

Regulations on Trail Running Festival RZD Golden Ring Ultra Trail 100

(Revision as of 01 August 2020)

Competition dates: 16-18 July 2021

The trail running festival RZD Golden Ring Ultra Trail 100 (hereinafter, the "Competition") has been held in the territory of the Vladimir Region since 2015.

1. Competition purposes

1.1. The Competition is aimed at:

- promotion of healthy lifestyle and engagement of the population in physical culture and sports;
- development of mass sports.

2. Competition Management

2.1. The general management of the Competition is performed by OOO "Golden Ring Ultra Trail" (INN: 7723929397/KPP: 772401001).

2.2. The Competition shall be conducted in compliance with the provisions of Article 26.2. of Federal Law No. 329-FZ dated 04 December 2007 (as amended 05 December 2017) "On Physical Culture and Sports in the Russian Federation" concerning prevention of and combating the unlawful influence on the results of official sports competitions.

2.3. The management of preparation for and conducting of the Competition shall be assigned to the Organizing Committee of the Competition (hereinafter, the "Organizing Committee") created in accordance with the order of the Director of the Competition.

2.4. The Organizing Committee consists of:

- OOO "Golden Ring Ultra Trail".

2.5. The Organizing Committee is responsible for:

- preparation of documents and materials for the work of the Credentials Committee;
- provision of prizes to be awarded to the winners and runners-up of the Competition;
- information support of participants;
- provision of judging;
- renting of sports facilities;
- organization of security measures and medical support of the Competition.

2.6. Control over preparation for and conducting of the Competition, consideration of official protests and settlement of controversial issues, as well as studying of documents and admission to participation in the Competition shall be assigned to the Credentials Committee.

2.7. The Credentials Committee consists of:

- Representative of the Organizing Committee - E.Y. Dementyeva;

- Chief Judge of the Competition, Sports Judge of the All-Russian Category - Y.N. Sipatov;
- Director of the Competition - M.M. Dolgiy (also Head of Credentials Committee).

2.8. Professional athletes and specialists can be invited to the Credentials Committee.

3. Expenses for Organizing and Conducting the Competition

3.1. Preparation for and conducting of the Competition shall be carried out with shared funding from OOO "Golden Ring Ultra Trail" using its own and raised funds.

3.2. Expenses for transfer, accommodation and meals shall be incurred by the sending organizations or participants themselves.

4. Date and Place

4.1. Dates of the Competition: 16 - 18 July 2021

4.2. Place:

- Expo, start and finish for all distances: Hotel GTK Suzdal (45 Korovniki St, Suzdal)
- Sprint GRUT 5K: Pokrovskaya St, Korpus Instituta bus stop, viewing deck, Ilyinsky Lug, Suzdal

5. Program

5.1. Schedule

17 July 2021

- 12:00 AM - Start of Hard Night
- 02:00 AM - Hard Night finish closing
- 04:00 PM - Start of Teen Trail Race 3K
- 04:30 PM - Start of FUN RUN
- 07:30 PM - Start of Sprint GRUT 5K
- 08:30 PM - Sprint GRUT 5K finish closing

18 July 2021

- 05:00 AM - Start of T100 and T80
- 06:00 AM - Start of T50
- 07:00 AM - Start of T30
- 07:30 AM - Start of T20
- 07:50 AM - Start of T10
- 09:50 AM - T10 finish closing
- 10:30 AM - T20 finish closing
- 12:00 PM - T30 finish closing
- 02:00 PM - T50 finish closing
- 08:00 PM - T80 finish closing
- 11:00 PM - T100 distance finish closing and closing of the starting area

5.2. Distance covering limits:

- Hard Night - 2 hours
- Sprint GRUT 5K - 1 hour
- T10 - 2 hours
- T20 - 3 hours
- T30 - 5 hours

- T50 - 8 hours
- T80 - 15 hours
- T100 - 18 hours

6. Requirements to Participants

6.1. The following persons are allowed to participate in the Competition:

- Anyone aged 18 and older is allowed to participate in the T100, T80, T50, T30, T20, Hard Nightand Sprint GRUT 5K races.
- Anyone aged 15 and older is allowed to participate in the T10 race
- Children aged from 0 to 10 are allowed to participate in the FUN RUN race, alone or accompanied by a parent or a person responsible for the child (legal representative), and children aged from 10 to 15 can participate in Teen Trail Race 3K (presence of parents optional).

