



Flaminia Militare Trail 2024

Regulation_FMT_2024_EN_Rev.1.0

REGULATION

1. ORGANIZATION

Amateur Sporting Company Ultra Trail Via degli Dei – Via Caivola n. 10 40050 Monterenzio (BO) C.F. and P.I. 03507611204

2. GENERAL INFORMATION

The trail runs through a natural landscape, along the “Flaminia Militare” path, with departure from Monte di Fò – Barberino di Mugello (FI) and Finishing line at Fiesole (Florence). The route is around 58 km (36 miles) long, with an elevation gain of 2,000 m. The race will take place May 11, 2024.

This is a single-stage, free-pace, semi-self-sufficiency race that must be completed within a set time.

Flaminia Militare Trail is a part of the Ultra-Trail 2024 IUTA Grand Prix, and is a qualifying race for the UTMB World Series. All finishers will be awarded 3 ITRA points.

3. PARTICIPATION REQUIREMENT

The race is open to all men and women aged 18 or over on the date of entry, whether or not they are members of a running association.

4. CONSENT FORM

All runners are required to sign a consent form declaring that they are aware of the difficulty of the race they are about to undertake and agreeing to carry with them all the equipment they need to complete the race safely. In order to complete the online registration on our site, the athlete must accept this consent form.

5. MEDICAL CERTIFICATE

It is mandatory to submit a medical certificate of fitness for competitive sports, with the following specification:

certificate of fitness to participate in competitions, dated not more than one year before the date of the race.

A consultation for a medical certificate of fitness to participate in competitions consists of the following tests: spirometry, electrocardiogram under stress, visual test and urine test.

Since regulations differ from country to country, the medical certificate we require must include the following elements:

- runner's personal details
- the wording 'competitive' or 'in competitions'
- date of issue
- doctor's stamp
- doctor's signature

For foreign certificates, you can download an “Health Form” from our website.

The copy of the certificate must be uploaded on our website or sent by email by April 30, 2024.

Medical certificates will not be accepted at the start of the race.

6. SEMI-SELF-SUFFICIENCY

Semi-self-sufficiency is defined as the ability to be autonomous between two refreshment points, in terms of safety, nutrition and equipment, thus allowing one to adapt to encountered or expected problems (poor weather, physical problems, injuries, etc.).

Every runner must carry all the mandatory equipment for the entire length of the race. This equipment must be carried in the rucksack assigned at the distribution of runners' bib numbers, and may not be changed or modified in any way during the race.

The race directors may inspect the contents of the rucksack at any time. The participant must submit to this check willingly, under penalty of disqualification.



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There will be refreshment points located along the course, supplied with beverages and food, which are strictly reserved for the runners and must be consumed on location.

There will also be Water Points, reserved exclusively for participants, provided with water only.

Plastic cups will not be provided at any of the refreshment points; runners must have their own cup or other personal container suitable for the purpose.

Each runner must ensure that upon leaving each refreshment point/water point s/he has the regulation amount of food and water necessary to make it to the following refreshment point/water point.

7. ASSISTANCE

Personal assistance is permitted only and exclusively at refreshment points, in an area specifically designated for this purpose and at the discretion of the official in charge of the point. Only one personal assistant is allowed for each runner.

Personal assistants are not permitted to access refreshment points and eat food reserved for the runners.

The member of the race organisation in charge of the refreshment point has the authority to remove any personal assistants who are disturbing the runners in the race.

Every runner must follow the designated path through the refreshment point, even if they do not stop. Every refreshment point is a checkpoint. Runners must make sure that they have been correctly registered, no matter what system is used to record passing through checkpoints.

Any type of personal assistance along the way is forbidden; availing of such will lead to disqualification.

8. MATERIAL

By entering the race, each runner undertakes to take with him/her all the compulsory material listed below throughout the race. Failure to do so will result in application of the established penalties.

Depending on the weather conditions, the race direction may decide before the start of the race to make compulsory part of the material (clothing) defined below as recommended.

Compulsory (checks carried out along the route):

- Running shoes between the categories A2 and A5 (intermediate-> trail)
- Running pack to carry mandatory gear throughout the race.
- Identity card
- Water bottle or camel bag (minimum capacity 1 liter)
- Cup or other container suitable for drinking at the refreshment points/water point
- Food supplies
- One working headlamp with spare batteries
- Survival blankets
- Whistle
- Elastic adhesive bandage that can be used as a dressing
- Soft Shell Jacket minimum 10 000 Schmerber
- Hat or bandana
- Mobile phone (add the safety numbers of the organisation to the phone book, do not conceal the number, and make sure the battery is fully charged before setting out). Keep the phone on, airplane mode is forbidden and could give rise to penalties. The runner must be reachable at any time before, during and after the race.

