none gains the absolute majority of the valid votes, the candidate with the lowest number of votes shall be excluded and a further vote taken. The voting continues until one candidate receives the absolute majority of the valid votes.
- In the event of a tie between two candidates persisting after the second ballot, there will be a draw of lots.

ARTICLE 22 TECHNICAL REQUIREMENTS OF THE VENUE

The BMU shall be staged in a competition venue and city/region with ready access to both mountainous terrain and suitable challenging trails that are appropriate to the event.

The competition venue should have enough adequate accommodation facilities in the vicinity of the race.

ARTICLE 23 THE ORGANISING CONTRACT

Immediately after the decision of the BMU Council to appoint an organiser, the appointed BMU Member Association and Organiser shall enter an organising contract with BMU, such contract to establish the respective rights and obligations of the parties in relation to the BMTRC.

ARTICLE 24 THE RIGHTS AND DUTIES OF THE BMU

Notwithstanding the organising contract, BMU shall retain the overall care and responsibility of the BMTRC. In exercise of this role, the BMU Council shall:

- Decide the dates, venue and the organiser.
- Appoint Delegates and other official persons.
- Promote event.

ARTICLE 25 THE RESPONSIBILITIES OF THE ORGANISER

The BMU Member Association and Organiser shall be responsible for organising and staging the BMTRC in accordance with the organising contract and in compliance with the Rules and Regulations and directions of BMU.

The organiser shall be responsible for all costs of organising and staging the BMTRC but may retain the income from the sale of admission tickets, approved television and marketing rights, subventions and grants from national and/or local authorities.

For the avoidance of doubt, the organiser shall be responsible for the costs of the following persons:

- Delegates appointed by BMU - travel, accommodation and board at the event and accommodation and board at the site visits.
- Referee and Assistance Referee appointed by BMU - travel, accommodation and board at the event.

ARTICLE 26 PROGRAM

As part of its Application, the Organiser will propose an overall programme of activities whose standard format is the following:

Day 1

- Arrival of teams and officials
- Accreditation / BIB distribution
- Press conference
- Technical Meeting
- Opening ceremony

Day 2

- Race day:
 - Mountain Uphill
- Awards ceremony

Day 3

- Race day:
 - Classic Mountain
 - Mountain Trail
- Awards ceremony
- Closing ceremony

ARTICLE 27 PROTOCOL, CEREMONIES, AWARDS

The organiser shall propose an opening ceremony of styles and content appropriate to the venue.

Victory Ceremonies:

The individual winner, second-placed and third-placed in both elite and mass participation events shall receive medals respectively to be provided by the BMU.

The winning team in each elite event shall receive and retain a cup to be provided by BMU. The second and third teams shall receive a trophy to be provided by the BMU.

For the winning, second and third elite teams, the 3 (three) scoring members as well as non-scoring members who completed the event shall attend the ceremony and receive medals to be provided by the organiser.

During the ceremony, the national anthem of the winner's country shall be played.

During the ceremony, the elite athletes must wear their official team uniforms.

Any additional items (like flags) are not allowed at the winners' podium.

Diplomas:

Diplomas (in downloadable format) shall be presented to all athletes in each event, but no ceremonies will be held.

ARTICLE 28 INFORMATION, NAMES AND ABBREVIATIONS

All information shall be printed, displayed or announced in English.

The names and abbreviations of all BMU Member Associations shall, at all times, conform to those approved and decided by the BMU.

ARTICLE 29 PHOTO AND VIDEO MATERIAL

By registering for the race, each person/BMU Member Association consents that the entire recorded video and photo material may be publicly displayed and used for promotional purposes, both for the Race event itself and for BMTRC.