6.2. Participating in a race, the participants shall confirm that they regularly undergo medical examinations in order to ensure the health safety of their participation in the Competition, in accordance with the part 5 of Art. 24 of Federal Law No. 329-FZ dated 04 December 2007 "On Physical Culture and Sports in the Russian Federation", absence of any medical or other health restrictions that may endanger or restrict their participation in the Competition, including absence of contraindications to prolonged physical loads, guarantee that the state of their health allows them to participate in the Competition, and assume all risks and negative consequences associated with violation of this condition. The participants of the Competition shall undertake to confirm this condition on the state of health by providing medical certificates issued upon the results of medical examination of their state of health, issued by a sports dispensary or other medical institution that has a license to carry out medical activities that include works (services) in physiotherapy exercises and sports medicine with a conclusion on permission to participate in running competitions at the distance not less than that for which the participant of the Competition is registered. The certificate must be issued in accordance with para. 8.1 and 8.3 of these Regulations.

In this case, the participants shall assume full responsibility for the authenticity of the medical certificate, obtaining it in the manner prescribed by law on the basis of the medical examination in an authorized medical institution, and assume all negative consequences and risks associated with violation of this condition.

6.3. The age of the Competition participant shall be determined as per the date of the Competition - 16 July 2021.

6.4. The Competition participants shall start as per the schedule in accordance with the distance stated upon registration. Starting with other distances shall be prohibited.

6.5. The maximum number of participants of the Competition shall be 4900.

7. Registration of Participants

7.1. Electronic registration of participants will be open from 12:00 PM on 15 October 2020 till 11:59 PM on 31 May 2021 at www.goldenultra.ru.

7.1.1. Upon registration, the participant must specify his/her personal data according to the ID.

7.1.2. The participant is considered registered if they have filled a registration form and paid the registration fee.

7.1.3. Registration of the participant is cancelled if at registration for the Competition, the participant specified false, inexact or incomplete data. In case of registration cancellation, funds will not be returned.

7.2. Additional registration of participants is not provided.

7.3. Electronic registration can be closed ahead of schedule at achievement of the maximum number of participants of the Competition provided in para 6.5. of these Regulations

7.4. The paid registration for the Competition is not subject to cancellation, the registration fee is not returned.

7.5. Electronic re-registration for another person or change of distance is possible till 11:59 PM on 31 May 2021. The re-registration and change of distance shall be paid for (300 rub)

7.6. Electronic re-registration for other person and change of distance can be closed ahead of schedule at achievement of the maximum number of participants of the Competition provided in para 6.5. of these Regulations

7.7. For qualification in elite category, an athlete or their representative has to send the application to the email info@goldenultra.ru no later than 23:59 05/31/2021.

Any athlete having PI minimum 700 (male) and 600 (female) according to the ITRA index can be qualified for the Elite category.

8. Registration Fee

8.1. Registration fee shall be:

- T100 - 3900 rub
- T80 - 3300 rub
- T50 - 2900 rub
- T30 - 2600 rub
- T20 - 2100 rub
- T10 - 1600 rub
- Hard Night - 1600 rub
- Sprint GRUT 5K - 900 rub
- Teen Trail Race 3K - 800 rub
- FUN RUN - 800 rub

8.2. Pensioners, large families, disabled people and war veterans are given a 50% discount. For this purpose, it is necessary to:

- Be registered at the official website goldenultra.ru before payment;
- Send an email to info@goldenultra.ru with a corresponding notification, attaching supporting documents.

In this case registration is made offline.

8.3. Payment of the registration fee is performed by electronic payment from 12:00 PM on 15 October 2020 till 11:59 PM on 31 May 2021 on the www.goldenultra.ru website. The registration fee includes the money transfer commission.

9. Cancellation of Registration

9.1. Registration for the Competition cannot be cancelled, the registration fee does not return according to the Agreement of the Public Offer adopted by the participant at registration.

10. Conditions of Start Bag Pick Up

10.1. In order to receive the start bag, the participant has to provide:

- ID original;
- the original medical certificate, which contains the seal of the medical institution, the signature and seal of the doctor, the date of issue, the full name of the participant and the conclusion that the participant is admitted to running competitions (or has no contraindications for participating in running competitions) for the specified distance or more, or the original of a medical certificate issued in accordance with the requirements of the Order of the Ministry of Health of the Russian Federation No. 134n dated 1 March 2016 "On the Procedure for organizing the provision of medical care to persons engaged in physical culture and sports, including the procedure for medical examination of persons wishing to undergo sports training, to engage in physical culture and sports in organizations and (or) to fulfil the test standards of the All-Russian Physical Culture and Sports Complex "Ready for Labour and Defence"";
- for participants aged 17 or younger: the original permission from parents to participate in the Competition filled according to the sample posted on the website www.goldenultra.ru, or the personal presence of one of the parents upon receiving the start bag.