Recommended:

- Running trousers $\frac{3}{4}$ or leggings $\frac{3}{4}$
- Thermal long sleeve shirt



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- Gloves
- Overtrousers
- Change of clothes
- GPS Satellite
- GPS of the route (downloaded from the site www.ultratrailviadeglidei.com)
- Knife
- Cord

The mandatory equipment may be worn or placed within the tender backpack (or fanny pack). Trail running poles are allowed.

9. CHECKS

- Material check when distributing bibs to all the competitors
- Spot checks of all the obligatory material along the route
- Possible checks of material when leaving the refreshment points

10. BIBS AND CHIPS

Each bib is given individually to each runner, upon presentation of Identity Card.

At each runner will be given two bib numbers: one that must be worn and clearly visible on the chest or stomach and another that should be attached to the backpack if possible.

The chip is provided together with the bib.

Before the start of the race, it is compulsory for each runner to pass through the entrance gates to the reserved starting area, so the chip can be registered.

When passing through a checkpoint runners must ensure the barcode placed on the bib is read by the barcode reader and that it is registered correctly, and on arrival runners must ensure the chip is read by the timing footboard and that it is registered correctly.

The bib number is required for access to the refreshment points along the track and to get service organization before, during and until the end of the race.

11. RUNNERS' BAGS

The organization will take care of the entrants bags transfer to (Fiesole) Florence.

Personal bag can be deposited:

- at the collection point of Bologna (UTVdD start), from 11 am to 10 pm on Friday May 10, 2024.
- at the collection point of Monte di Fò, from 7 am to 9,30 am on Saturday May 11, 2024.

Bags may be collected at Fiesole until and not after 12 noon on Sunday May 12, 2024 upon presentation of race bib.

12. SAFETY AND MEDICAL ASSISTANCE

During night-time it is compulsory to wear reflective strips, or to have an electric battery powered light, charged, turned on and fully visible. On paved roads, crossing points with paved roads and dirt roads passable by vehicles, athletes are obliged to respect the rules of the road.

Ambulances, civil protection service personnel and doctors will be present along the track.

The official race doctors are authorised to withdraw from the competition any entrants they consider are not fit to continue.

If necessary, and in the interests of the person being rescued, at the exclusive discretion of the organisers, the official rescue services may be called upon to take over operations, using any means they consider appropriate, including a helicopter. Any costs deriving from such exceptional transport will be charged to the person who has been rescued, as per the regulations in force.



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13. CHECKPOINTS AND RE-SUPPLY POINTS

All official refreshment points along the route are checkpoints.

Whatever method is used to record passing through checkpoints (automatic chip or manually), runners are obliged to be sure that they have been correctly registered.

The lack of a record of passing through a checkpoint will result in the disqualification of the runner. The organisation reserves the right to carry out checks at unannounced locations along the route.

14. MAXIMUM RACE TIME PERMITTED AND TIME DEADLINES

The maximum time allotted for the completion of the race is **13 hours**.

The time limits (time barriers) for entering and leaving the main checkpoints will be determined and listed on the website: www.ultratrailviadeglidei.com

These barriers are calculated to allow participants to arrive at the finishing line within the set maximum time limit. In the event of poor weather conditions and/or for safety reasons, the organisers reserve the right to suspend the race or to make changes to the deadlines set.

15. WITHDRAWAL

Runners who decide to pull out of the race along the route must proceed to the nearest checkpoint and inform the organisers of their decision so that transport to the finish line can be organised. Runners who fail to notify the organisers immediately, thereby setting in motion search operations by the rescue staff, will be liable to pay any costs deriving therefrom.

16. DISQUALIFICATION

Along the route, there will be race officials who will be authorized to verify the runner's compliance with the regulations. The race officials have the authority to sanction the immediate disqualification and notify the Race Management of the irregularities discovered.

Race Management may apply disqualification as per the following list:

- Absence of compulsory materials (listed at point 6)
- Refusal to submit to a check
- Littering by runners or by their assistants
- Refusal to help another runner in distress
- Refusal to obey an order from Race Managers, Race Officials, Doctors or Rescuers
- Refusal to submit to an anti-doping check
- Failure to pass through a checkpoint
- Use of a means of transport
- Insults, rudeness or threats against a member of the organisation
- Sharing or exchanging bib numbers
- Failure to observe road transit restrictions by runner's assistants/companions
- Receiving assistance outside of allowed points
- Any breach of ethics discovered during the race

Disqualification means the runner must abandon the race immediately.

