

COMPETITORS RULES



The Mountain Running International Cup (Grand Prix of the Nations) –MnRIC from now on– is an individual, team and nation competition, based on the results of the competitors in the competitions of the calendar.

All the athletes can participate in these competitions. All of them can choose the nation that they feel represents them, without any discrimination.

To participate in the competitions of MnRIC athletes have to obey the rules of each competition. They can demand the sports license suitable for sky running races, issued by a sports federation or a medical certification which proves that the athlete has the right conditions for this kind of competition.

The minimum age for entering the competition is 16 years old. If the athlete is younger than 18 years old, he or she has to ask for the parents' authorization.

RESULTS

Individual results

Two categories: men and women

Teams

Teams could be national teams, clubs, institutions or companies.

The athlete will score for the team that he or she has registered for during the moment of registration. Each athlete can only be part of one team during the MnRIC. A team can not add more racers after the third competition of the MnRIC calendar, if this new athlete has participated in a race as an athlete "without team".

Nations

The athlete will be part of the nation that he or she registered at the moment of the individual registration. Each athlete only can be part of one nation during the MnRIC.

SCORES

If the MnRIC has more than 4 races, it will only score the 4 best results. The maximum number of races of the MnRIC will be 7.

The score of the MnRIC will be based on the official results of each competition that the organization will send to the person in charge of the general results. The athlete that scores the highest points will win the MnRIC.

The points scored in each competition of the MnRIC will be:

1st. place	100 points
2nd. place	85 points
3rd. place	75 points
4th. place	70 points
5th. place	66 points
6th. place	64 points

From the 5th place, the score will deduct 2 points to each athlete. When the score arrives to 2 points, from then and on each athlete will have 2 points.

Points penalization: if two or more racers finish together and "hold hands" the points will be distributed among the implicated racers. For example: If two athletes finish

first, as the conditions described above, they won't receive 100 points each. The points of first and second athlete (100 + 85) will be added up and the result (185) will be distributed between the two athletes ($185/2= 95$ for each athlete).

The top three men and women of the nation who wins each race will have 15 points extra in the general individual result and the other members of the nation who finish the race will have 5 points extra. The points of the equivalent members of the nation that finishes second will be 10 and 3; for the third nation 5 and 1 respectively.

In case of tie after all the races, the racer who has more first places will be the winner. If the tie persists, the winner will be the contender with most second places. If the tie goes on despite this, the one who has the most third places wins. In a continuous tie, the racer that has the best result throughout the race will become the winner.

It is necessary to participate in at least in 3 races of the circuit and to be present in the prize giving ceremony of the MnRIC, which will take place right after the last race of the circuit, to become the final winner.

Teams trophy

The team that has the most points after all the competitions of MnRIC will win the teams trophy. It is obligatory to be in the prize giving ceremony to win this prize.

For this qualification we will add up the points scored at the general results of each competition of the 3 best men and first woman of each team. To qualify for this trophy must have participated at least 3 runners along the circuit.

Nations trophy

The nation that has the most points after all the competitions of MnRIC will win the nations trophy.

For this qualification we will add up the points scored at the general results of each competition of the 3 best men and the 3 best women of each nation.

Competition prizes

The final prizes of the MnRIC, and the prizes of each competition will not discriminate men and women. The economic prizes and/or gifts will be the same.

RESPONSABILITIES

The racer is responsible of having an insurance in case of possible accidents.

The racer has the responsibility to have the suitable equipment and the material for each race. The racer also has the responsibility of having the theoretic and practical knowledge to participate and to be in good health.

The MHRF has no responsibility of any of the competitions which are in the Mountain Running International Cup (Grand Prix of the MR Nations).

COMPETITORS DUTIES

All the competitors have the duty to follow the indications of any member from the race organizers. If he or she disobeys the safety instructions, the competitor will be disqualified.

All the competitors have the duty to assist or communicate to the nearest control if they have witnessed any accident. If competitors do not do this, they will be disqualified.

The competitors who decide to withdraw from the race they have the duty to communicate it to the nearest control.

All the competitors have the duty to have the suitable material for the race.

OFFENCES

There are three levels of offences: minor, serious and very serious. The minor and serious offences will be penalized with from three minutes in time to the disqualification. The very serious offences will mean the immediate disqualification of the competitor.

Minor and serious offences:

To cut or shorten the route by going out of the indicated route.

Not having the suitable material for a mountain race or obligatory material (long tights, windstopper, sun glasses, gloves, etc.)

To throw rubbish out of the places established.

Don't have the bib number in a visible place.

To start before of the start signal.

Very serious offences:

To use any kind of transport during all or part of the route.

Not respecting the behaviour of the sport and nature.

Any lack of consideration with the jury, the organization members or other competitors.

The competitor will be disqualified if he or she arrives after the closure of the finish control fixed by the organization.

The competitor will be disqualified if he or she passes the control later than the established time of closure.

The competitor will be disqualified of the competition and of the If he or she has consumed doping substances

The rules of each competition can consider other specific offences.

COMPLAINTS

Racers can present complaint on the results of each race, during the following 5 days after the race. The complaint must be in writing and contain 60 euros. This 60 euros will be given back if the complaint is accepted.

Also complaints can be presented to the general results of the MnRIC, during the following 15 days after the publication of the results on the MnRIC's web. The complaint must be in writing and contain 60 euros. This 60 euros will be given back if the complaint is accepted.

The MHRF it's excluded of any responsibility as a result of each competitions wich are in the Mountain Running International Cup (Grand Prix of the MR Nations).