10.2. The start bag can be obtained via an authorized person. The participant's authorized representative must provide:

- a copy of the ID of the participant of the Competition;
- ID of the authorized person;
- the original medical certificate, which contains the seal of the medical institution, the signature and seal of the doctor, the date of issue, the full name of the participant and the conclusion that the participant is admitted to running competitions (or has no contraindications for participating in running competitions) for the specified distance or more, or the original of a medical certificate issued in accordance with the requirements of the Order of the Ministry of Health of the Russian Federation No. 134n dated 1 March 2016 "On the Procedure for organizing the provision of medical care to persons engaged in physical culture and sports, including the procedure for medical examination of persons wishing to undergo sports training, to engage in physical culture and sports in organizations and (or) to fulfil the test standards of the All-Russian Physical Culture and Sports Complex "Ready for Labour and Defence"";

- the original power of attorney issued to the authorized person, in the form posted on the website www.goldenultra.ru with the handwritten signature of the Competition participant;
- for participants aged 17 or younger: the original permission from parents to participate in the Competition filled according to the sample posted on the website www.goldenultra.ru, or the personal presence of one of the parents upon receiving the start bag.

10.3. The medical certificate submitted to the Credentials Committee is not refundable. A photocopy of a medical certificate is accepted by the Committee only upon presentation of the original. The certificate is valid for six months from the date of issue (the certificate must be issued on 20 January 2021 or later), unless otherwise indicated in the certificate.

10.4. In case of failure to provide at least one document mentioned in para. 10.1. or 10.2., the start bag cannot be given out.

11. Start Bag of the Participant

11.1. The start bag of the participant includes:

- start number with the timing chip (the timing chip is absent at children's distances and Sprint GRUT 5k);
- sticker for the luggage room;
- gifts from the Organizing Committee and the partners of the Competition.

11.2. Start bag of the participants will be given out at the event in the Hotel GTK Suzdal (45 Korovniki St, Suzdal).

- on 16 July 2021, at 08:00 PM - 11:50 PM (for Hard Night only)
- on 17 July 2021, at 11:00 AM - 08:00 PM

11.3. The start bags of the participants in Moscow will be given out on the eve of the event. Date, time and address of the venue will be announced before or on 1 July 2021 on the website www.goldenultra.ru

12. Transfer for the Competition Participants

The one-way cost of transfer for participants and accompanying persons is 600 roubles. Participants are charged when registering for the race on the official website of the event, goldenultra.ru. Please inform about accompanying persons in advance by sending a request by email info@goldenultra.ru

16 July 2021

05:00 PM – buses to Suzdal will depart from the parking lot of the Business Center Golden Gate Moscow, Ploshchad Ilyicha / Rimskaya metro station, address: 2 Entuziastov Boulevard, Moscow. Only for the Hard Night participants who have paid for transfer.

17 July 2021

From 07:00 AM till 11:00 AM - buses from the parking lot of the Business Center Golden Gate Moscow, Ploshchad Ilyicha / Rimskaya metro station, address: 2 Entuziastov Boulevard, Moscow, will depart to GTK Suzdal

Buses start when full. The quantity of buses depends on the number of submitted and paid applications.

Upon boarding, individual lists for each bus will be formed. Be ready to say your full name and wait a little until the volunteer writes down information in the form. Please be calm and polite with the staff.

18 July 2021

From 02:00 PM till 11:00 PM - buses from GTK Suzdal will depart to the parking lot of the Golden Gate Moscow business center, Metro Ploshad Ilyicha / Rimskaya, address: Moscow, Entuziastov Boulevard, 2

The procedure of boarding and departure is the same.

13. Necessary Equipment for the Competition Participants

13.1 Required equipment for the participants of T100 and T80

- Filled drinking system, at least 1 litre;
- A phone, the phone number of organizers in the contact list;
- Whistle;
- Nutrition amounting for 1000 kilocalories at the start and upon delivery. Each food package should be marked with the participant's number;
- The race map or track uploaded to the wrist watch or phone;

13.2. Required equipment for the participants of Hard Night

- Head lamp;
- A phone, the phone number of organizers in the contact list;

13.3. Without required equipment, the participant will not be allowed to start at T100, T80 and Hard Night. Equipment check shall commence one hour before the start.

14. Runners banned from the race

14.1. Participants without a start number.

14.2. Participants with someone else's start number.

14.3. Participants with animals.

14.4. Participants with children in strollers, special backpacks and other devices for carrying / transporting children.

14.5. Participants wearing garments, with equipment or objects that may interfere or harm other participants of the Competition (including runners with flags on poles).