Irregularities demonstrated by video images sent to the organisers, even after the race, may result in disqualification.

17. COMPLAINTS

All complaints must be submitted in writing, and in any case before the closing ceremony of the event, with a deposit of € 50.00.



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18. JURY

The jury is made up of:

- The Race Manager
- The Head of Safety
- The Head of Medical Team
- The Local Head of Operations
- Persons deemed competent for the purpose by the Race Manager

The jury will take the time it considers necessary to carry out the checks required, and its decisions are final.

19. CHANGES TO THE ROUTE OR TO THE TIME DEADLINES

The organisers reserve the right, at any time and without prior notice, to make changes to the route or to the location of the refreshment points or to the time deadlines.

In the event of adverse weather conditions (a strong depression with heavy rain and snow at altitude, a high risk of storms), the start of the race may be postponed for 3 hours at most, after which time the race will be cancelled. Where necessary, the organisers reserve the right to make changes to or eliminate certain stretches of the route.

20. CANCELLATION OF THE RACE

- **For cancellations by the organization** for reasons of force majeure and / or supervening impossibility to provide the service:

- more than 90 days from the event:** refund of 90% of the fee or transfer of the entire fee to the next edition.
- from 90 to 60 days from the event:** refund of 80% of the fee or transfer of the entire fee to the next edition.
- from 60 to 15 days from the event:** refund of 50% of the fee + 50% discount on the following year's edition, or transfer of the entire fee to the next edition
- from 15 to 0 days:** transfer of the entire fee to the next edition

- **For cancellations by the competitor:**

No form of reimbursement is allowed less than 7 days after the event.

A participant will be able to claim back 50% of the registration fee or transfer of the entire fee to the next edition only in the following circumstances:

- Bereavement of a relative
- Inability to participate for urgent business reasons certificates in writing and on letterhead by the employer
- Incident incapacitating that makes participation impossible. This circumstance must be documented by a report by specialized doctor.

- **In case of interruption of the race due to changes in the weather conditions or for other reasons beyond the organizers' control, the participant shall not be entitled to have the registration fee refunded.**

21. INSURANCE

The organisers will take out civil liability insurance for the duration of the race. To complete the entry procedure, runners must sign a liability release.

If not already member of an Association or Sports Club, the participant must pay, upon race registration, a



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contribution of 10 €, in order to be registered with ACSI, Association of Italian Sport Centres, National Agency for Sport Promotion recognized by CONI.

22. ROAD BOOK AND GPS TRACK

Route description and Road Book are available on the website: www.ultratrailviadeglidei.com.

Any substantial change of route and/or logistics will be communicated via a newsletter, and published on the site's home page.

On the website, you can download the GPS Track, as well as a list of planned checkpoints which will also include the time barrier.

23. RANKINGS AND PRIZES

The race winner will be the runner that takes the shortest time to reach the finishing line in Fiesole (Florence). Access to the final classification will be given only to runners who finish the Flaminia Militare Trail within the time limit of 13 hours. No money prizes will be given. At Each runner who completes the race will be given a "finisher" medal. An overall ranking will be drawn up of all entrants, as well as separate rankings for each men and women category. Prizes will be awarded to the first three men and women in the overall rankings, and to the first runners to finish in each category.

CATEGORIES (Runners' ages are taken into consideration at the start of the race):

JUN - 18 to 19

SEN - 20 to 39

V1 - 40 to 49

V2 - 50 to 59

V3 - 60 to 69

V4 - 70 and over

24. IMAGE RIGHTS

Each participant expressly foregoes his/her image rights for the duration of the race, and undertakes not to take any action against the organisers and their authorised partners for the use of his/her image.

25. REGULATION AND ETHIC ACCEPTANCE

Each participant to Flaminia Militare Trail must accept the present regulation and the ethic rules of the race. In order to complete the online registration on our site, the athlete must accept the regulation.

26. DON'T LEAVE YOUR WHASTES CAMPAIGN

Flaminia Militare Trail join the campaign "Don't leave your wheastes" promoted by the running magazine "Spiritotail" (www.spiritotail.it) in which each participants is required not to leave along the route any type of whaste, sanction the immediate race disqualification.