14.6. Participants using any mechanical means of transportation.

15. Results

15.1. The results of the Competition participants shall be recorded:

- by the electronic timing system;

- manually by judges.

15.2. The preliminary results shall be sent to the participants by SMS messages (if the participant specified the cell phone number upon registration) within three hours after the end of the Competition. The SMS message delivery time depends on the mobile operator. The SMS message with the result may be not delivered if advertising messages are blocked by the number.

15.3. Preliminary results shall be published on the website www.Athlinks.com within 24 hours after the end of the Competition.

15.4. The final protocol will be published on the website www.goldenultra.ru before or on 01 August 2021.

15.5. The final protocol shall be submitted to the Organizing Committee of the Competition in hard copy or electronically within 30 working days from the date of the Competition.

15.6. The final protocol shall be definitive and cannot be changed.

15.7. The Organizing Committee of the Competition shall not guarantee the receipt by a participant of his/her personal result in the following cases:

- electronic timing chip is damaged,
- start number is not placed on the chest,
- start number is lost,
- participant is disqualified.

16. Deciding on the Winners and Rewarding Ceremony

16.1. The winners and runners-up of the Competition shall be decided upon crossing the finish line in accordance with paragraph 165.24 (19.2 Book 2.1 of the IAAF rules).

16.2. The rewarding ceremony shall be for the first to third places for men and women in the individual all-around competition at each distance.

16.3. All participants who have finished and have met the time limit of the Competition will be rewarded the finisher medal at the finish line and prizes from the Competition Organizing Committee.

17. Protests and Claims

17.1. The participant shall be entitled to submit a protest or claim to the Credentials Committee.

17.1.1. The protests and claims include:

- protests and claims affecting the winning places distribution;
- protests and claims regarding inaccuracies in measuring the time during which the participant covered the distance;
- protests and claims regarding disqualification of a participant for unsporting behavior.

17.1.2. Other claims can be ignored by the Credentials Committee due to their insignificance.

17.2. When filing a claim, it is necessary to indicate:

- surname and first name (anonymous claims shall not be considered);
- essence of the claim;
- additional materials (photos, videos, data from individual GPS devices).

17.3. Claims are accepted only from the participants of the Competition or from the third parties being the official representatives of the participants.

17.4. Protests and claims affecting the winning places distribution in the all-around competition shall be accepted by the Credentials Committee in writing or verbally from the moment the winners are announced until the official rewarding ceremony. The winning places distribution after the rewarding ceremony may be revised by the Credentials Committee only if it was not possible to identify violations of the current rules before the rewarding ceremony.

17.4.1. In case of other issues, the participant shall be entitled to submit a protest or claim from 12:00 PM on 01 August 2021 till 06:00 PM on 31 August 2021. A protest or claim must be sent in writing to the email address info@goldenultra.ru

18. Disqualification and Participant Status

18.1. The participant may be disqualified:

- If the participant started without a start number;
- if the participant changed start number;
- if the participant started along with another distance;
- if the participant started before the official start of the Competition or after start closing;
- if the race participant used mechanical vehicles;
- if the participant's chip cannot be read at any intermediate point of a distance;
- if the participant started with a start number registered to another person or for another distance;
- if the participant is accompanied at a distance by a runner who is not a participant of the Competition or a person on a mechanical vehicle;
- if the participant is helped by other persons at a distance and out of food points;
- if the participant started, ran or finished the race with an animal;
- if the participant started, ran or finished the race with children in strollers, special backpacks and other devices for carrying children;
- if the participant used equipment or objects which could hamper or do harm to other participants of the Competition (including flags on poles, etc.);
 - if the doctor of the Competition decided to remove the participant from the race for health reasons (on any section of a distance)
- if the participant showed unsportsmanlike behavior at the Competition (fight, creating dangerous situations, insults, rudeness, obscene language, etc.). The decision on disqualification is made by the Credentials Committee in accordance with the paragraph No. 125.5 (18.5 Book 2.1 of the IAAF rules).
 - In case of detection on the track of the garbage marked by the number of the participant.

18.2. The participant is assigned the status of not having started in case the participant did not appear at the start line, crossed the start line before the official start of the Competition or after the close of the start.

18.3. The participant is assigned the status of not having finished in case they started but did not cross the finish line or crossed the finish line after its official closing.

18.4. The participant is assigned the status of not having finished if the participant did not meet the limit for passing intermediate points at the distance. At the command of the judge, the participant is obliged to stop the competition or continue moving on the sidewalk in accordance with the traffic rules.

19. Doping Control

19.1. All participants of the Competition must adhere to the principles of fair and healthy sport and comply with anti-doping rules.

19.2. The Russian Anti-Doping Agency (RUSADA) has the right to randomly test participants at its discretion.

19.3. In the event of finding violations of anti-doping rules according to the para. 2.1-2.10 and 10.11.1 of the All-Russian Anti-Doping Rules and the corresponding IAAF anti-doping rules, the participants shall be liable in accordance with Chapter X and Clause 10.11.3 of the All-Russian Rules and the corresponding IAAF anti-doping rules.

20. Information Sources

20.1. Detailed information about the Competition is posted on the website www.goldenultra.ru

20.2. The Organizing Committee of the Competition shall not be responsible for information published by other information resources.

21. Safety and Health Care

21.1. The safety of the participants of the Competition and spectators shall be ensured in accordance with the following regulatory legal acts:

- Decree of the Government of the Russian Federation of 18.04.2014 No. 353 "On approval of the Rules for ensuring safety during official sports competitions";
- other regulatory documents on public safety issues during sports competitions.

21.2. Medical support will be carried out in accordance with the Order of the Ministry of Health of the Russian Federation No. 134n dated 1 March 2016 "On the Procedure for providing medical care to persons engaged in physical culture and sports (including preparation for and running of physical culture events and sports events), including the medical examination of persons wishing to undergo sports training, engage in physical culture and sports in organizations and (or) fulfil the standards of tests of the All-Russian physical culture and sports complex "Ready for Labour and Defence".

21.3. During the Competition, sports medicine teams and ambulances will be on duty.

22. Force majeure

22.1. If the Competition is cancelled or postponed due to the occurrence of extraordinary, unforeseen and unavoidable circumstances that could not be reasonably expected, or avoided or overcome, as well as beyond the control of the Organizer, the participation fee is not refundable.

22.2. In particular, such circumstances include: natural disasters (earthquake, flood, hurricane); gusts of wind including and over 15 meters per second; air temperature including and below 25 or including and above 30 degrees Celsius; other circumstances, events, phenomena that the Main Directorate of the EMERCOM of Russia across the region of the Russian Federation recognizes as urgent and warns of their possible occurrence; fire; mass diseases (epidemics); strikes; war activities; terrorist attacks; sabotage; restrictions on transportation; governmental bans; prohibition of trade operations, including those made by individual countries, due to the adoption of international sanctions; acts, actions, inaction of public authorities, local government; other circumstances beyond the control of the Organizer.

22.3. In the event of the occurrence or threat of the occurrence of the abovementioned circumstances, as a result of which the Competition is subject to cancellation or postponement, the Participant is notified by sending an SMS message to the phone number or letter to the email address specified upon the registration, or by posting an official message on behalf of the Competition Organizers in the information sources specified in these Regulations.

23. Personal Data

23.1. The Organizer has the right to take photos and videos of the Competition. The participant of the Competition consents to the Organizer's use of names, portraits, photographs or other audio, video, photographic materials obtained during the Competition, provided by the participant himself, or obtained from publicly available sources, for advertising activities, for other purposes, subject to the restrictions established by regulatory legal acts, without limiting the terms and places of use of these materials. The Organizer has the right to edit the abovementioned materials and transfer them to third parties.

23.2. The Participant is responsible for providing complete and reliable personal data, while the Organizer guarantees the confidentiality of the data provided and the nondisclosure of this information to third parties, except as otherwise provided by law and these Regulations.

23.3. The Participant does not object to receiving from the Organizer, or a person authorized by the Organizer, information messages, short text messages (SMS) or e-mails with information about the Competition, with other information concerning the Participant and related to the Competition.

23.4. In pursuance of Part 1 of Article 9 of Federal Law No. 152-FZ dated 27 July 2006 "On Personal Data", the participant, by filling out the registration form for participation in the Competition and agreeing to these Regulations, gives his/her consent to the processing of their personal data by the Organizer. The personal data processing means any action (operation) or a set of actions (operations) performed with the use of or without automation tools with respect to personal data, including collection, recording, systematization, storage, clarification (update, change), extraction, use, transfer (distribution, provision, access), depersonalization, blocking, deletion, destruction of personal data. A consent to personal data processing can be withdrawn by the Participant by sending a written application in any form to the Organizer by e-mail info@goldenultra.ru mentioning the withdrawal of consent to personal data processing.

24. Changes in the Regulations

24.1. These Regulations can be changed or terminated by the Organizing Committee unilaterally without prior notification of participants and without payment of any compensation, with respect thereto.

These Regulations are the official invitation challenge for participation in the trail running festival RZD Golden Ring Ultra Trail 100.